

# Veggie Box Newsletter

Week 8, November 5

Welcome to week 8 of the Veggie Box! It is easy to get caught up in the craziness of life and take for granted the wonderful things that are before us. Showing gratitude is an important aspect of maintaining mental health, maintaining social relationships, and fostering a vibrant community. University California Berkeley has conducted many studies on gratitude practices that correlate practices of gratitude with improvements of physical and psychological health and will help shift your mind away from toxic emotions and towards more positive emotions. Gratitude practices have also been shown to improve sleep and to improve self esteem. It can be difficult to know how to begin integrating gratitude practices into your daily life, however a great place to start your gratitude practices is with the food you eat! Try taking 3-5 minutes before you begin eating to reflect on all the factors that brought the food to your table: the farmers, the delivery drivers, the water and sunlight that nourished your food, the soil that gave your food a place to grow, and the thousands of years of knowledge that has been cultivated about agricultural practices. Maybe utilize the time it takes to prepare

your food to practice gratitude: say thanks to the electrical company that helps your stove run, your hands that can stir, chop and peel, the technology that allows your food to stay preserved. You can even try to utilize the time it takes to pick up your Veggie Box to practice gratitude! Reflections of gratitude can be kept for you to appreciate or can be shared with others to start building stronger and maintaining relationships. If you want to take your gratitude practices even further, try writing a letter of thanks and send it to the people in your life that you think would appreciate hearing it. Showing appreciation will help spread the love and positivity in the hectic world we all live in and will foster a stronger relationship that contributes to a connected and vibrant community. Thank you for supporting local food!

## Producer Spotlight

### *Magnolia Farms*

Magnolia Farms is a small family owned operation located in Lansing Eastside's Urbandale neighborhood. This urban farm also serves as an incubator farm that provides up-and-coming farmers an experience to serve as the farm manager and coordinate its operation without having to start from scratch! Magnolia Farms grows a diverse range of fruits, vegetables, herbs, and more!

## Crop Profile

### *Pea Shoots*

This week's microgreens are pea shoots! Microgreens are essentially seedlings of edible vegetables and herbs, and though miniscule in size, concentrated in nutrients. Studies have shown that microgreens are loaded with nutrients - up to 40 time more than the mature leaves of the same plants. Microgreens are great on salads, sandwiches, and in smoothies!



## What's in the Box?

- Fuji Apples**, Hillcrest Farms, Eaton Rapids
- Organic Spring Mix**, Monroe Family Organics, Alma
- Turnip Greens or Collard Greens**, Magnolia Farms, Lansing
- Pea Shoots**, Ten Hens Farm, Bath
- Organic Potatoes**, Monroe Family Organics, Alma
- Organic Red Onions**, Cinzori Farms, Ceresco
- Organic Rutabaga**, Cinzori Farms, Ceresco

## Add-Ons

- Bread**, Stone Circle Bakehouse, Holt
- Meat**, Grazing Fields Cooperative, Charlotte

# Recipes and Tips!

## Apple Pie Bars

### FOR THE CRUST AND TOPPING:

Softened butter, for greasing pan  
3 cups/385 grams all-purpose flour  
1 cup/200 grams sugar  
1 teaspoon fine sea salt  
3 sticks/340 grams cold unsalted butter, cut into cubes  
¾ cup/75 grams nuts of your choice, toasted and chopped

½ teaspoon ground cinnamon

½ teaspoon ground ginger

### FOR THE APPLE FILLING:

3 tart apples (like granny smith apples) peeled, cored and cut into 1/8-inch slices  
4 Veggie Box Fuji apples, peeled, cored and cut into 1/8-inch slices

3 tablespoons lemon juice

¼ cup/55 grams unsalted butter (1/2 stick)

1 teaspoon ground cinnamon

1 teaspoon freshly grated nutmeg

½ teaspoon ground ginger

⅔ cup/135 grams sugar

**Make the crust and topping: Heat oven to 350 degrees. Line a 9-by-13-inch cake pan with foil with overhang on all sides. Lightly grease pan with softened butter. Pulse flour, sugar and salt in a food processor with the blade attachment to mix. Add butter and pulse until mixture resembles coarse sand. Put 1 1/2 cups in a medium bowl and mix in nuts, cinnamon and ginger. Squeeze with your hands to form a solid mass of dough. It's O.K. if a few bits fall off. Cover and refrigerate. Pour remaining mixture into prepared pan and spread in an even layer, then press into bottom of pan and 1/2 inch up the sides. Bake until golden brown and dry to the touch, 20 to 25 minutes. Cool on a wire rack. Raise oven temperature to 375 degrees. While crust bakes, make the filling: Toss all of the apples with the lemon juice in a large bowl. Melt butter in a large sauté pan set over medium-high heat. Stir in cinnamon, nutmeg and ginger and sizzle for 15 seconds. Add apples and cook, stirring often, until just starting to soften, about 5 minutes. Add sugar and stir well. Cook, stirring occasionally, until all liquid releases from the apples then evaporates, 10 to 15 minutes. The mixture should be quite dry and the apples tender, but not sticking to the pan. Remove from heat and cool.**

**Spread apple filling evenly over crust and press down gently to get rid of any gaps between the apple slices. Uncover the reserved walnut mixture and break off pebble-sized pieces. Arrange pieces in a lattice or striped pattern over filling or scatter evenly on top. Bake until the topping is golden brown, 45 to 50 minutes. Cool completely in pan on a rack. To serve, lift apple pie bars out of pan and onto a large cutting board. Slide bars off foil, then cut into 6 even strips crosswise and 4 even strips lengthwise.**



## Pea Shoot Pasta

Veggie Box pea shoots

2 large garlic cloves

1/2 cup of Veggie Box onions

Salt to taste

3 tablespoons butter or olive oil, or a mixture

½ pound bow-tie pasta

4 ounces cremini mushrooms, sliced

3 tablespoons freshly grated Parmesan cheese, plus additional cheese for the table

Freshly ground black pepper

**If the pea shoots have long stems, cut them into pieces. Set aside. Mash the garlic with a pinch of salt to form a paste. Mix with the butter or oil. Heat a large pot of salted water for the pasta. Heat 2 tablespoons of the garlic butter or oil in a large, heavy skillet. Add the mushrooms and onions, and saute over medium heat for a few minutes, until the mushrooms have wilted. When the water has come to a boil, add the pasta and cook about 7 minutes, until al dente. Drain the pasta and add it to the skillet. Return the skillet to the heat. Add the pea shoots to the skillet along with the remaining garlic butter or oil, and cook over medium heat, stirring, for a minute or two, until the pea shoots have just wilted and the ingredients are well mixed. Add the cheese, season with salt and pepper, and serve at once, offering more cheese at the table.**