

# Veggie Box Newsletter

Week 1, March 4

We're on native land. Specifically, Allen Neighborhood Center is on land belonging to the Anishinaabe (Odawa, Ojibwe, and Potawatomi people) & Haudenosaunee Confederacy, which today is called Lansing, Michigan. Lansing was originally called "Nkwejong," meaning "where the rivers meet," and Michigan comes from the Ojibwe word "mishigamaa," meaning "large lake." The purpose of this statement is to show respect for indigenous peoples, and recognize their enduring relationship to the land. Practicing acknowledgment can also raise awareness about histories that are often suppressed or forgotten. Given how closely Veggie Box is tied to the land and the environment, we think it's important to acknowledge the history of the relationships that indigenous folks had (and continue to have) with the land, plants and animals, and how these relationships sustained communities for generations. Over the next twelve weeks, we ask that you continue to remind yourself of indigenous presence and land rights in our community. What might our local food system look like if it were to have a deeper respect and understanding of Indigenous cultures? In what ways has colonialism disrupted Indigenous foodways? How can this be combated? Thank you for supporting local food!

## Producer Spotlight

### *Hunter Park GardenHouse*

The Hunter Park GardenHouse, a project of Allen Neighborhood Center, is a hub for year-round farm & garden education, where neighbors volunteer to grow food, flowers, and community, and youth develop job and life skills in service to the neighborhood. Since 2008, the Hunter Park GardenHouse has empowered neighbors to grow, prepare, and eat healthy food to better their health and become better connected with the community.

## Crop Profile

### *Microgreens*

This week's microgreens are a spicy micro mix - a colorful blend of red and green mustards. Microgreens are essentially seedlings of edible vegetables and herbs, and though miniscule in size, concentrated in nutrients. Studies have shown that microgreens can have up to 40 times more nutrients than the mature leaves of the same plants. Microgreens are great on salads, sandwiches, and in smoothies!

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Neighborhood Center

**Veggie Box**

## What's in the Box?

- Microgreens (Spicy Mix)**, Hunter Park GardenHouse, Lansing
- Organic Onions**, MSU Student Organic Farm, Holt
- Potatoes**, Titus Farms, Leslie
- Garlic**, Side Hustle Farm, Potterville
- Organic Turnips**, MSU Student Organic Farm, Holt
- Braising Greens**, Titus Farms, Leslie
- Organic Carrots**, MSU Student Organic Farm, Holt

## Add-Ons

- Bread**, Stone Circle Bakehouse, Holt
- Eggs**, Grazing Fields Cooperative, Charlotte
- Meat Variety**, Heffron Farms Market, Belding
- Kombucha**, Apple Blossom Kombucha, Lansing
- Cheese**, Hickory Knoll Farms Creamery, Onondaga
- Chevre**, Hickory Knoll Farms Creamery, Onondaga
- Organic Navy Beans**, Ferris Organic Farm, Eaton Rapids
- Coffee**, Rust Belt Roastery, Lansing
- Chicken**, Heffron Farms Market, Belding
- Pork**, Grazing Fields Cooperative, Charlotte
- Beef**, Heffron Farms Market, Belding

# Recipes and Tips!

## Veggie Box Soup

1 cup of Veggie Box yellow onions, diced  
6 cups vegetable broth  
3 cloves of Veggie Box garlic, minced  
1 cup of diced Veggie Box carrots  
2 celery stalk, diced  
1/2 pound of Veggie Box turnips, peeled and diced (half of your Veggie Box turnips)  
1 pound Veggie Box potatoes, diced (2/3 of your Veggie Box potatoes)  
A bouquet garni made with a bay leaf and a few sprigs each thyme and parsley  
Salt and black pepper  
1/4 cup crème fraîche, more to taste  
Veggie Box microgreens for garnish

**In a large soup pot or Dutch oven, combine olive oil and the onions, garlic, carrots, celery, turnips, potatoes, and 2 to 3 teaspoons salt and pepper to taste. Saute for a few minutes. Then add the bouquet garni and vegetable broth. Bring to a boil, reduce heat, cover and simmer 40 to 45 minutes, until the vegetables are very soft. Pass the soup through the coarse blade of a food mill (or purée using a blender or an immersion blender). Return soup to the pot and whisk in 1/4 cup crème fraîche (or more, to taste). Heat through, taste and adjust seasonings (be generous with salt and pepper). To serve, garnish each bowl with a spoonful of crème fraîche and a sprinkle of microgreens.**



## Veggie Box Hash

1/2 cup of Veggie Box onions, diced  
1 1/2 cups of Veggie Box potatoes cut into 1/2 inch cubes  
3 cloves of Veggie Box garlic, minced  
1 cup of Veggie Box turnips peeled and cut into 1/2 inch cubes  
Veggie Box braising greens (as much as you want!)  
Salt and black pepper  
1 1/2 teaspoons of paprika  
1/2 teaspoon of thyme  
Veggie Box egg (optional)  
Veggie Box microgreens for garnish

**In a large skillet heat, heat olive oil. Add the onions and garlic and saute until translucent. Then add the potatoes and turnips, cover, and continue to saute until tender. Remove lid to let the potatoes and turnips crisp, and add paprika, thyme, salt and pepper. Add the braising greens and a tab of butter and continue to saute. Add more salt and pepper to taste. Serve with a fried egg on top, garnished with microgreens!**

## Honey Garlic Carrots

1 pound of Veggie Box carrots diagonally cut into about 2 to 3-inch pieces (all of your Veggie Box carrots)  
3 tablespoons butter  
2 Veggie Box garlic cloves, minced  
1 tablespoons honey  
1/8 teaspoon salt  
1/8 teaspoon fresh ground pepper  
chopped fresh parsley for garnish

**Preheat oven to 400F. Grease a rimmed baking sheet with cooking spray or oil. Melt butter over medium-heat in a large nonstick skillet. Add garlic and cook for 3 minutes, or until lightly browned, stirring very frequently. Remove from heat and stir in the honey; stir until thoroughly combined. Toss the carrots with the prepared sauce either in the skillet, or pour the sauce over the carrots in a mixing bowl. Season with salt and pepper, and mix until well combined. Transfer carrots to previously prepared baking sheet. Arrange in one layer and bake for 22 to 25 minutes, or until carrots are browned and tender. Remove from oven and transfer to a serving plate. Taste for seasonings and adjust accordingly. Garnish with fresh chopped parsley. Serve.**