

Veggie Box Newsletter

Week 6, April 6

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Veggie Box

Welcome to the sixth week of the Spring Veggie Box! As the Eastside Lansing Food Coop is beginning the process of moving into ANC's complex, we think it's important to discuss what exactly a food co-op is. A food co-op is essentially a grocery store that's owned by the people who shop there. Members get to decide what foods and products are stocked on the shelves, where those items are purchased and what quality standards both products and vendors have to meet. Members also vote on standards for negotiating prices, and they choose how co-op employees are compensated. Unlike corporate chains, food co-ops are totally independent and owned by the community members who shop there. So instead of focusing on investors, food co-ops focus on their community — nourishing everyone according to their budget and cooking style. Everyone is welcome to shop, eat and hang out at a food co-op. And everyone is welcome to join by becoming an owner. Co-op owners then get back financial rewards, as well as a vote to choose the board of directors and impact the co-op's future direction. While each food co-op is unique, they're all working together toward the day when everyone has the delicious, healthy food they deserve! Cooperation builds strong bonds between the people who supply products and the people who use them. By their nature, co-ops offer a way to transform the way business is done — providing a means to get the products and services their customers need while strengthening the community and the world around them. Many co-ops set a standard for the surrounding business community through environmental and social responsibility. Thank you for supporting local food!

What's in the Box?

Organic Kale, CBI's Giving Tree Farm, Lansing
Organic Green Garlic, Monroe Family Organics, Alma
Mini Head Lettuce, Hunter Park GardenHouse, Lansing
Organic Spinach, Monroe Family Organics, Alma
Baby Beets, Hillcrest Farms, Eaton Rapids
Dill, Hunter Park GardenHouse, Lansing
Organic Daikon Radishes, Lake Divide Farm, Stockbridge

Add-Ons

Bread, Stone Circle Bakehouse, Holt
Meat Variety, Heffron Farms, Belding

Producer Spotlight

Lake Divide Farm

Helen and Jim, the owners of Lake Divide Farm, farmed in New Jersey for four years on leased land before deciding to buy a farm in Michigan. In 2016, they found a farm in Jackson County and began the arduous process of moving everything and making the house livable while maintaining the farm in New Jersey. They are also a first generation family farm. They fell in love with growing food because of the satisfaction of an honest days work and the joy of doing something constructive and tangible for our community and the environment. They believe in food equality, that farming is an essential profession, and that producing food doesn't have to abuse the natural world. They plan on forging a business that affords the farmers, and those who work with them, a living wage, while making nutrient dense, fresh food available to all members of our community.

Crop Profile

Daikon Radishes

The purple daikon radish is native to Asia where daikons have been cultivated for thousands of years. It can be enjoyed both raw and cooked, and is an excellent source of nutritional value. Packed with vitamin C, B6, folate, and minerals such as potassium, calcium, magnesium, and iodine, the purple daikon is a trooper for helping you fight off colds! Purple daikon radishes are extremely versatile. Slightly milder than a typical daikon, but still with a spicy kick they can be sliced into a salad, chopped and roasted in the oven, or added to soups or stews!

Recipes and Tips!

Purple Daikon Chips

Veggie Box Black Spanish Radishes
2 Tbsp olive oil
salt and pepper to taste

Preheat the oven to 375 degrees. Scrub the black radishes well, then slice them thinly (a mandoline works best). Toss them in a bowl with the olive oil and salt so that all the slices are coated. Spread the radish slices in a single layer on two baking sheets. Bake the radish chips about 15-20 minutes, until they are brown in spots and getting dry and crisp. Remove from the baking sheets and sprinkle on more salt if desired. Serve immediately.



Veggie Box Tacos with Beets & Greens

Veggie Box beets, and greens
1 cup of cooked Veggie Box pinto beans (from the bean add-on from last week!)
1 bunch of Veggie Box collards
1 bunch of Veggie Box green garlic
cilantro
1 1/2 teaspoon chile powder
2 teaspoon paprika
splash of lime juice
salt to taste
Queso Fresco

Preheat oven to 375 degrees F. Trim, peel, and chop the beets into fourths. Put in bowl and toss with 1/2 tbs oil, and sprinkle with salt and pepper. Toss to coat, then bake for 30 minutes, or until tender when pricked with a fork, stirring occasionally. Heat a tablespoon of oil in a pan, add chopped collards and green garlic (white and light green parts), as well as a small splash of water to steam the collards. Saute for a few minutes, and then add in the chopped beet greens. Then cook for a few minutes until wilting, and then add the beets, cooked pinto beans, chile powder, paprika, lime juice, and salt. Season to taste, and serve on a tortilla with queso fresco and cilantro

Roasted Curry Daikon Radish

1 lb daikon radish, cut into 1/2" pieces
2 thai chili peppers, chopped
2 tbsp olive oil, extra virgin
3/4 Tbsp curry powder
2 tsp kosher salt
1 tsp of Veggie box green garlic diced (white and light green part)
1/4 tsp of onion, diced
1/8 tsp
splash of lemon juice
chopped parsley & scallion for garnish

Preheat oven to 400°. Combine all ingredients in a medium bowl; toss to coat. Let stand for at least 15 minutes. Arrange radish pieces in a single layer on a cookie on a sheet; bake for 25-30 minutes or until golden brown. Flip once during baking time. Garnish with parsley & green onion.



Dill Garlic Sauce

2/3 cup hummus
2 Tbsp lemon juice
2 Tbsp Veggie Box dill, minced
4 cloves garlic, minced (or all of Veggie Box green garlic, white and light green parts)
water (to thin, if necessary)
1 pinch salt

Prepare your sauce by adding hummus, lemon juice, dill, and garlic to a small mixing bowl, starting with 1 Tbsp lemon juice. Whisk to combine. Then add only enough water to thin so it's pourable but still somewhat thick. Taste and adjust flavor as needed. Add garlic for more zing, lemon juice for acidity, and dill for a more intense herb flavor. Depending on the hummus you use, you may want to add a pinch of salt. Serve with things like crispy chickpeas, salads, wraps, and more!