

# Veggie Box Newsletter

Week 11, May 13



We know you love to support local food since you're reading this, but what about when you go out to eat? Are you thinking about where that food is coming from, too? Sourcing local is not simply a trend, but rather has become a key component of many restaurants' endeavors to ensure fresh and tasty ingredients, promote environmental sustainability, and most importantly, support local businesses. Indeed, some of the greatest chefs around the world are now deeply involved in this locally-sourced philosophy, taking responsibility for their ecological footprint and making big strides in introducing more sustainable practices into their restaurants. The Farm to Table movement focuses on producing food locally and then transferring that food to local restaurants. On top of the food being fresher and healthier, benefits of a locally sourced restaurant include boosting the economy by keeping money local, contributes to a sustainable agricultural economy and workforce, and creates shorter transport distances which reduce green house gas emissions. Most restaurants that source locally are also locally owned. When you are supporting these restaurants, you are supporting the families of Lansing, too. Some of our favorite locally sourced restaurants in Lansing are Red Haven, Tannin, The Soup Spoon Cafe, and the People's Kitchen! What other locally sourced restaurants do you know of?

## Producer Spotlight

### *Heffron Farms Market*

Heffron Farms Markets take great pride in making available products that are raised without the use of growth hormones, preservatives, dyes and antibiotics on a daily basis and raised in a humane way. While working with other local farmers, Heffron Farms Markets bring their customers a variety of naturally raised beef, pork, chicken, turkey, dairy products, eggs and much more. They currently have stores in the Grand Rapids, Michigan area, and ship products throughout the United States.

## Crop Profile

### *Bok Choi*

A deep green leafy vegetable that resembles romaine lettuce on top and a large celery on the bottom, bok choy is a crucifer more closely related to cabbage. The entire vegetable can be used, and is often added raw to salads for a satisfying crunch. In soups, the leaves and stalks should be chopped and added separately, since the stalks take longer to cook. Cultivated in China for centuries, bok choy has played a large part not only in its cuisine, but in traditional Chinese medicine. Containing a wealth of vitamins C, A, and K, and excellent sources of calcium, magnesium, potassium, manganese, and iron, bok choy deserves its reputation as a powerhouse among vegetables.

## What's in the Box?

- Organic Spinach**, *Monroe Family Organics*, Alma
- Organic Bok Choi**, *MSU Student Organic Farm*, Holt
- Organic Lettuce Mix**, *Owosso Organics*, Owosso
- Organic Swiss Chard**, *MSU Student Organic Farm*, Holt
- Organic Spring Onions**, *MSU Student Organic Farm*, Holt
- Asparagus**, *Felzke Farms*, Dewitt

## Add-Ons

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

# Recipes and Tips!

## Thai Coconut Soup with Bok Choi & Mushrooms

1 tbsp coconut oil (or your choice of oil)  
1 tbsp freshly minced ginger  
10 oz cremimi mushrooms - thinly sliced  
1/2 teaspoon of curry powder  
1/4 teaspoon of ground coriander  
1/4 teaspoon ground cumin  
1/2 tsp turmeric powder, or more to taste  
2 cloves of garlic, minced  
2 1/2 cups vegetable broth  
12 oz package of firm silken tofu – cut into small cubes  
1/3 cup to 1/2 cup coconut milk  
Sea salt to season  
Veggie Box bok choy, sliced thin  
1/2 of Veggie Box Swiss chard, sliced thin

- 1. Heat coconut oil in a pot or large skillet, over medium fire. Add half of the minced ginger and garlic and cook until aromatic, about 30 seconds. Add in sliced mushrooms and cook for about 4 minutes. When the liquid begin to evaporate, add in seasoning. Stir to mix in.**
- 2. Add in broth/water and tofu cubes, and bring it to a boil. Add in the remaining minced ginger. Lower heat to medium, and add in coconut milk. Stir gently to combine. Let cook for another minute. Add salt. Taste, and adjust any seasonings to your taste. If you like the soup to be a richer consistency, just add in a bit more of the coconut milk.**
- 3. Stir in the bok choy and Swiss chard to lightly wilt.**



## Sichuan Bok Choi Tofu Stir-Fry

FOR THE SAUCE:

- 4 tablespoons low-sodium soy sauce
- 4 tablespoons honey
- 1 tablespoon grated ginger
- 2 cloves garlic, peeled and grated
- 2 teaspoons sesame oil
- 2 teaspoons water
- 2 teaspoons corn starch
- 1 teaspoon ground Sichuan peppercorns
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FOR THE STIR FRY

- 14 ounces firm tofu
- 2 teaspoons low-sodium soy sauce
- 2 teaspoons rice vinegar
- 2 teaspoons sesame oil
- 4 tablespoons corn starch
- 2 teaspoons canola oil
- Veggie Box Bok Choi

- 1. Bring three cups of water to a boil**
- 2. Whisk together all of the sauce ingredients and set aside.**
- 3. Drain the tofu. Place the tofu in a colander and pour the boiling water over the top. Pat dry with paper towels, and then press between two layers of paper towel on the top and bottom, with something heavy on top for at least 10 minutes. If it's too damp, you may want to replace the paper towel partway through. Then cube the tofu and transfer the tofu to a plastic zipper-close bag. Add the soy sauce, rice vinegar, and sesame oil to the bag. Seal the bag and give it a good shake. Re-open the bag and add one tablespoon of the corn starch. Re-seal and shake to coat. Repeat with remaining cornstarch, one tablespoon at a time, until the tofu is well-coated.**
- 4. Heat the canola oil in a large skillet or wok set over medium heat. Add the tofu, working in batches if necessary, and cook for one minute per side (6 minutes total) until golden brown. Transfer to a paper-towel lined plate to drain.**
- 5. When finished frying the tofu, add the bok choy to the pan and cook for 2 to 3 minutes; until browned and wilted. Give the sauce a good stir and add it to the pan along with the tofu. Toss well and cook for 1 to 2 minutes, until thick. Serve hot.**