

# Veggie Box Newsletter

Week 3, June 15

The origins of the CSA, like so many agricultural practices in the United States, can be traced back to a black farmer. Dr. Booker T. Whatley was born in Alabama in 1915 and growing up saw how small farms, particularly those owned by black farmers, were disappearing due to the expansion of mass agriculture. He grew up and earned a degree in agricultural studies at Alabama A&M University, then served in the Korean War where he built and operated a hydroponic farm to supply the troops with fresh produce. After his service, he went on to earn a Ph.D. in Horticulture from Rutgers University and later a law degree from Alabama A&M. Dr. Whatley is best known for his work to help farmers “grow smaller and smarter” and to focus on “internal resources” such as “the sun, air, rain, plants, animals, people, and all the other physical resources that are within the immediate environment of every farm” through a number of different methods. He first advocated for farmers to grow high-value crops like berries or heirloom strains instead of commodity crops that would compete with commercial agriculture. He created his regenerative farming systems, a holistic approach to farming in a way that doesn’t damage the land and incorporates practices such as crop rotation, topsoil regeneration, and groundwater conservation. In addition to regenerative farming, he pioneered the practice of Pick-Your-Own (also called U-Pick), something

that you have probably done with your family at some point! He also created a “clientele membership clubs”, the original version of the CSA, in order to allow farmers to “plan production, anticipate demand & have a guaranteed market.” He recognized that a program like CSAs could benefit both the farmer and the consumer by connecting the two directly. Though often left out of history books, we have BIPOC farmers, horticulturalists, and scientists to thank for so many sustainable and community-based agriculture practices in use today.

## Producer Spotlight

### *Magnolia Avenue Farms*

Magnolia Farms is an urban incubator farm, growing on nearly two acres of land, located primarily on Lansing’s Eastside. During the 2021 growing season, about one acre will be intensively cultivated, and the rest will be in cover crop, natural habitat, or long season crops. We grow produce using regenerative farming practices that focus on building and sustaining soil health. Our focus is on creating a farm that is human-powered, not reliant on fossil fuels and is resilient in the face of climate change.

## Crop Profile

### *Garlic Scapes*

Garlic scapes are the flower bud of the garlic plant that are removed in late June to allow the bulbs underground to thicken. Scapes are so easy to use; just like adding garlic to your foods, they provide a strong aromatic flavor. You can use the whole scape, just dice it up and add it to any dish! Garlic scapes can be roasted, pickled, and even added to soups. Not only can they be used in food, they are also a great addition to your flower bouquets! To store garlic scapes, all you have to do is put them in a sealed bag and leave them in your refrigerator for up to 2-3 weeks.



## What's in the Box?

**Basil**, Ten Hens Farm, Bath

**Organic Hakurei Turnips**, MSU Student Organic Farm, Holt

**Garlic Scapes**, Magnolia Avenue Farms, Lansing

**Organic Radishes**, MSU Student Organic Farm, Holt

**Strawberries**, Felzke Farms, Dewitt

**Organic Swiss Chard**, Lake Divide Farm, Stockbridge

**Head Lettuce**, CBI's Giving Tree Farm, Lansing

## Add-Ons

**Bread**, Stone Circle Bakehouse, Holt

**Meat Variety**, Heffron Farms Market, Belding

**Eggs**, Grazing Fields Cooperative, Charlotte

**Coffee**, 517 Coffee Company, Lansing

**Cheese**, Hickory Knoll Farms Creamery, Onondaga

**Chevre**, Hickory Knoll Farms Creamery, Onondaga

**Pork**, Grazing Fields Cooperative, Charlotte

**Chicken**, Heffron Farms Market, Belding

**Beef**, Heffron Farms Market, Belding

# Recipes and Tips!

## Garlic Scape and Basil Pesto

Veggie Box garlic scapes  
¼ cup raw sunflower seeds/walnuts  
½ cup extra virgin olive oil  
¼ cup Parmesan cheese  
½ cup of Veggie Box basil leaves  
Juice of one lemon

**Place the garlic scapes in a food processor and pulse for 30 seconds. Add the sunflower seeds and pulse for 30 seconds. Scrape down the sides of the bowl. Add the olive oil and process on high for 15 seconds. Add the Parmesan cheese and pulse until the ingredients are combined. Add the basil and lemon juice, and process until reaching the desired consistency. Add salt to taste and serve immediately.**



## Pan Roasted Hakurei Turnips

Veggie Box Hakurei turnips, halved lengthwise  
2 tsp. vegetable oil  
Salt and pepper  
1/2 tablespoon honey  
Pinch of cayenne  
1/2 tablespoon water

**Toss turnips with 1 tsp. oil, salt, and pepper in a medium bowl. Combine honey, cayenne, and water in a small bowl. Heat a small skillet over medium-high heat. Add remaining tsp. oil. Add turnips. Sauté for about 10 minutes, turning turnips frequently, until they are golden brown. Add honey mixture to turnips and toss them for a few minutes until glazed and tender. Add additional salt and pepper to taste**

## Radish and Garlic Scape Salsa

Veggie Box radishes  
2 stalk of Veggie Box garlic scapes (crushed and minced)  
1 jalapeño, ribs, and seeds removed  
1 tablespoon freshly squeezed lemon juice  
1 tablespoons of chopped cilantro  
Coarse kosher salt and freshly ground black pepper

**Place radishes, garlic, jalapeño, lemon juice, and cilantro in the bowl of a food processor and pulse until finely chopped. Transfer to a small bowl and stir in salt and pepper to taste. Allow to sit 20 minutes to allow the flavors to develop.**



## Strawberry, Cucumber, and Basil Salad

2 cups hulled Veggie Box strawberries, quartered  
1 tablespoon thinly sliced Veggie Box basil  
1 teaspoon balsamic vinegar  
1/2 teaspoon sugar  
1 medium cucumber, peeled, halved lengthwise, seeded, and thinly sliced  
1/2 teaspoon freshly squeezed lemon juice  
salt and pepper to taste

**Combine the strawberries, basil, balsamic vinegar, and sugar in a large bowl, and toss gently to coat. Cover and chill for 1 hour. Combine cucumbers and juice; toss to coat. Add cucumber mixture, salt, and pepper to the strawberry mixture; toss gently to combine. Serve immediately**

