

Veggie Box Newsletter

Week 2, June 10

Welcome to the second week of the Summer Veggie Box, and happy Pride Month! Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Pride Month is currently celebrated each year in the month of June to honor the 1969 Stonewall Uprising in Manhattan – often referred to as the tipping point of the LGBT+ Rights Movement. So why do we care about LGBT+ pride when we're talking about food systems and Veggie Box? The same reason we care about racial equity, Indigenous food sovereignty, poverty, and food insecurity. As a nonprofit neighborhood center with a focus on food, we understand that the sharing of food has brought people together since the beginning of time. It's how we make friends, nurture relationships, celebrate milestones, mend conflicts and feel gratitude for life. In most societies, families celebrate important events by sharing food, and mealtimes have traditionally been those times when whole communities or villages come together. Eating and sharing food together is a symbol of shared

life. But what happens when oppressed, vulnerable populations aren't invited to the table? Where we sit at the intersections of race, gender, class and sexuality makes us highly vulnerable and subject to the policing of our food and economic system. Discrimination and oppression can lead lack of resources, and lack of resources often coincides with less autonomy and less opportunities. LGBT+ folks are disproportionately food insecure – these rates amongst LGBT+ adults are more than double the national food insecurity rate. So what happens when our LGBT+ neighbors are not allowed to express themselves, and as a result, have less input and influence into the development of our local food system? What happens when our local food system only adapts and changes based on the experiences of a few? What happens when foodways are stifled? Can recognition, affirmation, and pride make a difference? Thank you for supporting local food!

Producer Spotlight

MSU Student Organic Farm

The MSU Student Organic Farm is a 15 acre year-round educational, organic farm located in Holt, MI about 3 miles south of the Michigan State University campus. Started in 1999 by students who desired a more hands-on learning experience, the farm now offers a nearly year-long intensive program for those interested in learning everything they can about organic farming. Not only do the students tend to the fields, but the program also involves caring for the farm's livestock. MSU's multiple cafeterias source as much produce as they can from the MSUSOF and they also offer a weekly farm stand in the middle of campus for students and public alike.

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.

ALLEN

Michigan State University

Veggie Box

What's in the Box?

Organic Bok Choi, MSU Student Organic Farm, Holt

Scallions, Ten Hens Farm, Bath

Organic Head Lettuce, Monroe Family Organics, Alma

Organic Cilantro, Monroe Family Organics, Alma

Organic Spinach, MSU Student Organic Farm, Holt

Strawberries, Felzke Farms, Dewitt

Add-Ons

Bread, Stone Circle Bakehouse, Holt

Meat Variety, Grazing Fields Cooperative, Charlotte

Honey, Beehavior Ranch, Ovid

Recipes and Tips!

Bok Choi and Scallion Stir Fry

Sauce:

2 tablespoon Veggie Box honey
1/2 teaspoon freshly grated ginger, or 1/8 tsp dried
2 cloves garlic, minced
1 tablespoon Rice Wine Vinegar
2 tablespoons Soy Sauce

Stir Fry:

1 teaspoon light sesame oil
Veggie Box bok choy, washed and cut into 1 inch strips
2 large carrots peeled in strips or 1/2 cup matchstick Veggie box scallions, diced
1 tablespoon sesame seeds
1/4 cup chopped Veggie Box cilantro

Stir together all the ingredients for the sauce and set aside. Heat sesame oil in a large wok or skillet over medium-high heat. Add in bok choy, carrots, scallions, and sesame seeds. Stir continuously for 4-5 minutes and then add in sauce. Cook until sauce has coated the vegetables and heated through. Serve with a sprinkle of cilantro.

Cilantro Chutney

1 bunch Veggie Box cilantro
1 jalapeno or serrano chile, coarsely chopped
2 Tbsp. (or more) fresh lime juice
¼ tsp. sugar
Kosher salt

Blend cilantro, chile, lime juice, and sugar in a blender, adding a tablespoonful or so of water if needed to get it going, until smooth. Season with salt, taste, and add more salt and/or lime juice if needed. Chutney can be made 2 days ahead. Cover and chill.



Greek Spinach and Rice: Spanakorizo

Veggie Box spinach
Juice of half lemon
1-2 onions
2 ½ tablespoons olive oil
1 teaspoon dry mint
2/3 cups water
1/3 cup medium grain rice
1-2 tablespoons chopped dill
1 tablespoon tomato paste (optional);
Salt and pepper to taste

In a large pot wilt the Veggie Box spinach with the lemon juice and 1 teaspoon olive oil. Set aside to drain. In another pot sauté the onion with the rest of the olive oil until soft. Add the Veggie Box spinach, dry mint, dill and 2/3 cup warm water and bring to a boil. Add the rice, salt (as needed) and pepper and simmer for about 20 minutes until rice is soft. Add additional warm water as needed. Serve warm or at room temperature with a squeeze of lemon juice and a bit of olive oil and feta



Strawberry Jam

1 cup of Veggie Box Strawberries
3/4 cups of sugar (per cup of strawberries used)
2 tbsp lemon juice (per cup of strawberries)

Smash all of the strawberries with a masher or fork. Combine all ingredients in a saucepan on medium-high heat until the mixture comes to a boil. Then, reduce the heat and boil mixture for 15-20 minutes. Remove from heat and jar in the container of your choice!