

Veggie Box Newsletter

Week 3, June 17



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?

Organic Swiss Chard, *Lake Divide Farm, Stockbridge and MSU Student Organic Farm, Holt*
Cucumber, *Hillcrest Farms, Eaton Rapids*
Organic Carrots, *Monroe Family Organics, Alma*
Spicy Salad Mix, *Magnolia Avenue Farms, Lansing*
Organic Garlic Scapes, *Owosso Organics, Owosso*
Strawberries, *Felzke Farms, Dewitt*
Lemon Thyme, *Hunter Park GardenHouse, Lansing*
Organic Hakurei Turnips, *MSU Student Organic Farm, Holt*

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 Aioli

- 3 (farm) egg yolks
- 1 teaspoon Dijon mustard
- 1 teaspoon lemon juice
- 1/2 teaspoon salt
- 1/2 teaspoon coarsely ground black pepper
- 1 cup olive oil
- 1/2 cup diced Veggie Box garlic scapes

In a food processor finely mince the garlic scapes with the salt. Add the egg yolk and lemon juice to the food processor and pulse until fully incorporated. Next, with the food processor running, very, very slowly pour in both of the oils. It's important to add them slowly so that it emulsifies with the egg. Continue to process until the oil is fully incorporated and the aioli is creamy like mayo. Serve immediately or store in the refrigerator for up to one week.



Pan Roasted Hakurei Turnips

- Veggie Box Hakurei turnips, halved lengthwise
- 2 garlic scapes, diced
- 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 and scapes. 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 garlic scapes (1 bunch)
 - 1 tablespoon of pickling spice
 - 1 teaspoon of kosher salt
 - 4 sprigs fresh dill
- For the Pickling Brine:
- 3/4 cup white vinegar
 - 1/2 cup water.

Add the spices to the bottom of a jar. Pack the scapes as tightly as you can into the jar. Press some sprigs of fresh dill down in between the scapes. To make the pickling brine: Add the brine ingredients into a small saucepan and bring to a boil. Boil for 2 minutes. Pour the boiling brine over the beans. Top off with more pickling brine if needed to ensure the beans are fully immersed under the brine. Gently tap the jars against the counter a few times to remove all the air bubbles. Let the jars cool to room temperature. Store the pickles in the refrigerator. The pickles will improve with flavor as they age. Wait at least two weeks before eating them.

Strawberry, Cucumber, and Basil Salad

- 2 cups hulled Veggie Box strawberries, quartered
- 1 tablespoon thinly sliced basil
- 1 teaspoon balsamic vinegar
- 1/2 teaspoon sugar
- 1 Veggie Box 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

