

Veggie Box Newsletter

Week 4, June 24

Now that you have all this fresh produce, you may be left wondering how to properly store it all. We are here to help with some tips and tricks! Most fruits and veggies can be stored in the refrigerator. A crisper drawer will help protect your produce and keep the moisture in to maintain freshness for longer. Plastic bags help keep produce fresh longer by releasing moisture. Asparagus should be stored in the refrigerator, wrapped with a moist paper towel or you can stand them up in a glass of cold water wrapped with a damp paper towel. Store carrots in plastic bags in the fridge. Fresh heads of lettuce should be washed really well with water before refrigerating. Dry the leaves and store them in a clean plastic bag with a few paper towels. Rhubarb should be wrapped in plastic and stored in the fridge, but it also freezes well. Freezing most vegetables at home is a fast, convenient way to preserve produce at its peak maturity and nutritional quality. Freezing is not recommended for artichokes, Belgian endive, eggplant, lettuce greens, potatoes (other than mashed), radishes, sprouts, and sweet potatoes. Garlic and onions should be kept at room temperature (or cooler) in a well-ventilated area. Tomatoes should be stored at room temperature and washed just before use.

Producer Spotlight

Hunter Park GardenHouse

The Hunter Park GardenHouse, a project of Allen Neighborhood Center, is a hub for year-round farm & garden education, where neighbors volunteer to grow food, flowers, and community, and youth develop job and life skills in service to the neighborhood. Since 2008, the Hunter Park GardenHouse has empowered neighbors to grow, prepare, and eat healthy food to better their health and become better connected with the community.

Crop Profile

Oregano Plant Start

Oregano is a species of flowering plant in the mint family Lamiaceae. It was native to the Mediterranean region, but widely naturalized elsewhere in the temperate Northern Hemisphere. As a perennial herb, oregano is used for the flavor of its leaves, which can be more intense when dried than fresh. It has an earthy, warm, and slightly bitter taste, which can vary in intensity. Oregano's most prominent modern use is as the staple herb of Italian cuisine. Its popularity in the U.S. began when soldiers returning from World War II brought back with them a taste for the "pizza herb", which had probably been eaten in southern Italy for centuries.[13] There, it is most frequently used with roasted, fried, or grilled vegetables, meat, and fish. Oregano combines well with spicy foods popular in southern Italy. It is less commonly used in the north of the country, as marjoram is generally preferred. Let your oregano become large and established before harvesting from this herb!



What's in the Box?

Organic Radishes, *MSU Student Organic Farm, Holt*

Garlic Scapes, *Titus Farms, Leslie*

Strawberries, *Felzke Farms, Dewitt*

Organic Cabbage, *Cinzori Farms, Ceresco*

Summer Squash, *Peckham Farms, Lansing*

Kale, *Titus Farms, Leslie*

Oregano Plant Start, *Hunter Park Garden House, Lansing*

Add-Ons

Bread, *Stone Circle Bakehouse, Holt*

Meat Variety, *Heffron Farms Market, Belding*

Recipes and Tips!

Cabbage Soup

3 tablespoons olive oil
1/2 yellow onion chopped
1/2 Veggie Box garlic scapes, diced.
8 cups vegetable broth
1 teaspoon kosher salt
1/2 teaspoon dried thyme
1/2 teaspoon black pepper or to taste
Veggie Box cabbage chopped in 1 1/2" chunks
A few carrots, chopped
2 stalks of celery sliced thinly
14.5 ounces stewed tomatoes

In a large pot add the olive oil over medium heat then add in the onions and garlic, onion, and cook until the onions are see-through about 3-5 minutes. Add in the broth, salt, pepper, thyme, cabbage, carrots, celery, and tomatoes, and simmer for 30 minutes.



Garlic Scape Salad Dressing

3-4 Veggie Box garlic scapes (coarsely chopped)
2 green onions (coarsely chopped)
1 teaspoon honey
2 teaspoons Dijon mustard
4 tablespoons red wine vinegar
1 tablespoon lemon juice
dash salt
1/8 teaspoon black pepper
1/2 cup extra virgin olive oil

In a blender, combine the garlic scapes, onions, honey, mustard, red wine vinegar, lemon juice, salt, and pepper. Blend until smooth. With blender on low, slowly add the olive oil until well blended. Enjoy!

Ethiopian Aliche

1 medium chopped onion
1 head Veggie Box cabbage
Veggie Box garlic scapes
3 medium potatoes, cubed
1/2 pound of carrots
1 to 4 tablespoons butter, or vegetable oil
1/2 teaspoon fine sea salt, plus more to taste
1 teaspoon ground ginger
2 teaspoon turmeric
1 teaspoon of cumin
1/2 teaspoon ground black pepper
2 cups vegetable broth

In a cast iron skillet or Dutch oven, heat olive oil on medium flame. After about 30 seconds, add minced garlic, ginger paste, 1 tsp of turmeric, and cumin powder - be careful to add before the oil gets too hot, otherwise it will splatter! Saute for 30 seconds to infuse the oil - when done, it should look dark throughout Now, add the chopped onion and saute for about 1 minute until the onion gets brown Then, add carrots, potatoes, broth and the rest of the turmeric and mix well to infuse with spices. Cover and cook for 10 minutes on medium flame. Then, open and check if the carrots and potatoes are cooked by piercing them with a fork. If not, cook for a few more minutes until they're soft. Then, stir in the cabbage, add salt and pepper (to taste) and cook covered again until the cabbage is properly cooked, but not too long that it becomes mushy Serve hot with rice or flatbread!

