

Veggie Box Newsletter

Week 1, June 1

ALLEN

Veggie Box

We're on native land. Specifically, Allen Neighborhood Center is on land belonging to the Anishinaabe (Odawa, Ojibwe, and Potawatomi people) & Haudenosaunee Confederacy, which today is called Lansing, Michigan. Lansing was originally called "Nkwejong," meaning "where the rivers meet," and Michigan comes from the Ojibwe word "mishigamaa," meaning "large lake." The purpose of this statement is to show respect for indigenous peoples, and recognize their enduring relationship to the land. Practicing acknowledgment can also raise awareness about histories that are often suppressed or forgotten. Given how closely Veggie Box is tied to the land and the environment, we think it's important to acknowledge the history of the relationships that indigenous folks had (and continue to have) with the land, plants, and animals, and how these relationships sustained communities for generations. Over the next twelve weeks, we ask that you continue to remind yourself of indigenous presence and land rights in our community. What might our local food system look like if it were to have a deeper respect and understanding of indigenous cultures? In what ways has colonialism disrupted indigenous foodways? How can this be combated? Thank you for supporting local food!

Producer Spotlight

Highwater Farms

At Highwater Farms, their mission is to create a sustainable relationship between the land, their products, and their customers. They work to provide heirloom and rare varieties of produce and flowers to customers via several channels in order to ensure freshness, availability, and convenience. All of their plants are chemical-free, pesticide-free, and herbicide-free. All farming practices are strategically implemented to address the health and safety of the land and the consumer. They grow exclusively in Lansing and strive to give back 5% of all sales go to a rotating group of local charities and causes.

Crop Profile

Pea Vines

All parts of the pea plant can be eaten and enjoyed. This includes pea vines! They are delicate, curling vines that form at the beginning of the life cycle of the pea plant. Pea vines are harvested before pea pods grow in order to maintain the vine's tender texture. These vines are a great source of fiber and antioxidants. These plants are also rich in vitamin A and vitamin C, and they contain many minerals such as potassium, calcium, zinc, and manganese. They contain a fresh pea-like flavor that is crisp and tender!

What's in the Box?

Organic Pea Vines, *MSU Student Organic Farm, Holt*
Spinach, *Ten Hens Farm, Bath*
Asparagus, *Felzke Farms, Dewitt*
Lettuce, *Ten Hens Farm, Bath*
Chives, *Hunter Park GardenHouse, Lansing*
Microgreens, *Highwater Farms, Lansing*
Green Garlic, *Magnolia Avenue Farms, Lansing*

Add-Ons

Bread, *Stone Circle Bakehouse, Holt*
Meat Variety, *Heffron Farms Market, Belding*
Kombucha, *Apple Blossom Kombucha, Lansing*
Cheese, *Hickory Knoll Farms Creamery, Onondaga*
Chevre, *Hickory Knoll Farms Creamery, Onondaga*
Chicken, *Heffron Farms Market, Belding*
Beef, *Heffron Farms Market, Belding*
Pork, *Grazing Fields Cooperative, Charlotte*
Organic Navy Beans, *Ferris Organic Farms, Eaton Rapids*
Coffee, *517 Coffee Company, Lansing*
Eggs, *Grazing Fields Cooperative, Charlotte*

Recipes and Tips!

Asparagus and Pea Vine Stir Fry

Olive Oil
1 tablespoon Sesame Oil
1 bunch Veggie Box green garlic (white and light green parts) thinly sliced
1 pound asparagus, tough ends trimmed
Veggie Box pea vines, chopped in half
Kosher salt and freshly ground black pepper
Juice of 1 lemon
3 tablespoons of soy sauce
A drizzle of honey
2 teaspoons of garlic chili paste
Fried Eggs
Veggie Box chives finely diced

Put rice on to steam. While it's cooking, heat olive oil in wok. Cut asparagus into thirds and throw into the wok. Season with salt and pepper. After about five minutes of cooking and stirring, add in the green garlic and chili paste. Stir for a minute or so longer, and then add in the pea vines, sesame oil, lemon juice, honey, and soy sauce. Fry an egg or two in a separate pan. Serve the stir fry over rice, topped with an egg and chives.

Chive Blossom Vinegar

Veggie Box chive blossoms (fresh) (about one cup)
1 1/2 cups vinegar
1/4 cup chopped chive leaves

Crush the blossoms to release their scent and flavor. Loosely pack the blossoms and chives into a clean glass pint jar. Pour the vinegar over the chive blossoms until they are completely immersed in the liquid. Stir the chives down into the vinegar with a spoon or chopstick. Tightly cover the jar and store at room temperature away from direct light or heat for 2 weeks. Strain, and enjoy!



Pea Shoots with Garlic and Ginger

Veggie Box pea vines
1 bunch of Veggie Box green garlic
1/2 inch slice of ginger peeled and minced
1-2 teaspoon olive oil
Salt to taste

Thoroughly wash pea vines in cold water several times and trim them into 2-3 inch pieces. Slice green garlic (white and light green part). Add 1 teaspoon of olive oil to frying pan and sauté ginger and garlic until fragrant. Add pea vines and sauté for 2-3 minutes.

Microgreen and Spinach Pesto

1/4 cup pine nuts or walnuts
1 1/4 cup Veggie Box spinach
Veggie box microgreens
1 bunch of Veggie Box green garlic
1/4- 1/3 cup olive oil
1/3 cup grated parmesan
1/2 tablespoon lemon juice
big pinch of salt
a few turn of pepper

Toast the nuts in a pan or in the oven until they're lightly browned. Slice green garlic (white and light green part). Throw all ingredients (including the warm nuts) into the food processor. Blend until smooth and taste for seasoning. Store in the fridge for up to a week with a thin coating of olive oil on top to prevent browning. Or you can freeze it in an ice cube tray and then transfer cubes to a ziploc bag. This pesto is great for sandwiches and pasta!

