

Veggie Box Newsletter

Week 2, June 8



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!

What's in the Box?

Organic Bok Choi, MSU Student Organic Farm, Holt
Scallions, Ten Hens Farm, Bath
Organic Spring Mix, Monroe Family Organics, Alma
Organic Cilantro, MSU Student Organic Farm, Holt
Organic Golden Oyster Mushrooms, Agape Organic Farms, Dansville
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, Beebehavior Ranch, Ovid

Producer Spotlight

Agape Organic Farms

Agape Organic Farms is a small, black-owned family farm out of Dansville, Michigan. Their mission is to grow quality food while being good stewards of the land and their animals. They raise purebred Berkshire pigs on pasture, 28 varieties of mushrooms in season, and also sell foraged mushrooms when available. Our farm also grows and sells live organic microgreens, garlic, shallots, and herbs grown on their own mushroom compost. The farm is run by Shara Trierweiler and her two children, Philomena and Dominic.

Crop Profile

Oyster Mushrooms

Pleurotus citrinopileatus, the golden oyster mushroom, is an edible gilled fungus. These mushrooms are a beautiful gold with a thinner, more delicate cap than the regular oyster mushroom. The golden oyster mushroom, like other species of oyster mushroom, is a wood-decay fungus. In the wild, *P. citrinopileatus* most commonly decays hardwoods such as elm. Many describe the flavor as having a nut-like quality. Though native to eastern Russia, northern China, and Japan, it now grows in the wild in the US. Scientific studies on the health benefits of oyster mushrooms are emerging, and it has been suggested that Golden Oyster mushroom health benefits may include lower cholesterol, heart health, higher immune function, and improved metabolic health.

Recipes and Tips!

Bok Choi, Mushroom, 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
4 oz. Veggie Box golden oyster mushrooms (all from this week)

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, mushrooms 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.

Spinach and Mushroom Frittata

3/4 tablespoons olive oil
4oz of Veggie Box golden oyster mushrooms cut into slices (all of your share)
Veggie Box Scallions
Veggie Box Spinach
Kosher salt, freshly ground pepper
1 1/2 tablespoons unsalted butter, cut into pieces
1 small sprig of thyme
1 garlic clove, crushed

Preheat the oven to 400 degrees F. Heat the oil in a 10-inch ovenproof skillet. Add the mushrooms and cook over medium heat, covered, until softened but not browned, about 6 minutes. Add a small splash of water, add the spinach and scallions, and cook for a few more minutes. Meanwhile, in a medium bowl, beat the eggs, milk, cheese if using and 1/4 teaspoon each salt and pepper. Add to the skillet with the sauteed veggies; cook until the eggs begin to set at the edges, about 30 seconds. Using a spatula, lift the edges and tilt the pan, letting the uncooked eggs seep underneath. Cook until the bottom is set, about 3 minutes. Transfer to the oven and bake until fluffy, 8-10 minutes; cut into 6 wedges.

Greek Spinach and Rice: Spanakorizo

Veggie Box spinach
Juice of half lemon
1-2 onions (from last week's Veggie Box!)
2 1/2 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!