

Veggie Box Newsletter

Week 4, June 22

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

Monroe Family Organics

Monroe Family Organics is very much the fruition of a dream set in motion almost 20 years ago, & finally realized in 2011. After having a stall at the local Alma farmers market the summer he was 16, Fred Monroe was hooked on organic vegetable production. So off he went to Michigan State to earn his bachelor's degree in horticulture & agribusiness. During this time he worked at MSUSOF and interned at Angelic Organics, a very large CSA farm south of Chicago (where he met his wife Michele). In 2010, Fred & Michele set to work acquiring land, buying a house, & rounding up equipment for the first farm season. Over the next few years, they continued to add more crops, more animals, more CSA drop-offs, more delivery options, and more local mid-Michigan store and restaurant partners. 2019 marks Monroe Family Organics' ninth season.

Crop Profile

Rosemary Plant Start

Rosemary is a fragrant evergreen herb native to the Mediterranean. It is used as a culinary condiment, to make bodily perfumes, and for its potential health benefits. Rosemary is a member of the mint family Lamiaceae, along with many other herbs, such as oregano, thyme, basil, and lavender. The herb not only tastes good in culinary dishes, such as rosemary chicken and lamb, but it is also a good source of iron, calcium, and vitamin B-6. It is typically prepared as a whole dried herb or a dried powdered extract, while teas and liquid extracts are made from fresh or dried leaves. Rosemary plants do best when planted in a pot with good drainage and sandy soil. They also need a good amount of sunlight, at least six to eight hours a day. Finally, like many herbs, rosemary needs to be trimmed every once in a while to help it grow! Rosemary is a perennial, so if you plant it outdoors, it can overwinter and come back year after year!



What's in the Box?

Organic Cucumbers, *MSU Student Organic Farm, Holt*

Organic Garlic Scapes, *Cinzori Farms, Ceresco and Clear Street Farms, Lansing*

Organic Carrots, *Monroe Family Organics, Alma*

Strawberries, *Felzke Farms, Dewitt*

Organic Cabbage, *Cinzori Farms, Ceresco*

Summer Squash, *Peckham Farms, Lansing*

Rosemary 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
6 Veggie Box 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 of Veggie Box 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!

