

Veggie Box Newsletter

Week 8, July 22

The Veggie Box provides you with a box of fresh, nutritious, and safe food every single week. But what about those who don't have enough money to buy healthy food, if any food at all? What about those who don't have sufficient means or knowledge about how to store and prepare foods? These questions center around the concept of food security: "Food security, as defined by the United Nations' Committee on World Food Security, means that all people, at all times, have physical, social, and economic access to sufficient, safe, and nutritious food that meets their food preferences and dietary needs for an active and healthy life." In 2017, an estimated 1 in 8 Americans were food insecure, equating to more than 40 million Americans - including more than 12 million children. In fact, Lansing's Eastside (ANC's neighborhood) has a food insecurity rate of 29% - more than double the national average. Food insecurity is more complex than the simple notion of hunger, it deals with food access as it relates to socioeconomic

status, education, and even location. This brings up the concept of food deserts as well: parts of the country void of fresh fruit, vegetables, and other healthy whole foods, and are usually found in impoverished areas. This is largely due to a lack of grocery stores, farmers markets, and healthy food providers. ANC offers our Veggie Box program, weekly Allen Farmers Market (every Wednesday!), free BreadBasket Food Pantry, Hunter Park GardenHouse, gardening workshops, and both adult and youth programs that focus on cooking and nutrition education. Would you be willing to donate to offer a low-cost subsidized Veggie Box for low-income families in our neighborhood who deal with food insecurity? Let us know, and thank you for supporting local food!

Producer Spotlight

Titus Farms

Titus Farms was founded by Rose and Paul Titus in 1982. Growing up, both farmers worked at their respective family farms until they got married and purchased a small 20-acre land. Paul and Rose both dedicated their lives to farming so that they can pass on ownership of the farm to their daughter Rebecca Titus. Titus farms is dedicated to producing the highest quality vegetables using sustainable organic farming methods, as well as producing unique varieties of vegetables that capitalize on great taste.

Crop Profile

Kohlrabi

Poblano peppers are mild chili pepper that originates from Puebla, Mexico. While this pepper is typically mild in flavor, it occasionally can be surprisingly spicy! On the Scoville scale, poblano peppers range from 1,000 to 2,000 heat units. When the chile is cut raw, the aroma reveals its spicy and earthy flavor profile. Not only are poblanos very tasty, but they also have some surprising health benefits. These peppers are rich in both vitamins A and C and antioxidants, which can help protect your body against free radicals. When poblanos are dried out, otherwise known as ancho chiles, they contain higher levels of vitamins A and B2. There are many different ways to incorporate poblanos into your food. They are delicious raw in salsas, as well as when they are added to sauces, tacos, and chili.



What's in the Box?

Organic Summer Squash, *MSU Student Organic Farm, Holt*

Organic Fresh Garlic, *Owosso Organics, Owosso*

New Potatoes, *Titus Farms, Leslie*

Tomatoes, *Hunter Park GardenHouse, Lansing*

Green Beans, *Yoder Family Cooperative, Leslie*

Kohlrabi, *Ten Hens Farm, Bath*

Blueberries, *Felzke Farms, Dewitt*

Add-Ons

Bread, *Stone Circle Bakehouse, Holt*

Meat, *Grazing Feilds Cooperative, Charlotte*

Recipes and Tips!

Crispy Garlic Roasted Potatoes

Veggie Box potatoes
1 1/2 Tablespoons olive or canola oil
3/4 teaspoon sea salt
3 cloves of Veggie Box garlic
(optional) 1 1/2 Tablespoons chopped parsley

Preheat the oven to 400 degrees. Cut your potatoes into 1-inch cubes. In a bowl, mix the potatoes, oil, salt, pepper, and garlic. Toss until the potatoes are well coated and seasoned. Roast in the oven for 45 minutes to 1 hour, while flipping occasionally, until crisp and golden. Remove the potatoes from the oven and season with a little extra salt and pepper to taste. Sprinkle over with parsley and serve!



Kohlrabi Fritters

Veggie Box kohlrabi
A few Veggie Box potatoes
1 clove of Veggie Box garlic
1 large egg
2 tablespoons all-purpose flour
1/4 teaspoon fine sea salt
1 cup canola oil

Peel the kohlrabi. Grate the kohlrabi and potatoes on the large holes of a grater into a bowl. Wring out the shredded veggies in a thin towel. Add the minced garlic. Add the egg and mix with a fork. Sprinkle the mixture with the flour and salt and stir to combine thoroughly. Heat a generous layer of oil (about 1/4-inch deep) in a large frying pan or pot over medium-high heat until the oil shimmers when you swirl the pan. Fry the fritters on medium-high heat for 4-5 minutes on each side or until nicely browned.

Roasted Kohlrabi

Veggie Box kohlrabi
1 tablespoon olive oil
1 clove garlic, minced
salt and pepper to taste
1/3 cup grated Parmesan cheese

Preheat an oven to 450 degrees F. Cut the kohlrabi into 1/4 inch thick slices, then cut each of the slices in half. Combine olive oil, garlic, salt and pepper in a large bowl. Toss kohlrabi slices in the olive oil mixture to coat. Spread kohlrabi in a single layer on a baking sheet. Bake in the preheated oven until browned, 15 to 20 minutes, stirring occasionally in order to brown evenly. Sprinkle with cheese and allow to bake for 5 more minutes.

Greek Stewed Beans and Squash With Tomatoes

3 tablespoons extra-virgin olive oil
3/4 cup of onions, chopped
3 Veggie Box garlic cloves, minced
Veggie Box beans, trimmed
Veggie Box squash, sliced
Veggie Box tomatoes, chopped.
Salt and freshly ground pepper to taste
1/4 cup chopped fresh mint, parsley or dill
1 to 2 tablespoons fresh lemon juice (optional)

Heat 2 tablespoons of the olive oil in a wide, covered skillet over medium heat, and add the onion. Cook, stirring, until tender and translucent, five to eight minutes. Add the garlic and cook, stirring, for another minute. Stir in the beans, squash and remaining oil. Stir together for a few minutes, then add the tomatoes and 1/3 cup water. Bring to a simmer, then add salt and freshly ground pepper. Cover and simmer 30 minutes until the beans are tender and the mixture is stew-like. Add the herbs, and simmer for another five to 10 minutes. Add lemon juice if desired. Taste, and adjust seasonings with salt and pepper.

