

Veggie Box Newsletter

Week 8, July 19

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

Poblanos

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.

ALLEN
FARMERS MARKET

Veggie Box

What's in the Box?

Organic Cherry Tomatoes, Monroe Family Organics, Alma

Organic Cucumbers, MSU Student Organic Farm, Holt

Fresh Garlic, Side Hustle Farm, Potterville

Poblanos, Ten Hen Farm, Bath

New Potatoes, Titus Farms, Leslie

Green Beans, Yoder Family Cooperative, Leslie

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

1 1/2 Tablespoons minced 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!



Cucumber and Cherry Tomato Salad

Veggie Box cucumber, sliced

Veggie Box tomatoes, diced

1/2 red onion sliced

1 tablespoon fresh herbs parsley, basil, and/or dill, optional

2 tablespoons olive oil

1 tablespoon red wine vinegar

salt & pepper to taste

Dice the cherry tomatoes and cucumber. Combine the diced tomatoes and cucumbers with the rest of the ingredients in a large mixing bowl. Toss well. Refrigerate at least 20 minutes before serving.



Roasted Poblano Pepper

Veggie Box poblanos

Preheat oven to 400 degrees. Place whole poblano peppers on a baking sheet (line with foil for easy clean-up) and roast for 35-40 minutes or until skins are blackened, flipping once.



Green Beans with Tomatoes

Veggie Box green beans

2 tablespoons extra virgin olive oil

1 onion finely chopped

pinch crushed red pepper flakes

2 cloves Veggie Box fresh garlic, minced

Veggie Box cherry tomatoes, crushed

1-2 sprigs of fresh basil chopped

Salt and pepper to taste

Wash and trim the ends of the green beans. Set aside. In a large skillet, heat the oil over medium heat. Add the chopped onion and sauté for about 4-5 minutes or until the onion is translucent. Make sure to give it a few stirs. Add the red pepper flakes and the minced garlic and sauté for about 1 minute. Add the tomatoes, and crush them as they cook. Bring to a boil and then reduce heat to obtain a vigorous simmer. Simmer for about 10 minutes or until the sauce begins to thicken. In the meantime, bring a large pot of salted water to boil. Cook the beans for about 5 minutes. Beans should still be crisp. Drain and add to simmering tomatoes. Simmer, uncovered, until beans become tender but still firm (not mushy). If the sauce appears dry, add some water. Add the herbs during the last few minutes of cooking. Season with salt and pepper and serve.