

Veggie Box Newsletter

Week 12, August 17

Welcome to week 12 of Fall Veggie box. The Veggie Box fresh, nutritious and safe food from local providers every week for you to enjoy. It is easy to get caught up in the craziness of life and take for granted the wonderful things that are before us. Showing gratitude is an important aspect of maintaining mental health, maintaining social relationships, and fostering a vibrant community. Allen Neighborhood Center values community and aims to cultivate strong and intentional connections among our community members. One way ANC can do this is by encouraging our members and staff to practice gratitude. University California Berkeley has conducted many studies on gratitude practices that correlate practices of gratitude with improvements of physical and psychological health and will help shift your mind away from toxic emotions and towards more positive emotions. Gratitude practices have also been shown to improve sleep and to improve self esteem. It can be difficult to know how to begin integrating gratitude practices into your daily life, however a great place to start your gratitude practices is with the food you eat! Try taking 3-5 minutes before you begin eating to reflect on all the factors that brought the food to your table: the farmers, the delivery drivers,

the water and sunlight that nourished your food, the soil that gave your food a place to grow, and the thousands of years of knowledge that has been cultivated about agricultural practices. If you want to take your gratitude practices even further, try writing a letter of thanks and send it to the people in your life that you think would appreciate hearing it. Showing appreciation will help spread the love and positivity in the hectic world we all live in and will foster a stronger relationship that contributes to a connected and vibrant community. Here at ANC we are grateful for all of our amazing staff and members like you! We are excited to hear about your gratitude journeys, happy gratitude practices!

Producer Spotlight

Magnolia Avenue Farms

Magnolia Avenue Farms is a small family owned operation located in Lansing Eastside's Urbandale neighborhood. This urban farm also serves as an incubator farm that provides up-and-coming farmers an experience to serve as the farm manager and coordinate its operation without having to start from scratch! Magnolia Farms grows a diverse range of fruits, vegetables, herbs, and more!

Crop Profile

Dill

Dill (or Dillweed) has been used in kitchens for centuries. In fact, the first written evidence of it is from medical texts in Egypt from 3000 B.C.! Today it is popular in a variety of foods; pickles, dill dip, potato dishes, and sauces for fish. One careful thing to note is that dill weed and dill seed are very different in terms of flavor intensity as well as appearance, so be sure to note which one a recipe calls for! For those of you who are interested in gardening, dill is a fairly easy plant to grow. Just be sure to harvest before the plant goes to seed as the seeds are harmful to birds! Of course, if you're wanting the seed, keep a close eye on visiting birds.



What's in the Box?

Salad Mix, *Hunter Park Garden House, Lansing*

Organic Potatoes, *Cinzori Farms, Ceresco*

Garlic, *Clear Street Farms, Lansing*

Cherry Tomatoes, *Magnolia Avenue Farms, Lansing*

Organic Leek, *MSU Student Organic Farm, Holt*

Organic Celery, *MSU Student Organic Farm, Holt*

Organic Dill, *Monroe Family Organics, Alma*

Corn, *Felzke Farms, Dewitt*

Cucumber, *Ten Hens, Bath*

Add-Ons

Bread, *Stone Circle BakeHouse, Holt*

Meat, *Heffron Farms Market, Belding*

Honey, *Beebehavior Ranch, Ovid*

Recipes and Tips!

Tomato Cucumber Salad

Veggie Box cherry tomatoes, halved
Veggie Box cucumber, sliced
1/2 red onion, diced
2 cloves of garlic, minced
1/4 cup mayonnaise
2 teaspoons fresh ground black pepper
Salt to taste
Sprinkle dill to taste

Half your cherry tomatoes and slice your veggie box cucumber into your desired bite sizes! Add these to a large bowl where you will add 1/2 of a red onion, diced and 2 cloves of minced garlic or as much as you prefer. You will mix in 1/4 cup mayonnaise, 2 teaspoons of ground black pepper and salt to taste! If you're feeling fancy, add some dill to taste as well!



Celery Stew

4 cups Veggie Box celery in 1/2-inch chunks
1 1/2 cups sliced onions
3 Tbs. butter
1 Tbs. olive oil
2 cloves Veggie Box garlic
1/2 tsp. celery salt
Veggie Box tomatoes
1/2 cup chopped Veggie Box celery leaves
1 1/2 cup hot broth
2 cups cooked beans
Salt and freshly ground pepper

Blanch celery for 5 minutes in boiling water; drain. Peel pepper if you wish. Slice pepper and cook along with onions in butter and oil until wilted and lightly browned. Chop garlic, add to pan, and cook for 1 minute. Stir in celery and celery salt; cover and cook over medium-low heat for 20 minutes stirring occasionally. Chop tomatoes and add along with herbs and broth. Cover pan and cook for 10-15 minutes longer or until celery is tender. Stir in beans and cook until heated through. Season to taste and serve hot. Serves 6-8.

Potato Leek Soup

1/Veggie Box leeks (all of them from this week - about a pound)
2 Tbs butter
4 cups vegetable broth
3 cloves of Veggie Box garlic
Veggie Box potatoes, peeled and cubed (a pound and a half)
1 teaspoon sea salt, less or more to taste
1 sprig of fresh thyme
1 sprig of rosemary
1 bay leaf
Sprinkle of Tabasco sauce or other red chili sauce
White or black pepper to taste

Cut off the roots of the leeks. Cut the leeks lengthwise, fan them open under running water to dislodge any dirt or mud hiding inside. Cut off the tough dark green tops and discard (either compost or freeze for making stock). Slice the white and light green parts of the leeks crosswise into 1/4-inch thick slices. Place the slices in a bowl of cold water and agitate them with your hands to dislodge any remaining dirt. Melt butter on medium heat in a 3 to 4 quart thick-bottomed pot. Add the the chopped leeks and minced garlic, stir to coat with the butter. Cover the pot and lower the heat to low, cook for 10 minutes until the leeks are softened. Check to make sure the leeks are not browning. Add the broth, diced potatoes, bay leaf, rosemary, thyme, and a teaspoon of salt to the pot. Increase the heat to high to bring to a simmer, then lower the heat to maintain a low simmer, and cook for 20 minutes, until the potatoes are cooked through. Remove and discard the bay leaf, thyme sprig, and rosemary sprig. Use an immersion blender or standing blender to blend about half of the soup if you want a chunky soup, or all of it if you would like your soup to be more smooth. Add a few dashes of Tabasco to taste. Add freshly ground pepper and more salt to taste.

