

Veggie Box Newsletter

Week 1, September 16

We're on native land. Specifically, Allen Neighborhood Center is on land belonging to the Anishinaabe (Odawa, Ojibwe, and Potawatomi people) & Haudenosaunee Confederacy, which today is called Lansing, Michigan. Lansing was originally called "Nkwejong," meaning "where the rivers meet," and Michigan comes from the Ojibwe word "mishigamaa," meaning "large lake." The purpose of this statement is to show respect for indigenous peoples, and recognize their enduring relationship to the land. Practicing acknowledgment can also raise awareness about histories that are often suppressed or forgotten. Given how closely Veggie Box is tied to the land and the environment, we think it's important to acknowledge the history of the relationships that indigenous folks had (and continue to have) with the land, plants, and animals, and how these relationships sustained communities for generations. Over the next fourteen weeks, we ask that you continue to remind yourself of indigenous presence and land rights in our community. What might our local food system look like if it were to have a deeper respect and understanding of indigenous cultures? In what ways has colonialism disrupted indigenous foodways? How can this be combated? Thank you for supporting local food!

Producer Spotlight

Cinzori Farms

Cinzori Farms is part of an Agriculture Cooperative and was one of the first farms in Michigan to become organically certified in 1985. The farm has grown a great deal since it was first established, and now occupies more than 60 acres – all of which are used to propagate fresh herbs and produce. Cinzori Farms is owned and operated by father and son, Don and Anthony Cinzori, and sells at a number of Michigan farmers markets, as well as Michigan grocery stores.

Crop Profile

Eggplant

Eggplant is grown for its edible spongy absorbent fruit widely used in cooking. Most people consider it a vegetable despite its botanical definition as a berry fruit, a member of the genus *Solanum* related to the tomato and the potato. Like the tomato its skin and seeds can be eaten, but like the potato it is not to be eaten raw. Raw eggplant can have a bitter taste, with an astringent quality, but it becomes tender when cooked and develops a rich, complex flavor. The fruit is capable of absorbing large amounts of cooking fats and sauces, which may enrich dishes.

ALLEN
Neighborhood Center

Veggie Box

What's in the Box?

Organic Carrots, MSU Student Organic Farm, Holt
Organic Eggplant, Cinzori Farms, Ceresco
Hot Pepper Mix, Magnolia Avenue Farms, Lansing
Onions, Hunter Park GardenHouse, Lansing
Organic Squash, Owosso Organics, Owosso
Salad Mix, Hunter Park GardenHouse, Lansing
Garlic, Ten Hens Farm, Bath
Organic Celery, CBI's Giving Tree Farm, Lansing
Cherry Tomatoes, Peckham Farms, Lansing
Tomatillos, Ten Hens Farm, Bath

Add-Ons

Bread, Stone Circle Bakehouse, Holt
Meat Variety, Heffron Farms Market, Belding
Kombucha, Apple Blossom Kombucha, Lansing
Cheese, Hickory Knoll Farms Creamery, Onondaga
Chevre, Hickory Knoll Farms Creamery, Onondaga
Chicken, Trillium Wood Farms, Williamston
Beef, Heffron Farms Market, Belding
Pork, Grazing Fields Cooperative, Charlotte
Organic Navy Beans, Ferris Organic Farms, Eaton Rapids
Coffee, 517 Coffee Company, Lansing
Eggs, Grazing Fields Cooperative, Charlotte

Recipes and Tips!

Veggie Box Stir Fry

Veggie Box eggplant, cubed
Veggie Box summer squash, cubed
2 cloves of Veggie Box garlic
1 cup of Veggie Box onions, sliced
2 Veggie Box carrots, sliced
As many Veggie box hot peppers diced up as you want
Tofu, or your meat of choice, cubed.

Garlic Sauce:

1/3 cup soy sauce
1/2 cup vegetable broth
1/3 cup rice wine
3 1/2 tablespoons sugar
1 tablespoon sesame oil
1/4 teaspoon pepper
2 tablespoons cooking oil
2 cloves of Veggie Box garlic
1 tablespoon minced ginger
2 tablespoons cornstarch
1/4 cup water

For the sauce: In a bowl, combine soy sauce, broth, rice wine, sugar, sesame oil and pepper. Dissolve the cornstarch in 1/4 cup water. Heat a pan over high heat; add the cooking oil, swirling to coat; add the garlic and ginger; cook, stirring, until fragrant, about 15 seconds. Add the soy sauce mixture; bring to a boil. Reduce heat to medium and cook for 1 minute. Add the cornstarch solution and cook, stirring, until the sauce boils and thickens.

In a skillet, heat oil to medium high heat and add your onions, garlic, and minced hot peppers. Add the meat/tofu and cook. Add in the vegetables and cook until to your level of tenderness. Season with a little salt. Put stir fry over rice, and top with garlic sauce. Enjoy!



Veggie Box Salsa

Veggie Box cherry tomatoes
Veggie Box tomatillos
1/4 cup of Veggie Box onion
2 Veggie Box garlic cloves
1 Veggie Box hot pepper (or more to taste)
salt to taste
lime juice
cilantro

Quarter your tomatillos and halve your cherry tomatoes. Roast the tomatoes and tomatillos in a 400F oven for 20-25 minutes. Add the roasted tomatoes and tomatillos, onion, garlic, lime juice, cilantro, salt, and de-stemmed hot pepper to a food processor, and process until it's the consistency you want. Taste and adjust seasoning (remember, you can add more, but you can't take that hot pepper out)



Celery Stew

4 cups Veggie Box celery in 1/2-inch chunks
Veggie Box tomatoes
1 1/2 cups diced Veggie Box onions
3 Tbs. butter
1 Tbs. olive oil
2 cloves Veggie Box garlic
2 Veggie Box carrots, sliced
2 cups hot broth
1 sprig of thyme
1 bay leaf
2 cups cooked beans
Salt and freshly ground pepper

Saute onions and garlic in butter and oil. Stir in celery, carrots, salt and pepper; cover and cook over medium-low heat for 5-10 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.