

Veggie Box Newsletter

Week 5, October 14

Welcome to week 5 of the Fall Veggie Box! Food traditions that have been passed through your family are more than just recipes – they're windows into the culture and history of those who came before you. For most people, there are specific foods and recipes that help to connect us to a culture or history that has been handed down for generations. The intersection of food with culture and history is understood through the study of foodways. Foodways are all of the traditional activities, attitudes, beliefs and behaviors associated with the food in your daily life. Foodways include customs of food production, preservation, preparation, presentation, gathering, marketing (both buying and selling), uses of food products other than for eating and food folklore. Foodways connect people to a geographic region, a climate, a period of time, an ethnic or religious group, and a family. New foodways are being created or revived all the time - for example, there is a renewed interest in canning and preserving as a result of foodways being rediscovered. The first week of the season we asked in what ways has colonialism disrupted indigenous foodways. Removed from their lands and forced to assimilate into the so-called "mainstream" culture, many Native people no longer live in their traditional territories, nor do they eat their traditional foods. Today, many traditional foods are on the verge of extinction. Others are more abundant, but due to tremendous land loss, are inaccessible to Native communities. Other foods may be available; however the traditional knowledge of how to utilize and prepare them has been severely diminished.

Despite these setbacks, Indigenous people around the world are finding unique and innovative ways to adapt and revitalize their foodways on reservations, on public land, in rural parks, and in urban gardens. Have you heard of any of these initiatives? Thank you for supporting local food!

Producer Spotlight

MSU Student Organic Farm

The MSU Student Organic Farm is a 15 acre year-round educational, organic farm located in Holt, MI about 3 miles south of the Michigan State University campus. Started in 1999 by students who desired a more hands-on learning experience, the farm now offers a nearly year-long intensive program for those interested in learning everything they can about organic farming. Not only do the students tend to the fields, but the program also involves caring for the farm's livestock. MSU's multiple cafeterias source as much produce as they can from the MSUSOF and they also offer a weekly farm stand in the middle of campus for students and public alike.

Crop Profile

Daikon Radish

Also known as Japanese horseradish or mooli, daikon looks like a bigger, uglier, knobbier parsnip and, if its flavor can be likened to anything, it is reminiscent of a finer, less fiery radish. Originally native to Southeast or continental East Asia, daikon is harvested and consumed throughout the region, as well as in South Asia. Daikon radishes are a staple in Asian cuisine, the name daikon is actually Japanese for "great root." They're a prolific vegetable and can often grow up to 20" in length with a diameter of 4".



What's in the Box?

Organic Daikon Radishes, MSU Student Organic Farm, Holt

Red Onions, Hunter Park GardenHouse, Lansing

Organic Jalapeños, Owosso Organics, Owosso

Organic Carrots, MSU Student Organic Farm, Holt

Tomatoes, Hunter Park GardenHouse, Lansing

Garlic, Ten Hens Farm, Bath

Salad Mix, Magnolia Farms, Lansing

Red Bok Choi, Hunter Park GardenHouse, Lansing

Add-Ons

Eggs, Grazing Fields Coopeartive, Charlotte

Bread, Stone Circle BakeHouse, Holt

Chevre, Hickory Knoll Farms Creamery, Onondaga

Cheese, Hickory Knoll Farms Creamery, Onondaga

Coffee, The 517 Coffee Company, Lansing

Meat, Grazing Fields Cooperative, Charlotte

Pork, Grazing Fields Cooperative, Charlotte

Beef, Heffron Farms Market, Belding

Chicken, Heffron Farms Market, Belding

Kombucha, Apple Blossom Kombucha, Lansing

Honey, Beebehavior Ranch, Ovid

Black Beans, Ferris Organic Farm, Eaton Rapids

Recipes and Tips!

Carrot and Radish Kimchi - Kkadugi

Veggie Box daikon radishes
Half of Veggie Box carrots
1/2 tbsp & 1/2 tsp sea salt
3 cloves of Veggie Box garlic, minced
1/2 inch ginger, finely grated
2 1/2 tbsp fish sauce (can sub with coconut aminos or tamari sauce)
1/4 cup Korean coarse red pepper flakes (Add more or less depending on your spice level)
2 stalks green onions, chopped

Rinse the radishes and carrots and cut off any small hairs on the skin. Cut the radishes and carrots into bite sized cubes and put them in a large bowl. Coat the mixture with sea salt evenly. Let it rest for 30 minutes so they have time to sweat. Drain out most of the juice but leave about 2 tbsp to 1/4 cup in the mixture. Add minced garlic, grated ginger, fish sauce, red pepper flakes, and chopped onions. Mix everything well so the seasonings are evenly coated. Transfer to a glass jar with an airtight lid, pressing down the mixture gently as you pour it in. Close the lid and let it sit outside the fridge at room temperature out of sunlight for 24-48 hours while it ferments. It's ready when you open the lid and you see small bubbles escaping off the top and the kkadugi has a strong, sour smell. Store in the fridge and eat it with EVERYTHING.



Spicy Roasted Daikon "French Fries"

Veggie Box daikon radish, peeled & sliced
2 1/2 tablespoons of canola or grapeseed oil
3/4 teaspoon chile paste
1/2 teaspoon low sodium Tamari or soy sauce
1/4 teaspoon ginger pulp, freshly grated
1/4 teaspoon granulated sugar
1/4 teaspoon sea salt

Preheat the oven to 475, and adjust a rack to the center. Cut the daikon radishes into 1/4 inch thick sticks. Add all of the Daikon slices to a baking sheet and set aside. Then, in a small bowl, combine the oil, chile paste, Tamari or soy sauce, ginger, sugar and salt. Drizzle this over the Daikon slices and then use your hands to toss them until they're all evenly coated and in a single layer. Place the baking sheet in the preheated 475 oven and roast until they are golden brown on all sides, about 30 minutes. (You should gently toss/flip them about halfway through the cooking time.)

Black Bean Soup with Cumin & Jalapeno

2 tablespoons olive oil
3/4 cup Veggie Box onions, chopped
3 Veggie Box carrots, chopped
4 Veggie Box garlic cloves, chopped
2 teaspoons ground cumin
2 teaspoons chilli powder
2 teaspoons paprika
1 1/2 teaspoons of lime juice
1 Veggie Box jalapeño, minced
2 15-ounce cans black beans, undrained, or 2/3 of your dried Veggie Box black beans from this week.
Veggie Box tomatoes diced.
1 1/2 cups vegetable broth
Chopped fresh cilantro
Chopped green onions
Crumbled feta cheese

Heat oil in heavy large pot over medium-high heat. Add onion, carrot, and garlic; sauté until vegetables begin to soften, about 6 minutes. Mix in cumin, paprika, chili powder, lime juice, and the jalapeño. Add beans, tomatoes with juice, and broth; bring soup to boil. Reduce heat to medium, cover, and cook until carrots are tender, about 15 minutes. Transfer 3 cups of soup to blender and puree until smooth. Return puree to pot. Simmer soup until slightly thickened, about 15 minutes. Season to taste with salt and pepper. Ladle soup into bowls. Pass cilantro, green onions, and feta cheese separately.