

# Veggie Box Newsletter

Week 8, November 4

Welcome to week 8 of the Fall Veggie Box! When talking about our food system, a topic that often comes up is the racial injustice within it. The food system we know today was built on the mistreatment of people of color; beginning with the taking of land from indigenous people to the enslavement of Black folks to work in the fields, and the ongoing mistreatment of latinx farm workers - this is a system built on control and corruption. For centuries, the capitalist food system that we primarily know has concentrated its power in the hands of the privileged few and pushed social and environmental injustices primarily onto racially stigmatized groups. In the early 20th century, Black Americans owned nearly 16 million acres of farmland; by 1997 there was as little as 2 million acres owned. Farms are predominantly run by white farmers whereas farm workers are disproportionately people of color. These workers are often paid poverty level wages and experience high levels of food insecurity, wage theft and harassment. Race, poverty and food insecurity are all interconnected. Recognizing racism in our food system is an important step in creating a system that is rooted in equity. There is no food justice without racial justice. Thank you for supporting local food!



## What's in the Box?

**Organic Peppers**, *Owosso Organics, Owosso*  
**Organic Kale**, *Cinzori Farms, Ceresco*  
**Blue Potatoes**, *Green Eagle Farm, Onondaga*  
**Fuji Apples**, *Hillcrest Farms, Eaton Rapids*  
**Organic Popcorn**, *Ferris Organic Farm, Eaton Rapids*  
**Organic Brussels Sprouts**, *Owosso Organics, Owosso*  
**Organic Carrots**, *MSU Student Organic Farm, Holt*  
**Acorn Squash**, *Tomac Pumpkin Patch, Chesaning*  
**Salad Mix**, *Hunter Park GardenHouse, Lansing*

## Add-Ons

**Bread**, *Stone Circle BakeHouse, Holt*  
**Meat**, *Grazing Fields Cooperative, Charlotte*

## Producer Spotlight

### *Ferris Organic Farm*

The Ferris family farm was established more than one hundred sixty years ago and was farmed organically until the early 1950's. After that, the land was more often than not rented out, farmed chemically in a corn/bean rotation. By the early 1970's the soil was lifeless and had the texture like concrete - Except one field! Too small and irregular for modern farming operations at the time, it remained a grassy 'self seeded' clover field. It was teeming with life and the most remarkable thing; a rustling sound of huge worms pulling pieces dry leaves into their holes. This experience of seeing the wealth of life in and above the soil had such an impact, that from that point on, they have strived to create and nurture life in the soil, 'and above it'. Of course this obliged using organic methods. Their 200 acre farm consists of about 150 tillable acres and has been certified organic since certification began. They have an 'on farm' certified organic dry bean and grain cleaning facility, the first one certified organic in the mid-west.

## Crop Profile

### *Popcorn*

Corn was domesticated about 10,000 years ago in what is now Mexico, and archaeologists have also discovered that people have known about popcorn for thousands of years. The popcorn variety of maize was domesticated by indigenous peoples of Mexico by 5000 B.C.E. It is one of six major types of corn which includes: dent corn, flint corn, popcorn, pod corn, flour corn, and sweet corn. It is a small and harder form of flint corn, most commonly found in white or yellow kernels. The stalks produce several ears at a time, though they are smaller and yield less corn than other maize varieties.

# Recipes and Tips!

## Rice and Beans Stuffed Acorn Squash

Veggie Box Acorn Squash

1 Veggie Box bell pepper

1 tablespoon olive oil

1 cup rice

1 cup cooked black beans

1 teaspoon cumin

1 teaspoon paprika

2 teaspoons toasted sesame oil

1 teaspoon salt

1/2 teaspoon black pepper

**Preheat oven to 350 F. Half acorn squash and scoop out seeds. Brush the squash with olive oil and place on lined baking sheet cut-side down. Roast 30-40 minutes or until cooked through. Meanwhile combine rice, beans, cumin, paprika, salt, pepper, diced pepper, and toasted sesame oil. Cool until all water is absorbed into the rice. Once tender, remove squash from oven. Scoop out until there's about 3/4 inches of squash left in the halves. Mix the squash with the rice and season to taste. Fill squash with rice mixture and serve.**

## Latkes

Veggie box Potatoes

1 cup of diced Veggie Box onion (from last week)

1 egg

1/4 cup of flour or matzo meal

1 clove of Veggie Box garlic, minced (from last week)

1 1/2 teaspoons of kosher salt, to taste

Canola or peanut oil, for frying

Applesauce and sour cream, for serving

**Shred potatoes and place in a bowl of water and let sit for 1 hour. A layer of potato starch will form in the bottom of the bowl - you will want to remove potatoes and pour off water, but reserve the starch. Wrap shredded potatoes in a cheesecloth or tea-towel. Twist bundle until water flows out, and squeeze all potatoes until dry. Transfer potatoes to a large mixing bowl along with diced onion. Mix starch into potato and onion mixture with your hands. Mix in egg, salt and matzo meal/flour until latke mix can be formed into patties that just stick together. Heat 1/2 inch oil in a cast iron skillet over medium-high heat until a shred of potato immediately bubbles when added to pan. Form latke mix into patties and slide into pan, cooking no more than 4 at a time. Fry until a golden-brown crust forms on bottom, then flip with a slotted spatula and fork until same color is achieved on other side. Serve with either sour cream or applesauce on top.**

## Popcorn Two Ways

### Nacho Popcorn

3 cups popped popcorn

1/2 cup corn chips

2 Tbsp unsalted butter

1/2 teaspoon hot sauce

1/2 tablespoon taco seasoning

1/3 c. shredded cheese (such as mexican blend, mozzarella, pepperjack, etc)

Zest of 1 lime

**Preheat the oven to 400 degrees F. Combine the popcorn and corn chips in a large bowl. Place a small pot over low heat. Heat the butter until melted, about 1 minute. Add the hot sauce, taco seasoning and lime zest and whisk to combine. Drizzle the butter mixture over the popcorn. Toss to combine, then toss in cheese. Spread on a foil lined baking sheet and bake until cheese is melted. Serve immediately.**

### Caramel Salted Almond Popcorn

3 c. popped popcorn

1/2 stick butter

1/2 c. light brown sugar

2 Tbsp. maple syrup

1/8 tsp. baking soda

3/4 tsp. salt

1 c. toasted almonds

**Preheat oven to 250 degrees F. Line a rimmed baking sheet with aluminum foil. Pour popped popcorn and almonds into a large bowl and set aside. Melt butter in a large pot over medium-high heat. Add the brown sugar and maple syrup and bring mixture to a boil, stirring constantly so that it doesn't burn. Reduce the heat to low and simmer for 5 minutes. Whisk in salt, baking soda and vanilla. Pour caramel sauce over the popcorn and toss until it is evenly coated with the caramel. Spread the mixture onto the prepared baking sheet or pan in an even layer. Sprinkle with flaky sea salt. Bake for about 1 hour, stirring to toss every 15 minutes, until the popcorn is a deep golden color. (Baking is key to crunchy caramel corn.) Remove the pan from the oven and let cool to room temperature. Break up the caramel corn with your hands or a wooden spoon. Store in an airtight container for up to a week.**