

# Veggie Box Newsletter

Week 13, December 9th

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?

Those who don't have the time? These questions center around the concept of food security: "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 people- 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 vapid 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!



## What's in the Box?

**Organic Onions**, *Cinzori Farms, Ceresco*  
**Organic Acorn Squash**, *Cinzori Farms, Ceresco*  
**Garlic**, *Titus Farm, Leslie*  
**Red Potatoes**, *Green Eagle Farm, Onondaga*  
**Fuji Apples**, *Hillcrest Farms, Eaton Rapids*  
**Salad Mix**, *Hunter Park Gardenhouse, Lansing*

## Add-Ons

**Eggs**, *Grazing Fields Cooperative, Charlotte*  
**Bread**, *Stone Circle BakeHouse, Holt*  
**Honey**, *Beehavior Ranch, Ovid*  
**Chevre**, *Hickory Knoll Farms Creamery, Onondaga*  
**Cheese**, *Hickory Knoll Farms Creamery, Onondaga*  
**Coffee**, *The 517 Coffee Company, Lansing*  
**Kombucha**, *Apple Blossom Kombucha, Lansing*  
**Meat**, *Heffron Farms Market, Belding*  
**Pork**, *Grazing Fields Cooperative, Charlotte*  
**Organic Black Turtle Beans**, *Ferris Organic Farm, Eaton Rapids*  
**Beef**, *Heffron Farms Market, Belding*  
**Chicken**, *Trillium Wood Farm, Williamston*

## Producer Spotlight

### *Beehavior Ranch*

Ana Heck was introduced to beekeeping in Nicaragua while working on an organic farm and with a women's beekeeping cooperative from 2011 through 2013. She began keeping her own bees in 2015 at her aunt and uncle's home in Minnetrista, Minnesota in the same spot where her grandfather had kept bees. Her aunt and uncle referred to their home as the "Behavior Ranch" since some of Heck's cousins got sent to their rural home as teenagers when they were misbehaving. The "Behavior Ranch" turned into the "Beehavior Ranch" as the honey bee colonies thrived in the location. Heck moved her bees to Ovid, Michigan in the spring of 2019.

## Crop Profile

### *Acorn Squash*

Acorn squash is a type of winter squash that belongs to the Cucurbitaceae or gourd family, which also includes pumpkin, butternut squash, and zucchini. It has an acorn-like shape with ridged skin that can vary in color from dark green to white. Acorn squash have sweet, yellow-orange flesh that has a slightly nutty flavor. They're grown in many countries throughout the world but especially popular in North America and Central America, which is where it originates from. Though they're botanically classified as a fruit, they're considered a starchy vegetable and can be used similarly to other high-carb vegetables, such as potatoes, butternut squash, and sweet potatoes.

# Recipes and Tips!

## Roasted Maple Squash with Apples

Veggie Box acorn squash  
A little water  
2 Veggie Box apples, cored and sliced thin  
1 tbsp of butter  
maple syrup  
salt  
pumpkin pie spice (or just a sprinkle of cinnamon, ginger, nutmeg, and cloves)  
Sprinkle of toasted walnuts

**Preheat oven to 350. Cut the acorn squash and scoop out the seeds and strings. Put a little water in a baking pan; place the halves face down and bake for 30 minutes. Then, take it out and put 1/2 tbsp butter and a sprinkle of salt in each half. Then add the sliced apples in the middle (some will fall over the sides, it's okay), topped with walnuts; drizzle with maple syrup, and sprinkle with pumpkin pie spice. Bake for another 1/2 hour to 40 minutes (until the apples are soft and browning). Enjoy!**

## Lebanese Garlic Sauce (Toum)

1 cup Veggie Box garlic cloves peeled (if you don't have a full cup from previous weeks, try halving the recipe)  
2 teaspoons Kosher salt  
3 cups neutral oil such as canola or safflower  
1/2 cup lemon juice

**Transfer garlic into a food processor and add the salt. Process for a minute until the garlic becomes finely minced. Make sure to scrape down the sides of the food processor afterwards. With the food processor is running, slowly pour one to two tablespoons of oil, then stop and scrape down the bowl. Continue adding another tablespoon or two until the garlic starts looking creamy. Once the garlic looks emulsified by the few tablespoons of oil, increase the speed of pouring the oil and alternate with the 1/2 cup of lemon juice until all the oil and lemon juice is incorporated. This will take about 15 minutes to complete - this is great with falafel, on sandwiches, in pasta, on meat, and as a base for salad dressing!**

## Small-Batch of Applesauce

Veggie Box Apples, peeled, cored, and quartered  
3/4 cup apple cider  
1/4-1/2 cup brown sugar  
1 pinch salt  
pinch of cinnamon

**Place the apples and apple cider in a pan over medium heat. Allow to cook for 25-30 minutes, until soft, stirring a few times. Add the cinnamon, sugar, and salt, and mash with a potato masher. Remove from heat, and add a splash of lemon juice.**



## 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°F. Cube 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!**