

# Veggie Box Newsletter

Week 1, March 3



We're on native land. Specifically, Allen Neighborhood Center is on land belonging to the Anishinaabe (Ojawa, 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

### *Celeriac*

While you're probably familiar with its more attractive cousin celery, this week's featured item is celery root - celeriac! While it's green top may look similar to celery, they are actually not the same plant. Celeriac is a bit more uncommon here in the US, but has been enjoyed for centuries throughout Europe. Initially, celeriac was used for religious and medicinal purposes throughout Italy, Greece, and Egypt. While the plant had been known of and used for so many years, it wasn't until 1623 that it was actually recorded as a food. That record brought a new popularity to celeriac, which was then widely cultivated throughout Europe by the end of the 1600s. Today, celeriac is great when paired with potatoes, used in stews (it holds up better than celery), featured in a salad...actually there are a lot of great uses for celeriac. We hope you enjoy this unsung hero.

## What's in the Box?

**Organic Russet Potatoes**, *Cinzori Farms*, Ceresco  
**Salad Mix**, *Hunter Park GardenHouse*, Lansing  
**Granny Smith Apples**, *Hillcrest Farms*, Eaton Rapids  
**Organic Celeriac**, *Monroe Family Organics*, Alma  
**Parsley**, *Hunter Park GardenHouse*, Lansing  
**Cabbage**, *Titus Farms*, Leslie

## Add-Ons

**Bread**, *Stone Circle Bakehouse*, Holt  
**Meat Variety**, *Heffron Farms Market*, Belding  
**Kombucha**, *Apple Blossom Kombucha*, Lansing  
**Cheese**, *Hickory Knoll Farms Creamery*, Onondaga  
**Honey**, *Beebehavior Ranch*, Ovid  
**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 Soup

3 tablespoons olive oil  
1 yellow onion, chopped  
3 garlic cloves, minced  
8 cups vegetable stock  
1 teaspoon kosher salt  
1/2 teaspoon dried thyme  
1/2 teaspoon black pepper or to taste  
Veggie Box cabbage chopped in 1 1/2" chunks  
Veggie Box celeriac, peeled and cubed  
Veggie Box potatoes, peeled and cubed  
14.5 ounces stewed tomatoes  
1/2 cup of veggie box navy beans, cooked OR 1 can of cooked navy beans (or any other bean of your choice)  
Veggie Box parsley as garnish

**In a large pot add the olive oil over medium heat then add in the onions and garlic; cook until the onions are translucent, about 3-5 minutes. Add in the salt, pepper, thyme, cabbage, celeriac, potatoes and tomatoes, stir and cook for a few more minutes. Add in the broth and beans, and simmer for about 30 minutes, or until turnips are tender.**

## Chimichurri

2 garlic cloves, grated  
1 tablespoon dried oregano  
1 tablespoon aji molido (or smoked hot paprika and crushed red pepper flakes)  
1/4 cup finely chopped Veggie Box parsley  
5 tablespoon olive oil  
2 tablespoon sherry or red wine vinegar  
3 tablespoon water  
1/2 teaspoon salt  
Freshly ground black pepper

**Mix all ingredients in a glass jar. Check seasonings and adapt to your personal preference. Keep refrigerated in an airtight container, glass jar preferably.**

**This Argentinian sauce is great paired with meats and vegetables!**

## Celeriac and Potato Rösti with Poached Eggs

Veggie Box celeriac, peeled  
1 medium Veggie Box potato (or two small), peeled.  
1tbsp plain flour  
2 spring onions, finely sliced  
oil  
3 eggs

### MUSTARDY SALAD

1 tbsp olive oil  
1 tbsp wholegrain mustard  
2 tsp white wine vinegar  
Veggie Box salad

**Coarsely grate the celeriac and potato into a large, clean tea towel and, holding over the sink, squeeze out as much moisture as possible from the mixture. Tip into a bowl and stir through the flour, spring onions and plenty of seasoning (salt, pepper, paprika, etc). Heat a large frying pan and pour oil. Form the mix into 6 patties. Fry in batches, if necessary, for 3-5 minutes or until golden underneath. Flip and fry for another 3-5 minutes until again golden underneath and cooked through. Keep warm in a low oven while you poach the eggs. Fill a deep frying pan with gently simmering water. Crack the eggs into a small cup, one at a time, then drop gently into the water. Poach for 2-3 minutes or until the whites have just set. Scoop out with a slotted spoon and drain briefly on kitchen paper. Whisk together the olive oil, mustard and white wine vinegar in a bowl with some seasoning, then tip into the salad leaves and toss well. Divide the röstis between 3 plates, top each with a poached egg and some salad.**

