

Veggie Box Newsletter

Week 7, April 14

Welcome to week 7 of the Spring Veggie Box! Veggie Box may seem like a simple process, but you, along with every other Veggie Box member, know that the problems facing the world's food systems are far from simple and straightforward. Each Veggie Box is imbued with a concern for the environment, farmers, the community, and personal health. Over the past six weeks, we have referenced some of the issues arising from the current system of industrial food production. The origins of our current industrial food system can be found, not just in the pursuit of food security and feeding of the world, but also in the consolidation and inequitable distribution of economic and political power, land, and resources, going back centuries: a legacy that includes stolen land, lives, and labor. Michigan ranks fifth in the nation for registered migrant and seasonal farm workers. Michigan farmers are increasingly relying on the H-2A visa program, which brings foreign workers into the country temporarily, to meet seasonal labor demands. Beginning with the production side of the food system, approximately 75% of farmworkers in the U.S. are immigrants, both documented and undocumented, or migrant laborers. These farmworkers receive some of the lowest wages in our country and are very prone to work-related injuries due to the physically demanding labor of farming. Furthermore, within the production and processing of the food system, a majority of managers are white, whereas approximately 88% of the laborers are people of color. In order to have a more sustainable food system, we must also ensure that we are creating a more equitable food system. What steps are needed to move in this direction? Thank you for supporting local food!

Producer Spotlight

CBI's Giving Tree Farm

CBI's (Community Based Interventions) Giving Tree Farm is a seven acre, non-profit CSA farm just north of Lansing, MI between Old Town and Dewitt. The farm originally began as a community garden for people with disabilities. As it's volunteer base grew, so did the available programs. The farm has established a heated greenhouse and eight hoop houses for year-round horticultural therapy programs. Monday through Friday, the farm provides vocational training for people who have suffered from traumatic brain injuries, allowing them to organically cultivate the produce provided to provide to the community.

Crop Profile

Green Garlic

Botanically classified as *Allium sativum*, green garlic is a young garlic plant that's harvested before maturity. Also known as spring garlic or baby garlic, green garlic can be identified by its long, slender green leaves—similar to green onions and spring onions—and, depending on the stage of growth when it was pulled, a tiny undivided bulb near its roots. The latter sometimes has a pink or purple tinge. Brighter and milder than regular garlic, green garlic has garlic's heady, savoury aroma, but with less heat than mature garlic.



What's in the Box?

Organic Kale, *Green Wagon Farm*, Ada
Salad Mix, *Hunter Park GardenHouse*, Lansing
Organic Green Garlic, *Monroe Family Organics*, Alma
Organic Red Onions, *Green Wagon Farm*, Ada
Organic Russet Potatoes, *Cinzori Farms*, Ceresco
Organic Rosemary, *CBI's Giving Tree Farm*, Lansing
Organic Sweet Potatoes, *Green Wagon Farm*, Ada

Add-Ons

Eggs, *Grazing Fields Cooperative*, 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, *Heffron Farms Market*, Belding
Pork, *Grazing Fields Cooperative*, Charlotte
Beef, *Heffron Farms Market*, Belding
Chicken, *Heffron Farms Market*, Belding

Recipes and Tips!

Creamy Potato Soup

Veggie Box Green Garlic (only white and light green parts)

1 cup of diced Veggie Box onions

2 Tbs butter

4 cups vegetable broth

Veggie Box potatoes, peeled and cubed (a pound and a half)

Veggie Box kale leaves

1 teaspoon sea salt, less or more to taste

1 sprig of fresh thyme

1 sprig of Veggie Box rosemary

1 bay leaf

Sprinkle of Tabasco sauce or other red chili sauce

White or black pepper to taste

Cut off the roots of the green garlic. Cut off the tough dark green tops and discard (either compost or freeze for making stock). Slice the white and light green parts of the garlic. Melt butter on medium heat in a 3 to 4 quart thick-bottomed pot. Add the diced onions and minced garlic, stir to coat with the butter. Cover the pot and lower the heat to low, cook for 10 minutes until softened. Add the broth, diced potatoes, kale, bay leaf, rosemary, thyme, and a teaspoon of salt to the pot. Increase the heat to high to bring to a simmer, then lower the heat to maintain a low simmer, and cook for 20 minutes, until the potatoes are cooked through. Remove and discard the bay leaf, thyme sprig, and rosemary sprig. Use an immersion blender or standing blender to blend about half of the soup if you want a chunky soup, or all of it if you would like your soup to be smoother. Add a few dashes of Tabasco to taste. Add freshly ground pepper and more salt to taste.



Rosemary Garlic Roasted Potatoes

Veggie Box potatoes, cut into 1-inch-thick wedges

2 tablespoons olive oil

2 teaspoons of Veggie Box rosemary

Veggie Box green garlic, minced

1 teaspoon salt

1/2 teaspoon pepper

Preheat oven to 450 with a heavy sheet pan in upper third. Toss ingredients with salt and pepper. Spread in 1 layer on hot pan and roast 18 minutes. Loosen potatoes with a metal spatula and turn. Roast 12 minutes, then loosen and turn potatoes over again. Roast until potatoes are golden and cooked through and edges are crisp, about 10 minutes more.

Whiskey-Glazed Sweet Potatoes

2 pounds Veggie Box sweet potatoes (all from this week)

1/2 cup pecans

2 tablespoons unsalted butter, plus more for preparing baking dish

6 tablespoons agave syrup, preferably amber

1/4 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

1/8 teaspoon cayenne pepper

1/4 teaspoon kosher salt

2 tbsp whiskey

Preheat the oven to 375 degrees F. Place the sweet potatoes on a baking sheet (do not pierce) and bake 25-30 minutes. Lightly squeeze the potatoes: If they're slightly soft, they're done. Let cool. Lightly toast the pecans in a medium saute pan over high heat, shaking the pan occasionally, about 3 minutes. Add the butter, then reduce the heat to medium and stir in the agave, cinnamon, nutmeg and cayenne; let simmer 4 to 5 minutes. Add the whiskey and a dash of salt; simmer 5 more minutes. Butter the bottom and sides of an 8- inch-square baking dish. Remove the peel from the sweet potatoes and cut crosswise into 1/2- inch-thick slices. Arrange the sweet potato in the prepared pan. Pour the whiskey-pecan mixture over the top. Cover with aluminum foil and bake 15 minutes. Remove the foil and baste the top with the whiskey sauce that's collected in the bottom of the pan; continue baking for about 15 more minutes.