

Veggie Box Newsletter

Week 12, May 17

Welcome to week 12 – the final week of the Spring Veggie Box! We are so glad that all of you decided to join this community of local food supporters! Over the past 12 weeks, the Veggie Box program has sourced over 7000 pounds – 3.5 tons - of fresh, in-season produce from Mid-Michigan farmers. This has not only led to improved health and culinary knowledge for you and your family but has also resulted in impressive economic impacts. You have helped to make small-scale, family farming a more viable way of life, and have put tens of thousands of dollars back into our local economy. Buying local food is cool and we can all do our part by pushing for schools, restaurants, hospitals, etc. to shop locally too. Their purchasing power has the potential to drive our local economy forward, and encourage sustainable growing practices. But even more than this, we hope to nurture a sense

of place and belonging between both members and suppliers. Food is powerful. It brings us together, shapes our memories, and empowers our communities. It allows us to be more open, more vulnerable with one another. Growing and sharing food is such an intimate experience and creates an important bond. Today people are so disconnected from our local food system, we are committed to re-learning and strengthening this bond. Thank you for joining us these past twelve weeks, and trusting us to guide you on this local food journey. We hope you've enjoyed trying an array of produce that you may not have tried before like black daikon radishes, ramps, rutabaga, cup plant leaves and more! We've loved providing fresh, local produce for you and your families, and hope to see you this summer as well. As always, thank you for supporting local food!

Producer Spotlight

Felzke Farms

Felzke Farms is a family farm located in Dewitt, Michigan that was founded in 1960. They are the largest producer of strawberries in mid-Michigan, offering both U-Pick opportunities as well as pre-picked options at their indoor farm market that has been in operation since 1978. Felzke Farms also grows a variety of vegetables such as asparagus, summer squash, cucumbers, peppers, and more!

Crop Profile

Gai Lan

Gai Lan - Chinese broccoli, Chinese Kale or Jie Lan is a leafy vegetable with thick, flat, glossy blue-green leaves and hefty stems. The entire plant can be eaten but is often harvested when it's young for its crisp and tender taste and feel. As the plant matures it will develop small white flowers and buds that are....you guessed it! edible! Gai Lan comes from the broccoli family and has a stronger, bitter-sweet taste to it. Like broccoli, you can eat Gai Lan raw or cooked and makes a great addition to any meal because of its versatility.



What's in the Box?

Asparagus, *Felzke Farms, Dewitt*
Head Lettuce, *Hunter Park GardenHouse, Lansing*
Gai Lan, *Hunter Park Gardenhouse, Lansing*
Ramps, *Monroe Family Organics, Alma*
Organic Green Onions, *Cinzori Farms, Ceresco*
Organic Green Garlic, *Cinzori Farms, Ceresco*
Organic Chard, *MSU Student Organic Farms, Holt*
Organic Spinach, *MSU Student Organic Farms, Holt*

Add-Ons

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

Recipes and Tips!

Veggie Box Stir Fry

Veggie Box gai lan cut into diagonal pieces
1/2 teaspoon salt
1/4 teaspoon sugar
1/8 teaspoon pepper
2 tablespoons oil (any neutral flavored oil, such as vegetable or canola oil)
1 tbsp of sesame oil for finishing
fresh ginger (to taste)
Veggie Box green garlic, sliced
Veggie Box spring onions (white parts and green parts separated and sliced)
Veggie Box asparagus, cut into diagonal pieces
1 tablespoon clear rice wine
1 tsp of lemon juice
red pepper flakes
1 tbsp of soy sauce
Fried egg to top

Slice gai lan and asparagus on a diagonal into 2 to 2 ½ inch pieces. Heat your wok over medium-high until it's just smoking. Add the white parts of the onion and the green garlic. Immediately add the gai lan and the asparagus, and season with the ginger. Using a scooping motion, stir-fry with your wok spatula for 10 seconds to coat everything in the oil and evenly distribute the ginger and garlic. Increase the heat to high. Add the clear rice wine, lemon juice, and soy sauce around the perimeter of the wok. Cover the wok for 1 minute. Steam will cook the vegetables. Remove the wok lid. Next add the salt, sugar, red pepper, and pepper. Stir-fry for another 30 seconds, or until the asparagus and gai lan has reached the desired tenderness. If the vegetables look too dry at this point, add a splash of hot water or chicken stock. Serve with an egg and green



Ramp Pasta

1 bunch of Veggie Box ramps cleaned and trimmed
1 bunch of Veggie Box green garlic
1 bag of Veggie Box spinach (about 4 oz)
3 tablespoons olive oil plus more for serving
Kosher salt to taste
Freshly ground pepper to taste
1 pound linguine or other long pasta
½ cup dry white wine
2 cups vegetable broth
½ teaspoon red pepper flakes to taste
½ cup heavy or whipping cream
½ cup freshly grated Parmesan plus more to serve

Slice the ramps, in half crosswise, separating the whites and greens into separate parts. Very roughly chop the bulbs, leaving some large pieces. Very roughly the leaves, leaving most of the greens in large pieces. Slice the green garlic at the top of the light green part, and discard the dark green stem and leaves (or use for stock). Slice the green garlic. Heat the olive oil in a large skillet over medium heat. Add the white ramp bulbs, season with salt and pepper and sauté for about 5 minutes, then add the green garlic. After a few minutes, add the ramp leaves and spinach and saute everything for another few minutes until everything is tender. Meanwhile, bring a large pot of water to a boil. When it comes to a boil, add a generous amount of salt. Add the pasta cook according to package directions, just until al dente. Just before draining remove 1 cup of the cooking water, and after draining return the pasta to the pot. When the ramps are tender, turn the heat to high, add the white wine, and stir to reduce the wine by half and deglaze the pan. Scrape the ramps and remaining wine into the pot with the drained pasta, and place the pot over high heat. Add the broth, red pepper flakes, and about half a cup of the cooking water. Stir and toss until the liquid reduces a bit into a sauce and absorbs into the pasta, and the pasta become tender, adding more of the cooking water as needed/desired. Add the heavy cream, toss for another minute, then add the cheese, and stir until it melts into the sauce, and everything is hot and well combined. Serve hot, with extra grated parmesan, if desired.