

Veggie Box Newsletter

Week 3, June 14

ALLEN

Veggie Box

This week we're going to break down the importance of herbs, spices, and their aromatics. Aromatic meaning aroma, herbs and spices which carry a strong smell of the plant they were harvested from and in turn enhance the flavors of meals. In basic terms, herbs that smell good are good for you! Spices and herbs have been part of enhancing our food for ages. In fact, spices are one of the earliest trades to cross the globe in trade networks. Take a second to remember some of the smells of your childhood kitchen - maybe it's the smell of sautéed garlic, onions, tomatoes, and basil? Or another combination of simmering cumin, cilantro, chilis, and garlic? Maybe it's something sweet, spicy, zesty, or tangy, and you remember not being able to wait to taste what's cooking. That's the aromatics talking to you. Herbs are a great way to add flavor, color, and fragrance to dishes without adding extra fat, sugar, or salt. They also provide powerful antioxidants, and have a range of other health benefits! We hope you like veggies - actually we really bank on your love for veggies - but we also hope you can appreciate herbs and the new

meals they can bring you. Herbs and spices can be a great way to explore your love of not only vegetables, but food and the multitude of tastes they bring. We all like to experience good food, so this week when you see the dill, pick it up with confidence. Thank you for supporting local food!

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

Garlic Scapes

Garlic scapes are the flower bud of the garlic plant that are removed in late June to allow the bulbs underground to thicken. Scapes are so easy to use; just like adding garlic to your foods, they provide a strong aromatic flavor. You can use the whole scape, just dice it up and add it to any dish! Garlic scapes can be roasted, pickled, and even added to soups. Not only can they be used in food, they are also a great addition to your flower bouquets! To store garlic scapes, all you have to do is put them in a sealed bag and leave them in your refrigerator up to 2-3 weeks.

What's in the Box?

Organic Kale, MSU Student Organic Farm, Holt
Organic Salad Mix, Green Wagon Farm, Ada
Strawberries, Felzke Farms, Dewitt
Organic Beet Greens, Cinzori Farms, Ceresco
Organic Dill, MSU Student Organic Farm, Holt
Organic Red Onions, Green Wagon Farm, Ada
Organic Garlic Scapes, Cinzori Farms, Ceresco

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, Trillium Wood Farm, Williamston
Pork, Heffron Farms Market, Belding
Beef, Heffron Farms Market, Belding
Chicken, Trillium Wood Farm, Williamston
Honey, Beehavior Ranch, Ovid

Recipes and Tips!

Garlic Scape Aioli

All of your Veggie Box garlic scapes (7 or 8)
1/4 tsp sea salt
2 egg yolk
1 lemon, juiced (about 2 Tbsp)
2/3 C olive oil
2/3 C vegetable oil

The aioli is best prepared a few hours in advance and left to sit in the fridge, covered, so the flavors can develop. Wash and roughly chop the garlic scapes. In a food processor finely mince the garlic scapes with the salt. Add the egg yolk and lemon juice to the food processor and pulse until fully incorporated. Next, with the food processor running, very, very slowly pour in both of the oils. It's important to add them slowly so that it emulsifies with the egg. Continue to process until the oil is fully incorporated and the aioli is creamy like mayo. Serve immediately or store in the refrigerator for up to one week. This aioli is perfect as a dipping sauce for steamed or roasted potatoes, but it's really versatile so get creative with it!

Lemon Garlic Scape Compound Butter

1 stick salted butter softened
2 Veggie Box garlic scapes
Zest from 1/4 of a lemon
Veggie Box dill (to taste - about 1 tbsp)

Chop the garlic scapes into small pieces, about a quarter of an inch each. Add the pieces to the bowl of a food processor and chop until fine. Add the butter, dill, and the lemon zest to the garlic scapes. Puree in the food processor until all ingredients are evenly combined. For immediate use, place the compound butter in a jar or plastic container. Store in the fridge for up to a couple weeks. For longer term storage, place the compound butter on a piece of wax paper, roll it into a log and twist the ends. See the image below. For additional protection, place the roll of butter into a plastic zipper bag. Store in the freezer for 2-3 months.

Sautéed Kale and Beet Greens

4 bacon slices, cut into thin strips (optional)
1 Veggie Box red onion
3 Veggie Box garlic scapes, diced
1 bunch Veggie Box kale
1 bunch of Veggie Box beet greens
Freshly ground pepper
Salt to taste
red pepper flakes to taste
a splash of white vinegar

Remove the stems from kale. Cut kale into thin slices and slice the stem. Separate the two. Slice beet greens and set aside the baby beets that are attached (feel free to roast and use in a salad) Dice onion. In a medium skillet over medium-high heat add sliced bacon. Cook until the fat renders and it becomes crispy on the sides, about 10 minutes. If not using bacon, use some butter to cook the following ingredients instead of bacon fat. Add diced onion, kale stems, and garlic scapes. Season with salt, cook stirring occasionally until soften, about 5 minutes. Add kale and beets, season lightly with salt, pepper, and red pepper flakes and cook stirring until it wilts and it becomes dark green. Add a splash of vinegar and serve!

Chickpea Salad Sandwich

15 oz chickpeas, 1 can, drained and rinsed
¼ cup Veggie Box red onion, diced
3 tablespoons mayonnaise
½ teaspoon dijon mustard
1 finely diced garlic scape
salt, to taste
pepper, to taste
1 tablespoon Veggie Box fresh dill, chopped
Veggie Box kale or salad, to serve
bread, sliced, to serve

In a medium mixing bowl, add chickpeas and mash with potato masher until a chunky texture is reached. Add the red onion, mayo, Dijon mustard, garlic scapes, salt, pepper, and dill, and stir until well combined. Store chickpea salad in refrigerator for up to five days. To assemble sandwich, spread mixture onto bread and top with kale or lettuce.