

# Veggie Box Newsletter

Week 7, July 12

Welcome to week 7 of the Summer Veggie Box! 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? These questions center around the concept of food security: "Food security, as defined by the United Nations' Committee on World 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 Americans - 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 folks in our neighborhood who experience hardship and who deal with food insecurity? Let us know, and thank you for supporting local food!

## Producer Spotlight

### *Monroe Family Organics*

Monroe Family Organics is very much the fruition of a dream set in motion almost 20 years ago, & finally realized in 2011. After having a stall at the local Alma farmers market the summer he was 16, Fred Monroe was hooked on organic vegetable production. So off he went to Michigan State to earn his bachelor's degree in horticulture & agribusiness. During this time he worked at MSUSOF and interned at Angelic Organics, a very large CSA farm south of Chicago (where he met his wife Michele). In 2010, Fred & Michele set to work acquiring land, buying a house, & rounding up equipment for the first farm season. Over the next few years, they continued to add more crops, more animals, more CSA drop-offs, more delivery options, and more local mid-Michigan store and restaurant partners. 2019 marks Monroe Family Organics' ninth season.

## Crop Profile

### *Blueberries*

Blueberries are native to North America and include a variety of species from the section Cyanococcus in the genus Vaccinium. In commercial cultivation, the smaller species are called "lowbush blueberries" and include managed collections of wild blueberries, while the bigger species are known as "highbush blueberries." The large, plump berries we know so well today are relatively new. Around 1910, Elizabeth White, a New Jersey cranberry producer, and the USDA botanist Frederick Coleman began breeding wild blueberries. By 1916, their work created the very first domestic varieties, which had larger, sweeter fruits and turned blueberries into a valuable commercial crop. Today, Michigan is the number one state in highbush blueberry production with over 100 million pounds harvested each year.



## What's in the Box?

**Organic New Potatoes**, *Monroe Family Organics*, Alma

**Organic Summer Squash**, *MSU Student Organic Farm*, Holt

**Blueberries**, *Felzke Farms*, Dewitt

**Bell Pepper**, *Peckham Farms*, Lansing

**Garlic**, *Ten Hens Farm*, Bath

**Organic Carrots**, *Monroe Family Organics*, Alma

## 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!

## Blueberry Muffins

1.5 cups all-purpose flour  
3/4 cup white sugar  
1/2 teaspoon salt  
2 teaspoons baking powder  
1/3 cup vegetable oil  
1 egg  
1/3 cup milk  
1 cup fresh Veggie Box blueberries  
1/2 cup white sugar  
1/3 cup all-purpose flour  
1/4 cup butter, cubed  
1.5 teaspoons ground cinnamon

**Preheat oven to 400 degrees F. Grease muffin cups or line with muffin liners. Combine 1 1/2 cups flour, 3/4 cup sugar, salt and baking powder. Place vegetable oil into a 1 cup measuring cup; add the egg and add enough milk to reach the 1-cup mark. Mix this with flour mixture. Fold in blueberries. Fill muffin cups right to the top, and sprinkle with crumb topping mixture. To Make Crumb Topping: Mix together 1/2 cup sugar, 1/3 cup flour, 1/4 cup butter, and 1 1/2 teaspoons cinnamon. Mix with fork, and sprinkle over muffins before baking. Bake for 20 to 25 minutes, or until done.**

## Veggie Box Dal

2 tablespoons canola or coconut oil  
3 cloves Veggie Box garlic, minced  
2 inches fresh ginger, peeled and minced or grated  
2 teaspoons ground cumin  
1 teaspoon paprika  
1 teaspoon ground turmeric  
1 teaspoon salt  
1/4 teaspoon black pepper  
1 onion, sliced thinly  
1/2 Veggie Box carrots, chopped  
Veggie Box potatoes, cubed  
1/2 cup red lentils  
2 1/2 cups vegetable stock

**Add oil to a large, deep skillet over medium heat. Add garlic, ginger, cumin, paprika, turmeric, salt, and pepper. Cook while stirring constantly until spices are fragrant, about 30-60 seconds. Add sliced onions and cook until soft and translucent, about 3-5 minutes, stirring occasionally. Add carrots and cook until starting to brown, about 5-7 minutes, stirring occasionally. Add Swiss chard and cook until wilted, about 2 minutes, stirring occasionally. Add potatoes, red lentils, and water or stock. Stir to combine. Bring to a boil, then stir constantly for 1 minute while continuing to cook. Reduce heat to medium-low and simmer for 20-25 minutes, or until potatoes are cooked through and lentils are very tender. Enjoy immediately.**

## Veggie Box Smashed Potatoes

Veggie Box new potatoes  
2.5 tablespoons olive oil  
2 cloves of Veggie Box garlic, crushed (or diced garlic scapes from a few weeks ago!)  
2 teaspoon parsley, basil, rosemary  
3/4 teaspoon ground black pepper  
1 teaspoon salt

**Try to leave the potatoes whole, but chop up the ones that are larger so all the potatoes are about the same size. Boil slightly salted water, then throw your potatoes into the pot. Leave them to cook for 15 minutes or until they're cooked through and soft. Grease your baking tray with olive oil, and get the potatoes out of the pot and onto the baking tray. Lightly crush the potatoes with a fork or the bottom of a cup, but make sure not to over do it as you don't want really flat pieces of potato all over your baking sheet. Using the excess olive oil on the baking tray, light brush the potatoes with the olive oil. Season with freshly ground black pepper, and sea salt. Sprinkle with either dried or fresh herbs and garlic. Bake in the oven for 10-15 more minutes at 400 F. The baking time depends on the size of your potatoes, so keep checking on them as they bake. Serve immediately.**



## Blueberry Compote

Veggie Box blueberries  
3 tablespoons water  
1/4 cup sugar  
2 teaspoons lemon juice

**Combine 1 cup of the blueberries, water, sugar and lemon juice in a small saucepan. Cook over medium heat for about 10 minutes. Add the rest of the blueberries and cook for 8 minutes more, stirring frequently. Serve warm on pancakes, or over ice cream!**