

# Veggie Box Newsletter

Week 11, August 9

Welcome to week 11 of the Summer Veggie Box! Plants provide food, medicine, shelter, dyes, fibers, oils, resins, gums, soaps, waxes, latex, tannins, and even contribute to the air we breathe. Ethnobotany is the study of how people make use of native plants; the study of a region's plants and their practical uses through the traditional knowledge of a local culture and people. Current use of the term implies the study of Indigenous or traditional knowledge of plants. It involves the Indigenous knowledge of plant classification, cultivation, and use as food, medicine and shelter. However, many Indigenous peoples believe that this study can be exploitative in numerous ways. Perhaps it is worth mentioning that Richard Evans Schultes, 'the father of ethnobotany' was a white American. Though he was a conservationist and worked closely with Indigenous peoples, the person who tells a story or disseminates information, matters. The voices of Indigenous people and the interests and perspectives of Indigenous communities should lead discussions. The economic focus of biological prospecting "discoveries," has highlighted important issues concerning Indigenous rights, cultural knowledge, and traditional resources. A more "precautionary" approach to ethnobotanical inquiry would assist Indigenous communities in protecting cultural heritage. The issues raised by publishing Indigenous plant knowledge are intensified by the significant uncertainties surrounding subsequent impacts on Indigenous communities whose value systems, priorities, expectations, and time frames may differ from those of the academic community. How do we ensure Indigenous voices are prioritized? What does this have to do with our food system and Veggie Box? Thank you for supporting local food!

## Producer Spotlight

### *Wildflower Eco Farm*

Drawn to farming due to the combination of physical and mental work, Phil Throop achieved his MS in Horticulture from Michigan State University and has continued farming ever since. He established his own 3.5 acre farm in Bath Township, MI, and named it for the wonderful array of wildflowers throughout the property. Wildflower Eco Farm specializes in using sustainable growing practices with over sixty types of fruits and vegetables. They offer their own CSA and are familiar faces at many of the area's Farmer's Markets.

## Crop Profile

### *Tomatillos*

Tomatillos, also known as the Mexican husk tomato, is a plant of the nightshade family bearing small, spherical and green or green-purple fruit. Tomatillos have a slightly more acidic, slightly less sweet flavor than ripe and unripe tomatoes. Overall, the flavor is more vegetal and bright, and the interior texture is denser and less watery. Prepping a tomatillo is pretty straight forward. The husks can be easily removed with your hands and discarded. From here, you decide what you want to do with them. If you want to keep the flavor bright and play up their bracing acidity, use them raw. If you want to mellow out that acidity a bit and access the fruit's deeper, more savory qualities, then try cooking them!

ALLEN

Veggie Box

## What's in the Box?

**Organic Summer Squash**, *Cinzori Farms, Ceresco*

**Cucumber**, *Ten Hens Farm, Bath*

**Organic Yukon Potatoes**, *Cinzori Farms, Ceresco*

**Garlic**, *Wildflower Eco Farm, Bath*

**Organic Green Beans**, *Cinzori Farms, Ceresco*

**Cherry Tomatoes**, *Peckham Farms, Lansing*

**Organic Cooking Greens Mix**, *Monroe Family Organics, Alma*

**Organic Tomatillos**, *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**, *Grazing Fields Cooperative, Charlotte*

**Pork**, *Grazing Fields Cooperative, Charlotte*

**Beef**, *Heffron Farms Market, Belding*

**Chicken**, *Heffron Farms Market, Belding*

# Recipes and Tips!

## Lemony Garlic Green Beans

1 1/2 tablespoons extra virgin olive oil  
dash of red pepper flake, or to taste  
Veggie Box green beans, trimmed (all from this week - 1 #)  
2 cloves Veggie Box garlic, minced  
1/2 teaspoon coarse kosher salt  
splash of lemon juice

**Heat oil in a large skillet over medium-high heat. Add red pepper flake and stir to coat the pepper in the oil. Add green beans and cook, stirring often until the beans are blistering and browning in areas, 5 to 7 minutes. Add garlic and salt and cook, stirring constantly until the garlic is fragrant and browning, about 30 seconds. Add lemon juice and immediately cover. Cook covered until the beans are bright green and crisp tender, 1 to 2 minutes. Serve immediately.**

## Roasted Green Beans and Potatoes

### Potatoes

1 1/2 lbs. potatoes  
2 tbsp. olive oil  
1/3 tsp. salt or to taste  
1/2 tsp. pepper  
1/2 tbsp. paprika  
1/2 tbsp. dried Italian herbs

### Beans

1 lb. green beans, trimmed and cut in half  
1/2 tbsp. olive oil  
3 garlic cloves, minced  
1/4 tsp. salt or to taste

**Cube the potatoes and place them in a medium mixing bowl. Add the olive oil, salt, pepper, paprika, and Italian herbs to the potatoes and stir until all of the potatoes are coated with the mixture. Empty the potatoes from the bowl onto a baking sheet, spreading them out evenly for better cooking. Place them in the oven and bake for 15 minutes at 400°F. While the potatoes are cooking, take the mixing bowl and add the green beans, which you should have boiled for 3 minutes. Add the olive oil, garlic, and salt, then stir them in until the beans are evenly coated. Take the potatoes out of the oven and add the green beans on top of them. Spread the beans out as well, again for even cooking. Bake the pan of potatoes and green beans for another 25 minutes.**

## Chilaquiles with Roasted Tomatillo Salsa

1 pound Veggie Box tomatillos (all from this week)  
3 fresh serrano chiles  
3 Veggie Box garlic cloves, unpeeled  
1 large onion, coarsely chopped  
Olive oil, as needed  
Salt and freshly ground black pepper  
1/2 cup fresh cilantro leaves  
1/4 cup vegetable broth or more as needed

### Chilaquiles:

1/3 cup vegetable oil  
10 corn tortillas, cut into eighths, preferably stale  
3 cups roasted Tomatillo Salsa  
Kosher salt and fresh ground black pepper  
1/2 cup crumbled queso fresco or a mild feta  
2 thin slices onion, separated into rings  
1/2 cup Mexican crema, creme fraiche or sour cream  
1/4 cup chopped fresh cilantro leaves, for garnish

**Preheat the broiler or oven to 550 degrees F. Remove husks from the tomatillos and rinse under warm water to remove the stickiness. Put the chiles, garlic, onion and tomatillos on a baking sheet. Season with a little olive oil, and salt and pepper, to taste. Put on a rack about 1 or 2 inches from the heat, and cook, turning the vegetables once, until softened and slightly charred, about 5 to 7 minutes. When cool enough to handle, peel the garlic and pull off the tops of the chiles. Add all the broiled ingredients to a blender along with the fresh cilantro and puree. Pour in 1/4 cup of broth and blend to combine. Add more broth, if needed, for desired consistency. To make the chilaquiles: Pour about 1/3 cup vegetable oil into a large saute pan over medium heat. When the oil is hot, add the tortillas, working in 2 or 3 batches, and cook until lightly browned and nearly crisp. Drain the tortillas on paper towels and discard the remaining oil. Wipe the pan with a paper towel. In the same pan, add the tomatillo salsa and bring to simmer over low heat. Add the tortillas and cook until soft but not mushy, about 5 minutes. Season with salt and pepper, to taste. Divide the mixture onto four plates. Top with the cheese crumbles, a fried egg, and onion rings. Drizzle with Mexican crema, sprinkle with some chopped fresh cilantro and serve immediately.**