

Veggie Box Newsletter

Week 4, October 6

Welcome to the fourth week of the Fall Veggie Box! Holistic, resilient, self-sustaining communities are rooted in ideals of shared-responsibility and mutual aid. Often, we think of 'giving back' as a way to address the cracks in our existing systems that do not provide adequate support to marginalized communities. While these call-to-actions are helpful and emphasize good-will, when this mindset as to what 'giving' entails is limited to dire situations when folks are experiencing an extreme moment of vulnerability and need, we also emphasize power imbalances and systems of oppression. What does this mean? Giving back to your community and supporting those around you should be a staple in your day-to-day life; fostering feelings of solidarity and kinship, a feeling of neighborhood and place, should exist before and after extreme moments of need. This also means *you* should be willing to ask for and receive help! Giving back and investing in your community builds trust, and the capacity to recover quickly from difficulties. A resilient community is one that is well connected socially, well aware of community vulnerabilities, and has accessible programs to promote human wellbeing. Volunteering can play a big role in helping to foster this community resilience because it can provide a direct route for individuals to become more socially connected and informed in their area. But 'giving' can also including donating money, giving socially by participating in community events and getting to know your neighbors, sharing resources and knowledge, and asking for help when you need it. A resilient community focuses on strengthening the social and physical well-being of the community and its individuals on a daily basis to reduce the negative impacts of daily and extreme challenges. What are other ways to give back? Thank you for supporting local food!

Producer Spotlight

Cinzori Farms

Cinzori Farms is part of an Agriculture Cooperative and was one of the first farms in Michigan to become organically certified in 1985. The farm has grown a great deal since it was first established, and now occupies more than 60 acres – all of which are used to propagate fresh herbs and produce. Cinzori Farms is owned and operated by father and son, Don and Anthony Cinzori, and sells at a number of Michigan farmers markets, as well as Michigan grocery stores.

Crop Profile

Hakurei Turnips

Like all turnips, the Hakurei, or Tokyo, turnip is a member of the Brassica family. This Japanese variety is sometimes referred to as a salad turnip, due to its crisp, delicious raw flavor. Unlike other turnip varieties, hakurei do not need to be cooked. They have an even-textured density and the flavor pairs well with a variety of different food items. Eat them raw (just whole, or chopped/grated in salads), make a quick pickle, or cook to enhance their natural sweetness.



What's in the Box?

Organic Hakurei Turnips, *Cinzori Farms, Ceresco*
Organic Arugula, *Monroe Family Organics, Alma*
Organic Bell Pepper, *Cinzori Farms, Ceresco*
Organic Russet Potatoes, *Cinzori Farms, Ceresco*
Garlic, *Wildflower Eco Farm, Bath*
Organic Italian Roma Beans, *Cinzori Farms, Ceresco*
Organic Poblano Peppers, *MSU Student Organic Farm, Holt*
Organic Sweet Onion, *Cinzori Farms, Ceresco*
Organic Eggplant, *Cinzori Farms, Ceresco*

Add-Ons

Bread, *Stone Circle BakeHouse, Holt*
Meat, *Heffron Farms Market, Belding*
Honey, *Beebehavior Ranch, Ovid*

Recipes and Tips!

Braised Veggie Box Roma Beans

Veggie Box Romano beans
2 to 4 cloves Veggie Box garlic
3 tbsp olive oil
1/4 tsp fine sea salt, plus more to taste
1/3 cup water
Optional: fresh herbs (thyme, oregano) chopped,
juice of 1/2 lemon

Trim and discard the ends of the roma beans, then rinse with cold water. Cut the garlic cloves in half or quarters. Heat oil in a large pan and sautee garlic until fragrant and just turning golden, about 2 minutes. Add the beans then mix with garlic and oil. Sprinkle with salt, add the water, then cook for around 20 minutes covered on medium low. Then remove cover and cook on high until water has evaporated and beans begin to brown slightly. Serve with chopped fresh herbs and/or the juice of 1/2 a lemon if desired.

Hakurei Turnip Farro Salad

1 bunch Veggie box hakurei turnips with their greens
1 cup farro, cooked (about 3 cups when cooked)
1/4 cup olive oil, divided
1 tbsp fresh minced thyme or 1 tsp dried
1 tbsp red wine vinegar
1 tsp dijon mustard
Sea Salt and Freshly ground black pepper

Separate greens and turnips. Wash turnips, and cut into one inch cubes. Wash turnip greens and cut into bite size pieces. Heat 2 tbsp of olive oil in a large sauté pan over medium heat. Add turnips, thyme, and a pinch of salt. Cook for about ten minutes until turnips start to brown. Add turnip greens, another pinch of salt and some pepper and cook until greens wilt. Cover pan and cook for an additional 5 minutes until greens are tender. Stir in vinegar. Place farro in a large bowl. Add turnips and greens, leaving any excess liquid behind in the pan. Add remaining olive oil and dijon mustard. Taste and adjust salt and pepper if necessary .

Roasty Toasty

Veggie Box Russet Potatoes, cut into 1" cubes (peeling is optional)

Veggie Box Onion, cut into wedges

Veggie Box Poblano

1-2 Veggie Box Sweet Peppers

1tbsp olive oil

Salt, pepper, cumin, paprika, and chili powder to taste

Optional: cooked sausage links or vegetarian sausage, sliced

Tip: Turn this into a salad by topping your Veggie Box Arugula with it!

Preheat oven to 400°F. Combine cut potatoes, sausage, onion, sweet pepper, and poblano in a bowl. Drizzle oil over potato mixture and add seasoning, salt, pepper to taste. Toss to coat then transfer to a baking sheet. Roast until vegetables are tender, stirring occasionally, around 30 minutes. Make it a salad by tossing Veggie Box arugula with your dressing of choice, then topping it with the roasty toasty.

Eggplant, Green Bean, and Potato Stew

Veggie Box eggplant

1/2 of Veggie Box Roma green beans

1 Veggie Box Russet potato

2 cloves of Veggie Box garlic

1 tbsp fresh ginger

1/2 cup of red lentils

2 tsp curry powder

1 tsp mustard

salt and pepper to taste

1/2 cup canned coconut milk

Chop eggplant and potato into pieces around 1.5". Heat a large pot on the stove with 1 cup vegetable broth. Add potato and eggplant, cove, and turn the heat to medium high. The goal is to get the potato and eggplant chunks to cook quickly and at the same rate. Add in the garlic and fresh ginger. After 10 minutes, add the red lentils and water, using twice as much water as red lentils. Add the curry powder and mustard, stir, and cover. After 5 minutes, add the green beans. Stir and cover again. Stir often to prevent the stew from sticking to the bottom of the pan. Finding that it's really thick and needs more water? Stir in 1/2 cup water, and then add 1/4 at a time after if it still needs more. You may want to increase the spices if adding more water. Always adjust water and seasoning to your specific tastes! When everything is soft, turn the heat off and stir in the canned coconut milk. Add salt and pepper and a dash of cayenne if you'd like!