

# Veggie Box Newsletter

Week 10, November 15

Founded in 1999, ANC grew out of a four-year-old 'healthy communities' initiative called the Eastside Summit. This summit began as an effort between Sparrow Hospital, the Eastside Neighborhood Organization, and community members to create a healthy community on the Eastside. One of those members, Joan Nelson, helped in facilitating the summit, and many neighbors joined task forces focusing on health, housing and neighborhood stability. Eventually, the Eastside Summit morphed into a non-profit organization, Allen Neighborhood Center! We describe our work as "comprehensive and integrative community development", and our signature projects focus on 1) health access and education, 2) resources and programs that link people with locally grown, healthy food, 3) access to affordable and healthy housing, 4) economic development, and 5) social capital building. We have a wide array of focuses, including: Outreach & Engagement, BreadBasket Pantry, the Allen Farmers Market, Hunter Park GardenHouse, Youth Service Corps, the Take Root Garden Club, the Food Hub, our Incubator Kitchens, the Senior Discovery Group, Market Walk, and of course, Veggie Box. We also operate the larger development of Allen Place, a comprehensive community space that provides 21 units of mixed-income housing along with commercial space, integrative services and programming. This includes the Eastside Lansing Food Coop, and an Ingham Community Health Center and Pharmacy. Thank you for being a part of our work, and thank you for supporting local food!

## Producer Spotlight

### Lake Divide Farm

Helen and Jim, the owners of Lake Divide Farm, farmed on leased land in New Jersey for four years before deciding to buy a farm in Michigan. In 2016, they found a farm in Jackson County and began the arduous process of moving everything and making the house livable while maintaining the farm in New Jersey. They are also a first generation family farm. They fell in love with growing food because of the satisfaction of an honest day's work and the joy of doing something constructive and tangible for our community and the environment. They believe in food equality, that farming is an essential profession, and that producing food doesn't have to abuse the natural world. They plan on forging a business that affords the farmers, and those who work with them, a living wage, while making nutrient dense, fresh food available to all members of our community.

## Crop Profile

### Ruby Streaks Mustard Greens

Ruby streaks are a variety of purple or burgundy mustard green with tender, succulent leaves and crunchy stems. The mustard green plant or *Brassica Juncea*, which ruby streaks is a part of, has been harvested for centuries along with their seeds and edible oils. There are many types of mustard greens which each have a different taste and texture but have a similar mildly spicy kick and peppery flavor. They are commonly used in salads, or sautéed, braised, or even preserved in a variety of cuisines from Europe to Asia to South America. Ruby streaks mustard greens should be stored unwashed in your refrigerator for up to a week. If you wash the leaves before storing, shake off any excess moisture and store in a plastic bag lined with a tea towel or paper towel.

ALLEN  
NEIGHBORHOOD CENTER

Veggie Box

## What's in the Box?

**Organic Ruby Streaks Mustard Greens**, Lake Divide Farm, Stockbridge

**Organic Leeks**, MSU Student Organic Farm, Holt

**Red Potatoes**, Cinzori Farms, Ceresco

**Radishes**, Ten Hens Farm, Bath

**Organic Garlic**, Cinzori Farms, Ceresco

**Organic Hakurei Turnips**, MSU Student Organic Farm, Holt

## Add-Ons

**Bread**, Stone Circle BakeHouse, Holt

**Meat**, Grazing Fields Cooperative, Charlotte

Newsletters are available online at [bit.ly/veggieboxnewsletters](http://bit.ly/veggieboxnewsletters)

# Recipes and Tips!

## Hakurei Turnip, Radish, and Apple Salad

1-2 apples, sliced (if you have any left from last week you can use those!)

Veggie box radishes, sliced

Veggie box Hakurei turnips, sliced

Two large handfuls Ruby Streaks Mustard Greens

### Vinaigrette

1/4 cup apple cider vinegar

1/4 cup extra virgin olive oil

1/4 tsp Dijon mustard

Salt and pepper to taste

**Whisk together vinaigrette and set aside. Thinly slice apples, turnips, and radishes. You can add more root vegetables if you wish such as thinly sliced beets or roasted squash from previous weeks! If slices are too large feel free to cut into smaller sizes. Toss in a large bowl with cilantro and parsley (or salad mix if you chose that instead) and vinaigrette. Add salt and pepper to taste. Serve as is or top with nuts and/or goat cheese**



## Pickled Radishes and Hakurei Turnips

3-4 Veggie Box radishes

3-4 Veggie Box Hakurei turnips

(ratio can be adjusted- if you want to just use turnips or radishes you can!)

1 quart or 2 pints mason jars

### Brine

1 cup hot water

1/2 cup rice vinegar

6 tbsp sugar

1 1/2 tsp kosher or pickling salt

**Combine hot water, vinegar, sugar, salt in a nonreactive bowl and stir until sugar and salt are completely dissolved. Pack radishes and turnips into mason jars and pour the brine over to cover, fill in up to 1/2 inch from the top of the jar. Use a chopstick to stir and remove any bubbles. Put a lid on the jars and refrigerate them to cure overnight. They should last at least a month in the fridge.**



## Slow Cooker Potato and Leek Soup

Veggie Box Red Potatoes, diced (peeled if desired)

Veggie Box Leek

3 cloves Veggie Box Garlic

4 cups vegetable broth

2 Tbsp unsalted butter

1 1/2 tsp kosher salt

1 tsp fresh thyme leaves, plus extra for serving

Salt and pepper to taste

1/4 cup sour cream

**Place potatoes, leeks, broth, garlic, butter, salt, pepper, and thyme in a 3- to 4- quart slow cooker and stir to combine. Cover and cook on the low setting until potatoes are very tender, about 8 hours. Blend the soup with an immersion blender until smooth, or transfer in batches to a stand blender. Add sour cream once blended and whisk to combine. Serve with an extra swirl of sour cream and garnish with chopped thyme.**

## Preserved Mustard Greens

Veggie Box Mustard Greens

Heaping table spoon of salt

**Thoroughly wash the greens and air dry completely for 12 hours. Loose stalks can be bundled with twine or a rubber band and hung to dry. Leaves should be free of surface water and slightly wilted. Chop leaves including stalks to desired size (normally around 1/4" to 1/2" pieces). In a large bowl sprinkle salt onto every layer of greens and knead vegetables with clean hands until they are well coated. Transfer greens into a clean, sanitized container, and let marinate in the fridge for three days. They can be stored for several months if handled properly (make sure utensils, hands, containers, etc. are clean when preparing—be attentive to signs of spoilage like off smells or mold). You can use these preserved greens as a side to add a bit of tang to your meal, used as a topping on rice or potatoes, or served in soups and stir-frys. Try sautéing them with garlic, some dried chilis, and edamame for a simple but flavorful meal. Because they are salted most recipes you use these in don't need additional salt. If they are too salty you can always rinse before cooking as well.**

