

Veggie Box Newsletter

Week 8, April 18

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Everyone in Michigan is part of a watershed. Our water winter wonderland is home to 26,266 inland lakes, 120 major rivers, and 86 major watersheds. The Great Lakes hold 1/3 of the world's surface freshwater and provide drinking water to 42 million people. They have a massive impact on our climate, regulating the temperature of the region and increasing cloud cover and precipitation in the winter. Unfortunately, rising temperatures of the Great Lakes will have extensive impacts, including algal blooms that stifle oxygen available to aquatic plants and animals, shore erosion, and decreased ice cover. Wetlands are vital to the health of ecosystems by being home to many species, mitigating floods, and filtering water—one acre of wetland can store up to a million gallons of water. Michigan has seen a decrease of over 4 million acres of wetlands since colonization. Pesticides and chemicals in agriculture also contribute to the pollution and loss of wetlands. In the face of climate change and disruptions in rainfall causing floods or droughts, our waterways ensure that water slows down so we can use it in the long term. The actions of you and your neighborhood greatly impact the health of local and regional streams, lakes, rivers, and wetlands. Michiganders can contribute to watershed restoration in many ways, including planting natives, eating a diverse, local diet, participating in waterway clean-ups, and advocating against industrial pollution at the local government level. Engaging in our local environment brings us in deeper connection with the cycles of the seasons and helps us understand how our ecosystems function. This knowledge allows us to make more informed decisions about how we choose to interact with the land. In honor of watersheds on Earth Day, we invite you to join us and the East Lansing Environmental Stewardship Program this Saturday, April 22nd from 9AM-11AM in White Park to remove some invasive species, including phragmites, buckthorn, and garlic mustard. A registration link is in this week's email- hope to see you there!

Farmer Profile

Magnolia Farms

Magnolia Avenue Farms is a small family-owned operation located in Lansing Eastside's Urbandale neighborhood. This urban farm also serves as an incubator farm that provides up-and-coming farmers an experience to serve as the farm manager and coordinate its operation without having to start from scratch! Magnolia Farms grows a diverse range of fruits, vegetables, herbs and more, using regenerative farming practices that focus on building and sustaining soil health. Their focus is on creating a farm that is human-powered instead of reliant on fossil fuels, and is resilient in the face of climate change.

Crop Profile

Radishes

Radishes have over 100 varieties, one of which is the French breakfast radish. French breakfast radishes are oblong compared to other more bulbous radish varieties and are reddish-pink in color. Unlike other varieties of radish that have a peppery kick, French breakfast radishes are more mild and sweet. A traditional French way to eat radishes, *radis beurre et pain grillé*, is thinly sliced radishes on a toasted and buttered baguette. They can also be roasted, pickled, sauteed, or eaten raw in a salad. Radish leaves are also edible- try sauteeing them with garlic or sliced shallots for a quick side. Fun fact, radishes grown in the spring and fall are more mild than those grown in the summer-- the warmer the soil the spicier the radish!

ALLEN
ENVIRONMENTAL CENTER

Veggie Box

What's in the Box?

Microgreens, *Highwater Farms*, Lansing
Sweet Winter Spinach, *Magnolia Farms*, Lansing
Evercrisp Apples, *Hillcrest Farms*, Eaton Rapids
Lettuce, *Blue Mitten Hydroponic Farms*, Okemos
Organic Spring Mix, *Monroe Family Organics*, Alma
French Breakfast Radishes, *Swallowtail Farms*,
Mason

Carrots, *Yoder Family Cooperative*, Leslie

Add-Ons

Bread, *Stone Circle BakeHouse*, Holt

Meat, *Grazing Fields Cooperative*, Lansing

Recipes and Tips!

Evercrisp Caprese Sandwich

4 slices your choice of bread, e.g. ciabatta
Butter or olive oil
1 garlic clove, halved
1 Veggie Box Evercrisp apple, sliced thin about 4-5 slices per sandwich
2 tomatoes, sliced about 3-4 slices per sandwich
4-6 slices mozzarella cheese, about 2-3 slices per sandwich
Balsamic glaze to drizzle
2 handfuls Veggie Box salad mix, microgreens, and/or spinach!

Drizzle olive oil or spread butter on each bread slice. On a frying pan on medium heat or in a toaster oven, toast 4 slices of bread until golden. Remove and rub each slice with a garlic clove half. To make each sandwich, layer 4-5 apple slices, 3-4 tomato slices with a sprinkle of salt and pepper, 2-3 mozzarella slices, then drizzle balsamic glaze over the cheese. Finish by adding a handful of greens and top with the second slice of bread. Repeat with the second sandwich.

Radishes on Baguette Toast

Baguette, cut into 1/2" slices
High quality butter
Veggie Box French breakfast radishes, thinly sliced
A few sprigs flat-leaf parsley, roughly chopped
Salt and pepper to taste

Toast baguette slices. Spread butter on toast generously. Place radish slices on top of bread and sprinkle with parsley, salt and pepper.

Spinach and Evercrisp Apple Salad

Veggie Box sweet winter spinach
1-2 Veggie Box Evercrisp apples, thinly sliced
1/2 a red onion, thinly sliced
1/2 cup chopped nuts such as walnuts, toasted
1/3 cup dried cranberries or other dried fruit
3 oz. crumbled goat cheese or feta

Vinaigrette

1/4 cup extra virgin olive oil
2 Tbsp apple cider vinegar
2 tsp honey
1 tsp Dijon mustard
1 small garlic clove, minced
Salt and pepper to taste

Combine vinaigrette ingredients in a bowl and whisk. Toss spinach, apples, red onion, nuts, dried fruit, and half of the goat cheese in a large bowl. Drizzle with vinaigrette and toss to combine. Serve immediately with remaining goat cheese.

Vietnamese Rice Noodle Salad

Tofu & Marinade

16 oz firm tofu, pressed and drained of water and cut into 1" blocks
2 cloves garlic, minced
Juice of 1 lime
2 Tbsp fish sauce (regular or vegan)
1 Tbsp soy sauce
2 Tbsp brown sugar
1 Tbsp vegetable oil

Nuoc Cham Sauce

3 cloves garlic, minced
Juice of 1 lime
2 Tbs rice or white vinegar
1/4 cup fish sauce
3 Tbsp sugar
1 red chili, deseeded and sliced
1/2 cup cold water

Salad Ingredients

7oz dried rice vermicelli noodles
1 Veggie Box carrot, julienned
2 cups bean sprouts
1 cucumber, julienned
1 Veggie Box head lettuce, julienned
Mint and cilantro to taste

In a large jar, combine marinade ingredients and and shake. Add pressed and cut tofu in the jar with marinade and set aside at room temperature for 30 minutes to an hour. While marinating, combine nuoc cham ingredients and stir until sugar is dissolved- taste and adjust any ingredients if desired. Boil rice vermicelli according to package instructions. Once cooked, drain and rinse under cold water and set aside in a colander. Heat 2 Tbsp cooking oil in a frying pan over medium high heat. Sear the tofu until brown on both sides then set aside on a plate. To assemble salad, combine rice noodles with bean sprouts, carrots, cucumber, lettuce, mint and cilantro. Add tofu and serve with nuoc cham sauce.

