

# Veggie Box Newsletter

Week 2, June 8

Welcome to the second week of Summer Veggie Box, and happy Pride Month! Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual (LGBTQIA+) Pride Month is currently celebrated each year in the month of June to honor the 1969 Stonewall Uprising in Manhattan which is often referred to as the tipping point of the LGBTQIA+ Rights Movement. Pride may not seem as relevant when thinking about food systems or when participating in Veggie Box, but is just as important as other topics like racial equity, Indigenous food sovereignty, poverty, and food insecurity, and often intersects with these areas as well. As a nonprofit neighborhood center with a focus on food, we understand that the sharing of food has brought people together since the beginning of time. It's how we nurture relationships, celebrate culture, mend conflicts, and feel gratitude. In most societies, friends and family celebrate important events by sharing food and eating food together acts as a symbol of shared life. But what happens when oppressed and vulnerable populations are

--n't invited to the table? Or to extend the metaphor, aren't even invited to help build the table in the first place? Where we sit at the intersection of race, gender, class, sexuality, and more can make us highly vulnerable to discrimination and oppression that can lead to a lack of resources, lessened autonomy, and less opportunities. LGBTQIA+ individuals experience food insecurity at almost double the national food security rate. In terms of food production, the historical fleeing of queer people to urban areas from rural places due to discrimination has greatly impacted who can make a living from farming. This continues to make an impact for queer farmers today in terms of support--both monetary and social. It's also important to recognize how the prioritization of the family farm model which depends on the institution of marriage, made farming difficult for those who marriage wasn't federally legal for until 2015. This impacted how queer people applied for loans, acquired farmland, dealt with health insurance (many farmers rely on spouses who work off the farm for health insurance), and farm succession. With this in mind it's important to question what happens when our local food system only adapts based on the experiences of a few? How can recognition, affirmation, and pride make a difference? As always, thank you for supporting local food!

## Producer Spotlight

### *Hickory Knoll Farms Creamery*

Mike Metzger and Rusty Plummer, better known as Hickory Knoll Farms Creamery, have been producing homestead cheeses for over 15 years in Onondaga, MI. The on-farm creamery produces Artisanal cheeses using the milk from their Grade A goat dairy. They are also known for their French style Tomme cheese using raw Grade A cow milk. The duo's varieties have been featured in many prominent Grand Rapids restaurants. Check them out at any of Lansing's local Farmer's Markets, including our own Allen Farmers Market!

## Crop Profile

### *Garlic Scapes*

Garlic scapes are the flower bud of the garlic plant that are removed in late June to allow the bulbs underground to thicken. Scapes are so easy to use; just like adding garlic to your foods, they provide a strong aromatic flavor. You can use the whole scape, just dice it up and add it to any dish! Garlic scapes can be roasted, pickled, and even added to soups. Not only can they be used in food, they are also a great addition to your flower bouquets! To store garlic scapes, all you have to do is put them in a sealed bag and leave them in your refrigerator up to 2-3 weeks.



## What's in the Box?

- Garlic Scapes**, *Ten Hens Farm, Bath*
- Organic Chives**, *MSU Student Organic Farm, Holt*
- Zesty Mix**, *Hunter Park GardenHouse, Lansing*
- Beets**, *MSU Student Organic Farm, Holt and Ten Hens Farm, Bath*
- Organic Cilantro**, *Monroe Family Organics, Alma*
- Lettuce Mix**, *Magnolia Farms, Lansing*
- Potted Thyme**, *Hunter Park GardenHouse, Lansing*

## Add-Ons

- Bread**, *Stone Circle Bakehouse, Holt*
- Meat**, *Grazing Fields Cooperative, Charlotte*
- Cheese**, *Hickory Knoll Farms Creamery, Onondaga*
- Chevre**, *Hickory Knoll Farms Creamery, Onondaga*
- Tea**, *ANC Youth Service Corps, Lansing*

# Recipes and Tips!

## Salad with Garlic Scape Dressing

Veggie Box salad mix  
2 Veggie Box garlic scapes, coarsely chopped  
2-4 Veggie Box chives, coarsely chopped with blossoms removed  
1 tsp honey  
2 tsp Dijon mustard, or similar brown mustard  
4 Tbsp red wine vinegar (or chive blossom vinegar from recipe in this newsletter!)  
1 Tbsp lemon juice  
Salt & pepper to taste  
1/2 cup extra virgin olive oil

**In a blender, combine the garlic scapes, onions, honey, mustard, red wine vinegar or chive blossom vinegar, lemon juice, salt, and pepper. Blend until smooth. With blender on low, slowly add the olive oil until well blended. Drizzle over salad mix and toss until evenly coated. Add grated beet or other toppings if you want!**

## Beet & Chickpea Veggie Burger

Veggie Box beets, peeled and chopped  
1 cup cooked brown rice  
1 15 oz. can chickpeas, rinsed and drained  
1 tsp fresh thyme leaves, minced  
1/4 fresh parsley, chopped (you can use Veggie Box cilantro instead too!)  
2 garlic cloves or Veggie Box garlic scapes, minced  
1 Tbsp balsamic vinegar  
Salt and pepper to taste  
Olive Oil  
Burger Patty & desired toppings

**Preheat oven to 425F. Wash, peel, and dice beets into bite size pieces, add to a sheetpan, drizzle with olive oil, and season with salt and pepper. Roast for 40-45 minutes until fork tender. Let cool 10 minutes. In a food processor add chickpeas, brown rice, thyme, parsley, balsamic vinegar, garlic, salt and pepper. Pulse a couple times then add roasted beets. Pulse until mixture has come together but is still chunky—you don't want to puree it. Form the mixture into patties forming around 6 burgers depending on size. Cook them right away or refrigerate for 20 minutes if you want a firmer burger. To cook, heat oil in a large pan over medium heat, then cook patties for around 3-5 minutes each side. Eat your patty on a bun with your desired condiments and toppings and enjoy!**

## Vegan Bánh Mì

### Pickled veggies

1 small carrot, peeled and julienned  
1/2 small red onion, thinly sliced  
1 medium jalapeno, seeded and thinly sliced  
1 small cucumber, thinly sliced  
1/3 to 1/2 cup rice vinegar

### Marinade

8 oz tempeh  
2 Tbsp soy sauce  
1 Tbsp maple syrup  
2 Tbsp lime juice  
2 cloves garlic, minced  
1/2 tsp grated ginger  
Red pepper flakes, optional

### Sandwiches

2 to 3 baguette servings, sliced lengthwise  
1/4 cup mayonnaise (vegan or regular)  
2 to 3 tsp hot sauce e.g. sriracha  
Veggie Box cilantro and chives

**Place pickled veggie ingredients in a large jar and add rice vinegar and stir. Slice tempeh. Whisk together marinade ingredients then pour over the tempeh. Set aside for 15-20 minute—flip the pieces to ensure everything gets marinated. Preheat a large pan over medium heat with oil. Arrange tempeh in pan reserving excess marinade in the bowl. Cook for 3-4 minutes until browned. Pour reserved marinade into pan and cook for a minute then remove from heat. If using mayo, stir together with hot sauce and spread on both pieces of bread. Add tempeh, quick pickled veggies, cilantro, and chives.**



## Chive Blossom Vinegar

8-16 Veggie Box Chive Blossoms  
1 cup of vinegar

**Wash the Veggie Box chive blossoms and place in a jar. Warm the vinegar in a pot over the stove, around 2-4 minutes (don't let it boil). Pour warmed vinegar over the chive blossoms, seal the jar. Store in the refrigerator until desired flavor, about 1-2 weeks. Strain the blossoms before using the vinegar-- try it in a salad dressing!**