

Veggie Box Newsletter

Week 4, June 20

Happy Belated Juneteenth! This week's email talked about the history of Juneteenth, but what does this holiday have to do with food and foodways? As a day that celebrates the emancipation of enslaved peoples in the United States, Juneteenth, offers a way for us to recognize how much our food system has been influenced by centuries of slavery and colonization that continues to echo today from the high levels of food insecurity experienced by minority communities to the still dire labor conditions experienced by farmworkers. Like many holidays we know and love, Juneteenth also has its own food traditions that center Black history and culture, which depending on a community's roots and location can result in very different menus! For some this means celebrating with Southern soul food, including classic dishes like fried fish, cornbread, and stew. Related to soul food, eating prosperity foods that are normally eaten in the new year like collard

greens, black eyed peas, pork, and corn, are also commonly eaten on Juneteenth. Others might gather around the grill to celebrate with barbecue and sides like potato salad and more. Eating red foods like watermelon, strawberries, Juneteenth punch, red velvet cake, red beans or hot sauce, however is perhaps the most significant tradition to Juneteenth. Because many foods eaten back in the day were brown or green, red foods were seen as a treat associated with celebration. This tradition is also related to diaspora—many of the enslaved Africans in Texas at the time of Juneteenth were either part of or familiar with the Yoruba and the Kongo, for whom the color red was highly significant. Whether you celebrated with food or not, take the time this week to look into the history of Juneteenth and reflect on the way that people before us have molded our food system into what it is today. Thanks for supporting local food!

Farmer Profile

Magnolia Farms

Magnolia Farms is a small family-owned operation located in Lansing Eastside 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 *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?

Organic Beefsteak Tomatoes, *Green Wagon Farm, Ada*

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

Salad Mix, *Magnolia Farms, Lansing*

Strawberries, *Felzke Farms, Dewitt*

Garlic Scapes, *Magnolia Farms, Lansing*

Scallions, *Ten Hens Farm, Bath*

Add-Ons

Bread, *Stone Circle Bakehouse, Holt*

Meat Variety, *Heffron Farms Market, Belding*

Cheese, *Hickory Knoll Farms Creamery, Onondaga*

Chevre, *Hickory Knoll Farms Creamery, Onondaga*

Recipes and Tips!

Juneteenth Strawberry Punch

Veggie Box strawberries, tops removed, washed, and chopped

- 1 46oz can pineapple juice, chilled
- 1 cup freshly squeezed lemon juice
- 1 quart (4 cups) ginger ale, chilled
- Ice

Chop strawberries and place in a punch bowl, drink dispenser, or pitcher that holds at least 4 quarts or a gallon. Add pineapple juice and lemon juice then stir. Just before serving, stir in 1 quart ginger ale and ice. Serve chilled and enjoy!



Miso Ginger Salad Turnips

Veggie Box salad turnips, greens removed and cut into wedges (sautee the greens as a delicious side or throw them into a soup or frittata)

- 1 Tbsp oil
- 2 tsp mirin
- 2 tsp rice vinegar
- 1 tsp ginger, grated
- 1 1/2 tsp white miso
- Salt to taste

Roughly chopped Veggie Box chives to taste

Rinse turnips, remove from greens, then cut into wedges. Whisk mirin, rice vinegar, ginger, miso, and salt together. Heat a skillet on high heat for a minute then add oil and turnips. Using tongs, push the turnips around until they are cut side down. Cook for 2 minutes then flip. Turn heat to medium then cook another 2 minutes. Add ginger miso mixture and stir for 1-2 minutes- make sure turnips are fully coated. Remove from heat and stir in chopped chives if using. Serve with rice and sauteed turnip greens!



Pickled Garlic Scapes

Veggie Box Garlic Scapes

- 1 dried chili pepper, optional (you can also use red pepper flakes)
- 1 cup apple cider vinegar
- 1 cup water
- 4 tsp fine sea salt
- 4 tsp sugar
- Pint mason jar

Trim garlic scapes and place in a pint jar. You can either straighten them out so you stuff them in the jar vertically or curl them so they stack from the bottom up then fill the center. Place dried chili into jar. In small saucepan over medium heat, bring vinegar, salt, and sugar with 1 cup of water to simmer. Cook, swirling pan if necessary until fully dissolved. Pour warm vinegar mixture over scapes until covered, leave about 1/2 an inch of headspace between top of liquid and where the lid will be. Screw lid on then let sit until cool. Store in fridge for at least four weeks and up to six months.



Tomato and White Bean Salad

- 1/4 cup olive oil
- 3 Tbsp red wine vinegar
- 1/2 tsp Dijon mustard
- Salt and pepper to taste
- 1/2 red onion, thinly sliced
- 1 garlic scape, minced
- Veggie Box tomatoes, chopped
- Optional: Veggie Box Salad Mix
- 1 15 oz. can cannellini beans, rinsed and drained
- 1/3 cup chopped fresh parsley
- Optional: 1/2 cup shaved Parmesan ~2oz.

Whisk together olive oil, vinegar, mustard, salt, and pepper in a small bowl. Stir in sliced red onion and minced garlic scape- set dressing aside to marinate for 15-30 minutes. Place tomatoes, white beans, and parsley in a large bowl. Add washed and dried salad mix here if desired! Pour dressing over salad, toss well, then fold in Parmesan if using. Serve at room temperature.