

Veggie Box Newsletter

Week 2, June 6

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 aren'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

Chives

Chives are in the allium family related to onions and garlic. They are similar to scallions but tend to be thinner. Like scallions, they add a milder flavor of onion or garlic to a meal. You can chop them up finely and use them as a garnish or cook with them the same as you would green onions or scallions—just remember that they don't need to be cooked as long and tend to wilt faster. You can also freeze them! Just chop them up, spread them on a paper towel, freeze in a single layer to prevent clumping, then store in an airtight container for up to three months. Chive flowers are also edible- throw them into a salad or batter them up and fry them as a snack!



What's in the Box?

Spinach, *Ten Hens Farm, Bath*

Organic Chives, *MSU Student Organic Farm, Holt*

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

Organic Dill, *Monroe Family Organics, Alma*

Spring Mix, *Swallowtail Farm, Mason*

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!

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 chipped chives if using. Serve with rice and sauteed turnip greens!



Greek Spinach and Rice: Spanakorizo

Veggie Box spinach
Juice of half lemon
1-2 onions
2 1/2 Tbsp olive oil
1 tsp dry mint
2/3 cups water
1/3 cup medium grain rice
1-2 Tbsp chopped Veggie Box Dill
1 Tbsp tomato paste (optional);
Salt and pepper to taste

In a large pot wilt the Veggie Box spinach with the lemon juice and olive oil. In another pot sauté the onion with the rest of the olive oil until soft. Add the Veggie Box Spinach, dry mint, Veggie Box dill and 2/3 cup warm water and bring to a boil. Add the rice, salt and pepper to taste, then simmer for about 20 minutes until rice is soft. Add additional

warm water as needed. Serve warm or at room temperature with a squeeze of lemon juice and a bit of olive oil and feta.

Chive Blossom Vinegar

1 cup chive blossoms
1 1/2 cups vinegar
1/4 cup chopped chive leaves, optional

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!



Salad with Dill Garlic Dressing

Veggie Box Spring Mix
2/3 cup hummus
2 Tbsp lemon juice
2 Tbsp Veggie Box dill, minced
4 cloves garlic, minced (or Veggie Box chives)
Water (to thin, if necessary)
Salt to taste
Wash and dry the spring mix.

Prepare the salad dressing by adding hummus, lemon juice, dill, and garlic or chives to a small mixing bowl, starting with 1 Tbsp lemon juice. Whisk to combine. Add enough water so you're able to pour it but it's still somewhat thick. Taste and adjust flavor as needed. Add garlic for more zing, lemon juice for acidity, and dill for a more intense herb flavor. Depending on the hummus you use, you may want to add a pinch of salt. Serve over the spring mix and add toppings such as sliced Veggie Box salad turnips, pickled onions, crispy chickpeas, or add to a wrap!