

Veggie Box Newsletter

Week 5, June 26

Fresh fruits and vegetables may seem bountiful now, but we all know that a long winter is ahead! Luckily, there are numerous ways to preserve the abundance of summer produce. Check out the Veggie Box Produce Guide on our website, also linked in this week's email for ideas and instructions! Freezing is one of the easiest methods of food preservation—many foods can be frozen raw, blanched, fully cooked, or as a meal such as soup or casserole. To prevent foods from sticking together in the freezer, try flash freezing which is a method of freezing singular pieces such as spread out on a baking sheet before storing in a bag. This week both strawberries and green onions can be frozen for future use. Refrigerator pickling is another method of preservation that is easy. Check out the recipe on the next page for pickled chard stems. Canning is another popular way to preserve fruits and vegetables like this week's strawberries into things like jams, jellies, and sauces.

Water bath and pressure canning are two types of canning, both of which require exact timing and temperatures to ensure your canned goods are safe—for more information on canning safety, MSU Extension or websites such as Ball Mason Jars are great resources.

Farmer Profile

Cinzori Farms

Cinzori Farms is part of an Agriculture Cooperative and was one of the first farms in Michigan to become organically certified in 1985. The farm has grown a great deal since it was first established, and now occupies more than 60 acres – all of which are used to propagate fresh herbs and produce. Cinzori Farms is owned and operated by father and son, Don and Anthony Cinzori, and sells at a number of Michigan farmers markets, as well as Michigan grocery stores.

Crop Profile

Green Onions

We've been getting lots of allium varieties this season including garlic scapes, chives, green garlic, and green onions. You may have heard the term scallions, green onions, and spring onions be used to describe young onions that include the green stem that is often used to garnish stir fries, salads, and baked potatoes. But what is the difference? Green onions and scallions are actually the same, although scallion sometimes describe those that have thinner and smaller leaves. Spring onions have more of a bulb at the base from being left in the ground to grow for longer. This week everyone is receiving two varieties of green onions—regular and 'red' green onions (confusing we know!). For optimum storage, store in the crisper in a plastic bag. You can also store them upright in a glass of water in the fridge. Green onions also freeze extremely well raw—slice them up and divide the white and green parts then store in a container then use in stir fry, soups, on sandwiches, and more.



What's in the Box?

Oregano, *Hunter Park GardenHouse, Lansing*

Organic Swiss Chard, *Lake Divide Farm, Stockbridge*

Organic Red & Green Spring Onions, *Cinzori Farms, Ceresco*

Salad Mix, *Swallowtail Farm, Mason, and Owosso Organics, Owosso*

Strawberries, *Felzke Farms, Dewitt*

Add-Ons

Bread, *Stone Circle Bakehouse, Holt*

Meat Variety, *Grazing Fields Cooperative, Charlotte*

Beef, *Heffron Farms Market, Belding*

Chicken, *Heffron Farms Market, Belding*

Pork, *Grazing Fields Cooperative, Charlotte*

Eggs, *Grazing Fields Cooperative, Charlotte*

Honey, *Beebehavior Ranch, Ovid*

Coffee Monthly & Biweekly, *517 Coffee Company, Lansing*

Kombucha, *Apple Blossom Kombucha, Lansing*

Organic Pinto Beans, *Ferris Organic Farms, Eaton Rapids*

Recipes and Tips!

Chard & Pinto Bean Quesadillas

1 Tbsp oil
1/2 cup thinly sliced shallots
1/2 bunch Veggie Box Swiss Chard, stems chopped and separated, leaves chopped
1 tsp ground cumin
Salt to taste
4 large flour tortillas
1 1/2 cups shredded cheese of choice
1 can pinto beans, rinsed and drained (or cooked Veggie Box pinto beans)
1/4 cup chopped tomato or red pepper
Sour cream, hot sauce, and lime wedges for serving

Preheat oven to 200F. Heat oil in a large pan over medium heat and add shallot. Sauté for 2 minutes then add the chopped stems and sauté until softened, 1 more minute. Stir in salt to taste and cumin until fragrant, then add chard. Stir with tongs until chard is wilted, 3-4 minutes. Wipe out sauté pan. Add 1 tsp of oil to pan and warm on medium heat. Lay a tortilla flat in the pan and sprinkle evenly with 1/4 of the cheese, chard mixture, pinto beans, and chopped tomato. Cook until bottom of tortilla is lightly browned and cheese is melted, then fold tortilla in half to make a half moon shape and press down. Flip and press down on the other side. Transfer quesadilla to a baking sheet to keep warm in the oven. Repeat process with remaining tortillas to make 4 quesadillas total, reducing heat if tortillas brown too quickly. Cut quesadillas into 4 wedges each. Enjoy with sour cream, hot sauce, and lime wedges!

Pajeon 파전 Green Onion Pancake

10 stalks Veggie Box Green (Red) Onions, washed and cut into 5 inch long pieces
1/2 cup flour
1/2 cup water
1 tsp soybean paste
1/2 tsp sugar
3 Tbsp vegetable oil
Sauce: 2 Tbsp soy sauce, 1 Tbsp vinegar, 1 tsp sugar or honey, chopped green or red chili peppers, 1 tsp toasted sesame seeds

Make batter- mix flour, water, soybean paste, and sugar in a bowl until smooth. Heat a nonstick pan on medium high heat then add 3 Tbsp vegetable oil. Place green onion pieces on pan parallel to each other in the shape of a rectangle. Pour batter over the green onion evenly. While pancake is cooking, pat and press slightly with a spatula to keep the shape. After a few minutes

when bottom is crispy and golden brown, flip over. Cook for a couple more minutes until crispy then flip again. Cook for another minute then serve with the sauce—mix all the sauce ingredients in a small bowl. Enjoy the pancake with the dipping sauce!



Pickled Chard Stems

Veggie Box Chard Stems, chopped into 1/4" pieces
1/8 cup red onion, chopped
1 tsp pickling or Kosher salt
2 tsp mustard seeds
1/2 cup white vinegar
1/2 cup rice vinegar
1/2 cup water
3 Tbsp sugar
1/2 tsp peppercorns

Place chopped chard stems and onion in a bowl and sprinkle with salt. Set aside while making brine. Heat saucepan over medium heat for a couple minutes. Add mustard seeds and toast for 2 minutes until fragrant. Add rice and white vinegar, water, sugar, and peppercorn and stir until dissolved then remove from heat. Place chard stems and onion in a sterilized pint mason jar, packing veggies tightly. Pour warm brine over and cap the jar. Let the jar cool to room temperature for an hour then store in the refrigerator. Pickles are ready in a day and will last up to three weeks in the fridge. Serve on sandwiches like banh mi, over toast, or on salads!

