

Veggie Box Newsletter

Week 1, May 30

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We are on native land. Specifically, Allen Neighborhood Center is on land belonging to the Anishinaabe (Odawa, Ojibwe, and Potawatomi people) and Haudenosaunee Confederacy, which today is called Lansing, Michigan. Lansing was originally called "Nkwejong," meaning "where the rivers meet," and Michigan comes from the Ojibwe word "mishigamaa," meaning "large lake." The purpose of this statement is to show respect for Indigenous peoples, and recognize their enduring relationship to the land. Practicing acknowledgment can also raise awareness about histories that are often suppressed or forgotten. Given how closely Veggie Box is tied to the land, environment, and foodways, we believe it's important to acknowledge the history of the relationships that Indigenous peoples had and continue to have with the land, plants, and animals, and how these relationships have sustained communities for generations. Over the next fourteen weeks, we ask that you continue to remind yourself of Indigenous presence and land rights in our community.

What might our local food system look like if we were to have a deeper respect and understanding of Indigenous cultures and foodways? In what ways has colonialism disrupted Indigenous foodways and ways of life? How can this be combatted? Thank you for supporting local food!

Farmer Profile

Highwater Farms

At Highwater Farms, their mission is to create a sustainable relationship between the land, their products, and their customers. They work to provide heirloom and rare varieties of produce and flowers to customers via several channels in order to ensure freshness, availability, and convenience. All of their plants are chemical-free, pesticide-free, and herbicide-free. All farming practices are strategically implemented to address the health and safety of the land and the consumer. They grow exclusively in Lansing and strive to give back 5% of all sales go to a rotating group of local charities and causes.

Crop Profile

Green Garlic

Green garlic is garlic that is not fully matured. It looks like a large version of a green onion and normally has a white or slightly pink bulb. Green garlic typically comes from soft-necked varieties of garlic while garlic scapes normally come from hard-necked varieties. To use, cut the very bottom of the bulb with the roots off and use the white and light green parts however you like. If the dark green portion of the leaves are still tender, they can be sliced up to eat as well. If the dark green leaves are more tough you can use them to make stock! Green garlic is milder than regular garlic but stronger than green onions in taste. It can be prepared in many different ways including raw like in a salad, pickled, or cooked like in a stir fry.

ALLEN
NEIGHBORHOOD CENTER

Veggie Box

What's in the Box?

Microgreens, *Highwater Farms*, Lansing
Organic Spinach, *Monroe Family Organics*, Alma
Organic Green Garlic, *Green Wagon Farm*, Ada
Organic Spring Mix, *Monroe Family Organics*, Alma
Organic Bok Choy, *MSU Student Organic Farm*, Holt

Add-Ons

Bread, *Stone Circle BakeHouse*, Holt
Meat, *Heffron Farms Market*, Belding
Eggs, *Grazing Fields Cooperative*, Charlotte
Pork, *Grazing Fields Cooperative*, Charlotte
Chicken, *Heffron Farms Market*, Belding
Beef, *Heffron Farms Market*, Belding
Coffee, *517 Coffee Company*, Lansing
Tea, *ANC Youth Service Corps*, Lansing
Kombucha, *Apple Blossom Kombucha*, Lansing
Organic Navy Beans, *Ferris Organic Farms*, Eaton Rapids

Recipes and Tips!

Baked Microgreens Frittata

Veggie Box microgreens, roughly chopped
1 large egg plus 2 egg whites
2 tsp of milk of your choice
2 Tbsp grated hard cheese
Salt and Pepper to taste

Preheat oven to 425 degrees. Place a 1 cup ramekin on a baking sheet and place it in the oven. Meanwhile, whisk egg whites and egg with 1 Tbsp of cheese and milk then add the roughly chopped microgreens and salt and pepper to your liking. Carefully remove the hot dish from the oven and coat with cooking spray. While the ramekin is still piping hot, pour in the egg mixture and top with the remaining cheese. Bake until the eggs are puffed and browning, about 15 minutes.



Green Garlic Buttered Toast

Veggie Box Green Garlic, roots removed and chopped
1/2 cup unsalted butter (1 stick), softened
1/2 cup grated Parmesan
1 Tbsp minced chives
Salt and pepper to taste
Large pinch red pepper flakes
2-4 slices bread for toasting

Toast 2-4 slices of bread in a toaster oven until light brown and keep warm. In a bowl, stir together softened butter, grated parmesan, chopped green garlic, minced chives, and salt, pepper, and red pepper flakes to taste. Spread the green garlic butter on toast. Toast again for up to 2 minutes, until the tops lightly brown and the butter melts. Serve hot or warm.

Salad with Ginger Dijon Dressing

Veggie Box Spring Mix & Veggie Box Spinach
Veggie Box Microgreens (optional)
1 1/2 Tbsp grated ginger (about 2-inches)
2 Tbsp white wine vinegar
1 Tbsp Dijon mustard
1 Tbsp honey or maple syrup
1/2 cup neutral oil (e.g. grapeseed or canola)
Salt and pepper to taste

Combine salad dressing ingredients (ginger, white wine vinegar, Dijon mustard, honey, oil, salt and pepper) in a jar and shake to incorporate. Serve on top of Veggie Box spring mix for a simple salad or add additional ingredients like Veggie Box microgreens, nuts, cheese, salad, or roasted veggies of your choice!

Saucy Noodles with Bok Choy

1 Tbsp sesame paste
1 tsp peanut butter
1 1/2 Tbsp soy sauce
1/2 tsp black vinegar
2 tsp chili oil
3 cloves garlic, minced
1 Veggie Box green garlic stalk, thinly sliced
About 1 Tbsp chopped cilantro
Veggie Box bok choy
1 serving of dry or fresh noodles of your choice

Mix sauce ingredients in a serving bowl. The measurements above are just a guideline so feel free to switch them up or want to add something different like ginger! Cut off the end of the bok choy and wash thoroughly. Cut in half so the dark leaves and lighter green portions are separated. If you prefer smaller sizes in your noodles feel free to chop smaller. Bring a pot of water to boil and add oil to the pot. Blanch the light green portion first for 30 seconds then add the dark leafy portions for another 30 seconds. Remove from water and transfer to a bowl. Cook noodles according to package directions. Toss cooked noodles, bok choy, green garlic, and cilantro in sauce.

