

Veggie Box Newsletter

Week 6, July 5

On Monday and Wednesday of each week, produce gets delivered by local farmers, some of which needs to be weighed and bagged by staff before going out in the boxes. In week 3, for example, we weighed and bagged 450 lbs of sweet potatoes from Green Wagon Farm into paper bags so every member receives around the same weight. Prep days are also spent writing the weekly email, newsletter, and recipes, and labeling all the add-ons to be distributed, including meat which needs to be individually bagged. We also check to make sure we have a box for every individual—if someone forgot to bring their box back (remember we reuse them!) we make them a new box and label to be used. On Tuesday mornings, staff arrive at ANC at 8am to begin packing the boxes—this involves setting up tables that were used at the Allen Farmers Market the day before, folding the flat boxes, and packing each one with produce (see right). Add-ons are either packed directly into boxes, or kept in the walk-in freezer or cooler. All 150 boxes are then packed back into the walk-in (right), tables sanitized and put away, and the distribution table is set up to give out the veggie box to you! The same process happens again on Wednesday for Thursday distribution. Among these processes of packing and distributing, the Veggie Box crew also manages payments from all of our members and is in communication with farmers to plan for what will be in the box in future weeks.



What's in the Box?

Lavender, *Sixteen Sprigs Lavender Farm*, Lansing
Bok Choy, *Titus Farms*, Leslie
Salad Mix, *Hunter Park Garden House*, Lansing
Microgreens, *Highwater Farms*, Lansing
Organic Green Onion, *Cinzori Farms*, Ceresco
Organic Garlic, *Cinzori Farms*, Ceresco

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
Tea, *ANC Youth Service Corps*, Lansing



Producer Spotlight *Sixteen Sprigs*

Sixteen Sprigs is a woman-owned farm in Mid-Michigan and is the passion of Wynne Wright. Wynne grew up on a diversified crop and livestock in Kentucky in the 1970s. However, she left the farm for college and a career as an academic. Forty years later Wynne returned to her roots and started her own lavender farm operation in 2014. Wynne's goal is to care for a little piece of the earth and to share its beauty and bounty. She thinks of the farm as an extension of her academic life as a way to communicate the importance of sustainable agriculture in rural development and the critical role women play in that outcome.

Crop Profile *Lavender*

Lavandula (lavender) is a genus of 47 known species of flowering plants in the mint family, Lamiaceae. It originates from the mountainous areas bordering Western Europe and the Mediterranean. Lavender has been shown to be one of the most preferred flowers to many pollinators, including bees! Historically, lavender has been used to treat depression, insomnia, anxiety, and fatigue. Current research supports the calming, soothing and sedative effects of lavender when inhaled. The flowers can be used in teas, cookies, and other confections as well as savory dishes. To store, you can hang them upside down to dry, place in the fridge, or put in a container with water like you would any fresh cut flower.

Recipes and Tips!

Lavender Cookies

- 1/2 cup butter, softened
- 1/2 cup shortening
- 1-1/4 cups sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/2 teaspoon almond extract
- 2-1/4 cups all-purpose flour
- 1/4 cup Veggie Box lavender flowers
- 1 teaspoon baking powder
- 1/2 teaspoon salt

Preheat oven to 375°. Cream butter, shortening, and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in extracts. In a separate bowl, whisk flour, lavender, baking powder, and salt; gradually beat into creamed mixture. Drop by rounded teaspoonfuls 2 inches apart onto baking sheets lightly coated with cooking spray. Bake until golden brown, 8-10 minutes. Cool for 2 minutes before removing to wire racks. Store in an airtight container.



Lavender Simple Syrup

- 1 cup water
- 3 Tbsp Veggie Box Lavender flowers
- 2 cups sugar

Bring the water and lavender to a boil in a saucepan. Reduce the heat and stir in the sugar until fully dissolved. Simmer for about 15 minutes. Remove from the heat and allow to cool and steep for at least 1 hour or longer, until the flavor is to your liking. Strain out the lavender. Pour the lavender syrup into a bottle and keep it in the refrigerator. Mix the syrup into your favorite drinks and enjoy!

Green Onion & Bok Choy Chow Mein

- 1/4 cup oyster sayce
- 1 Tbsp soy sauce
- 3 cloves Veggie Box garlic, minced
- 2 tsp freshly grated ginger
- 1 tsp chili flake, sriracha, or similar hot sauce
- 1 16oz package Hong Kong style pan-fried noodles
- White pepper to taste
- 2 Tbsp oil
- 1 3.5oz package shiitake mushrooms
- Veggie Box bok choy, coarsley chopped
- 2 Veggie Box green onions, sliced diagonally into 2 inch pieces

Whisk together oyster sauce, soy sauce, garlic, ginger, and hot sauce in a small bowl. Heat 1Tbsp canola oil in a large skillet or wok over medium high heat. Add noodles and cook, stirring until golden brown and crispy, about 3-4 minutes. Heat remaining 1Tbsp canola oil and add mushrooms, stirring often until tender, 3-4 minutes. Stir in bok choy until just wilted and add in green onions for 30 seconds. Stir in noodles and oyster sauce mixture until well combined.



Roasted Garlic Butter Toast

- Veggie Box garlic
- Olive oil
- A stick of unsalted butter
- Kosher salt
- Black pepper
- Bread of your choice

Preheat oven to 400F. Prep the garlic: slice top off the garlic and place it on a piece of aluminum foil. Add oil: Pour olive oil over the garlic bulbs. Roast: Wrap it tightly. It should look like a small pouch. Place it on a baking sheet and roast it in the oven for 40 minutes. Let the roasted garlic cool for 10-15 minutes. Gently squeeze the head from the root end. Fold the roasted garlic in with the butter and salt and pepper. Spread the butter on sliced bread. Toast it in the oven for about 15 minutes or until golden brown.