

Veggie Box Newsletter

Week 8, July 18

Farmworkers, both historically and in present-day, are one of the most exploited groups of laborers in the United States. Farmworkers additionally have very few labor protections, which is purposefully lobbied for by the agriculture industry as a way of subsidizing food prices and corporate profit. One example are state and federal health protections, which is particularly relevant this summer as high temperature records continue to be broken daily. In 2021, the Pacific Northwest experienced record-breaking temperatures leading to multiple deaths of farmworkers. While the Biden administration promised to create federal heat protections as a result of these casualties, protections are still not in place, even as we enter the middle of another summer with searing temperatures, particularly in the Southern U.S. Because the agriculture industry is largely made up of farmworkers, it has a lower complaint rate than other industries, despite facing higher fatality rates and workplace risks associated with said high temperatures. The United Farmworkers has been an

important advocate for helping implement legislation and for informing farmworkers of their rights. The 2024 election may further disrupt progress towards federal heat protections as a new administration may dismiss the work that has already been done. How can we as a community and state better protect farmworkers and prepare for dangerous weather conditions from poor air quality to high temperatures? What can you do to raise awareness about farmworker conditions this summer?

Producer Spotlight *Titus Farms*

Titus Farms was founded by Rose and Paul Titus in 1982. Growing up, both farmers worked at their respective family farms until they got married and purchased a small 20-acre farm. Paul and Rose both dedicated their lives to farming so that they can pass on ownership of the farm to their daughter Rebecca Titus. Titus Farms is dedicated to producing the highest quality vegetables using sustainable organic farming methods, as well as producing unique varieties of vegetables that capitalize on great taste.

Crop Profile *Kohlrabi*

Kohlrabi is a hardy, annual vegetable that is a cultivar of cabbage and was specifically bred as a hardier version of cruciferous vegetables, which often can't grow in as harsh of conditions. The small or large bulbous vegetable is encased in two harder shells of leaves, which typically do not soften when cooked. You can use the kohlrabi root as well as the leaves in your diet. Kohlrabi tastes somewhat like a broccoli stem, although somewhat more palatable, and is often softer, even taking on the consistency of an apple at times. The roots/stems are often used in salads in a similar way as carrots or broccoli. The whole stem can be hollowed and stuffed with meats, grain, and veggies and then baked, or you can make a simple roast with parmesan to enjoy these hardy roots. To prepare, cut off the outer stems (you can eat the leaves, they taste just like kale!) then cut into quarters. Cut out the tough inner stem and then peel the thick outer skin with a knife or vegetable peeler. Then you can cut into slices or matchsticks for roasting, making into slaw, or adding into soups or salads!



What's in the Box?

Organic Tomatoes, *Green Wagon Farm, Ada*
Organic Salad Turnips, *Green Wagon Farm, Ada*
Kohlrabi, *Titus Farms, Leslie*
Organic Parsley, *MSU Student Organic Farm, Holt and Monroe Family Organics, Alma*
Organic Carrots, *Monroe Family Organics, Alma and MSU Student Organic Farm, Holt*
Organic Green Onions, *Cinzori Farms, Ceresco*
Organic Zephyr Squash, *Cinzori Farms, Ceresco*
Stir Fry Mix, *Titus Farms, Leslie*

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!

Sweet Chili Sauce Salad

3 cups Veggie Box kohlrabi, peeled and cut into matchsticks
1/2 cup Veggie Box carrots, grated
1/3 Veggie Box Green Onions, sliced
Veggie Box Stir Fry Greens, chopped to desired size
4 Tbsp rice vinegar
1 tsp toasted sesame oil
1 Tbsp Thai sweet chili sauce (I used Mae Ploy brand)
Salt to taste
1 tsp sesame seeds for garnish

Cut the kohlrabi into matchsticks, and combine with the shredded carrots and green onions in a large bowl. In a small bowl, whisk together the rice vinegar, sesame oil, sweet chili sauce and salt. Pour sauce over vegetables, and stir to combine. Refrigerate for several hours to let flavors develop. Combine with stir fry greens and serve topped with sesame seeds.

Chimichurri

1/2 cup olive oil
2 Tbsp red wine vinegar
1/2 cup Veggie Box parsley, finely chopped
3-4 cloves garlic, finely chopped or minced
2 small red chilis, deseeded and finely chopped, about 1 Tbsp
3/4 tsp dried oregano
Salt and pepper to taste

Mix all ingredients together in a bowl. Allow to sit for 5-10 minutes to release all of the flavors into the oil before using. Ideally, let it sit for more than 2 hours, if time allows. You can blend for a smoother consistency if desired. Use it to marinate meat or tofu, spread it on sandwiches or use it as a sauce for tacos or salad!



Zephyr Squash Shaksuka

Veggie Box Zephyr Squash
1 Tbsp salt
2 Tbsp + 2 tsp olive oil, divided
2 medium shallots, sliced
2 garlic cloves, minced
1/4 tsp paprika
Veggie Box tomatoes, chopped
4 oz. soft goat cheese
1/4 cup loosely packed chiffonade of basil
4 large eggs

Trim the ends of the squash and grate using a grater or food processor. Combine with 1 Tbsp salt in a colander and let drain in the sink for 30 minutes. Preheat oven to 375F. In an oven safe skillet, warm 2 Tbsp of oil over medium heat. Add shallots, garlic, paprika, and other desired seasonings and cook until fragrant. Squeeze as much liquid out of the squash as you can then add it to the skillet along with the tomatoes. Cook until mixture is tender and no longer releasing liquid, about 10 minutes. Remove from heat and stir in goat cheese and basil. Smooth mixture evenly in skillet and make four wells with the back of a spoon. Pour 1/2 tsp of oil in each well then one at a time crack an egg into a small bowl then pour into one of the wells. Sprinkle salt, pepper, and paprika over each egg. Bake until egg whites are set and yolks are still soft, about 10 minutes. Garnish with basil and/or chopped green onions and serve with crusty bread.



Easy One Pot Spicy Miso Ramen

1 Tbsp sesame oil
1 tsp minced ginger
2 cloves garlic, minced
2 Veggie Box green onions, sliced, white and green parts separated
1 1/2 Tbsp miso paste
1 Tbsp plain peanut butter or sesame paste
1/2 to 1 Tbsp doubanjiang or other chili sauce/paste
2 cups vegetable broth or water
1 cup soy milk or other plant-based milk
1 Tbsp soy sauce
Sesame seeds and chili oil to taste

Heat a medium sized pot over medium high heat. Add in sesame oil and once hot add in garlic, ginger, and white parts of green onion and sautee over high heat for 1-2 minutes. Over medium heat, add in miso paste, sesame paste/nut butter, doubanjiang and other chili paste, and carrot, kohlrabi, and salad turnip matchsticks. Mix until well combined and fully coated. Add in stock or water and soy milk and keep stirring until paste is diluted. Cover and leave soup to boil over medium high, around 5 minutes then lower to a simmer. Taste and season with soy sauce and salt to taste. Add in the instant ramen brick until cooked. Add in green parts of green onions, sesame seeds, and chili oil to garnish. Enjoy immediately while hot!