

Veggie Box Newsletter

Week 10, August 3

Founded in 1999, ANC grew out of a four-year-old 'healthy communities' initiative called the Eastside Summit. This summit began as an effort between Sparrow Hospital, the Eastside Neighborhood Organization, and community members to create a healthy community on the Eastside. One of those members, Joan Nelson, helped in facilitating the summit, and many neighbors joined task forces focusing on health, housing and neighborhood stability. Eventually, the Eastside Summit morphed into a non-profit organization, Allen Neighborhood Center! We describe our work as "comprehensive and integrative community development", and our signature projects focus on 1) health access and education, 2) resources and programs that link people with locally grown, healthy food, 3) access to affordable and healthy housing, 4) economic development, and 5) social capital building. We have a wide array of focuses, including: Outreach & Engagement, BreadBasket Food Pantry, the Allen Farmers Market, Hunter Park GardenHouse, Youth Service Corps, the Take Root Garden Club, the Food Hub, our Incubator Kitchens, the Senior Discovery Group, Market Walk, and of course, Veggie Box. We also operate the larger development of Allen Place, a comprehensive community space that provides 21 units of mixed-income housing along with commercial space, integrative services and programming. This includes the Eastside Lansing Food Co-op, and an Ingham Community Health Center and Pharmacy. Thank you for being a part of our work, and thank you for supporting local food!

Producer Spotlight *Wildflower Eco Farm*

Drawn to farming due to the combination of physical and mental work, Phil Throop achieved his MS in Horticulture from Michigan State University and has continued farming ever since. He established his own 3.5 acre farm in Bath Township, MI, and named it for the wonderful array of wildflowers throughout the property. Wildflower Eco Farm specializes in using sustainable growing practices with over sixty types of fruits and vegetables. They offer their own CSA and are familiar faces at many of the area's Farmer's Markets.

Crop Profile *Corn*

Corn was domesticated from a grass called teocintle by the peoples of Meso-America approximately 10,000 years ago. The yellow corn commonly found in the United States pales in comparison to the shapes, sizes, and colors of the traditional maize varieties cultivated by the indigenous peoples of Mexico. The ears of corn may range from a couple of inches to a foot long, in colors that include white, red, yellow, blue, and black. Some varieties even have an assortment of colors on one ear. Sweet corn is a variety of maize with a high sugar content and was grown by a number of indigenous tribes. Corn is also one of the three sisters in Iroquois agriculture and tradition, along with beans and winter squash. In a technique known as companion planting, the three crops are planted close together. The maize provides a structure for the beans to climb, eliminating the need for poles. The beans provide the nitrogen to the soil that the other plants use, and the squash spreads along the ground, blocking the sunlight, and helping prevent the establishment of weeds. Corn is delicious roasted, boiled, grilled, thrown into sauces and salads, and popped! It's best eaten fresh, but you can store corn in the fridge for up to two days in a loose produce bag.



What's in the Box?

Organic Chard, Monore Family Organics, Alma
Green Beans, Yoder Family Cooperative, Leslie
Organic Cucumber, MSU Student Organic Farm, Holt
Corn, Felzke Farms, DeWitt
Garlic, Wildflower Eco Farm, Bath
Yellow Onions, Ten Hens Farm, Bath
Organic Parsley, Monore Family Organics, Alma
Bell Pepper, Peckham Farms, Lansing

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

Recipes and Tips!

Brothy Beans & Greens on Toast

2 Tbsp extra virgin olive oil, plus more for drizzling
3 Veggie Box garlic cloves, thinly sliced
Veggie Box chard, stems separated and thinly sliced, leaves roughly chopped
Salt and pepper to taste
1 1/2 cups cooked beans or 1 can (15oz) drained and rinsed
1/2 cup broth or water
Lemon wedges and toasted sliced rustic bread for serving

Heat oil and garlic over medium heat in a large skillet until garlic begins to sizzle. Add chard stems and season with salt. Cook for 5 to 6 minutes until tender. Add chard leaves, cover, and cook. Toss once until bright green and just tender 2 to 3 minutes. Add beans and cooking liquid and lower to a simmer. Turn off heat, season to taste, and drizzle with oil and lemon juice before serving over toast.



Elote (Mexican Street Corn)

Veggie Box Corn
Mexican Crema
Cotija cheese
Chili powder or smoked paprika
Limes
Cilantro

The husks will keep the corn safe from the direct heat on the grill so make sure you leave them on. To prepare the corn, just strip the husks back, remove the silk, and then fold the husks back up. The real secret to grilling corn on the cob starts before it ever hits the grill. You need to fill your sink with cold water and 1-2 tablespoons of kosher salt. Drop corn in the water and let it soak for a good 10-15 minutes. Soaking the corn will allow it to stay moist, plus the husks won't burn off to ash and the corn will be more flavorful thanks to the salt brine. You'll grill the corn first in the husks, then strip them back and turn the grill

up, rotating the corn as soon as grill marks appear. Grilled corn on the cob in the husks won't dry out as easily and will make for juicier corn. As soon as you pull the corn off the grill, spread the Mexican crema all over each corn on the cob. If you can't find Mexican crema, you can use mayonnaise as a substitute. Sprinkle the cotija all over the corn that has been lathered in crema (can use feta in place of the cotija). The classic seasoning for elote is chili powder, but can also use smoked paprika. So maybe do a few cobs with each and see which one you prefer. You can sprinkle them on the corn with the cotija cheese and then squeeze fresh lime juice all over each corn on the cob. Top off each cob with some chopped fresh cilantro.

Jalapeño Pickled Green Beans

Veggie Box green beans
Veggie Box jalapeño, sliced with top removed (from last week!)
1/2 Veggie Box head of garlic
1 or 2 small sweet peppers, sliced
2 fresh dill heads
1 1/4 cup of vinegar
1 1/4 cup of water
1/8 cup pickling salt

Clean and sterilize 2 pint jars, lids, and rings. Pack garlic, peppers, green beans, and dill heads into jars as tightly as you can. In a large saucepan, bring vinegar, water, and salt to a boil. Carefully pour hot vinegar mixture over beans in jars and leave about 1/2-inch of space at the top. Gently bang jars to settle contents and release bubbles. Add more liquid if needed. Put jars in a hot water bath and pasteurize the beans by keeping them at 180 to 185F for 30 minutes. Turn off the heat in the bath and let the jars sit in the hot water for 10 minutes longer. Remove the jars from the bath and let them sit until they seal. Keep the rings on for 24 hours, then remove the rings before storing. If any of the jars don't seal, keep that jar in the fridge and enjoy your hot dilly pickles.

