

# Veggie Box Newsletter

Fall Week 1, Thursday September 14

We're on native land. Specifically, Allen Neighborhood Center is on land belonging to the Anishinaabe (Odawa, Ojibwe, and Potawatomi people) & 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 and the environment, we think it's important to acknowledge the history of the relationships that indigenous folks had (and continue to have) with the land, plants and animals, and how these relationships sustained communities for generations. Over the next twelve 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 it were to have a deeper respect and understanding of indigenous cultures? In what ways has colonialism disrupted indigenous foodways? How can this be combated? As a community we are growing and harvesting foods that would not otherwise be tangible without the land that it is grown on. Because of the history of foraging and using land for harvesting we must learn about and acknowledge where these lessons began and how indigenous food systems overlap into food systems at large. Thank you for supporting local food!



## What's in the Box?

**Organic French Breakfast Radishes**, *Lake Divide Farm, Stockbridge*  
**Bok Choy**, *Hunter Park Gardenhouse, Lansing*  
**Thyme**, *Hunter Park Gardenhouse, Lansing*  
**Salad Mix**, *Hunter Park Gardenhouse, Lansing*  
**Sweet Corn**, *Felzke Farms, DeWitt*  
**Bell Peppers**, *Felzke Farms, DeWitt*  
**Organic Celery**, *Green Wagon Farms, Ada*  
**Organic Heirloom Tomatoes**, *Green Wagon Farms, Ada*  
**Organic Carrots**, *Green Wagon Farms, Ada*  
**Hot Pepper Mix**, *Magnolia Avenue Farms, Lansing*

## Add-Ons

**Bread**, *Stone Circle Bakehouse, Holt*  
**Eggs**, *Grazing Fields Cooperative, Charlotte*  
**Meat Variety**, *Heffron Farms, Belding*  
**Chicken**, *Heffron Farms, Belding*  
**Beef**, *Heffron Farms, Belding*  
**Pork**, *Grazing Fields Cooperative, Charlotte*

## Producer Spotlight *Lake Divide Farm*

Helen and Jim, the owners of Lake Divide Farm, farmed on leased land in New Jersey for four years before deciding to buy a farm in Michigan. In 2016, they found a farm in Jackson County and began the arduous process of moving everything and making the house livable while maintaining the farm in New Jersey. They are also a first generation family farm. They fell in love with growing food because of the satisfaction of an honest day's work and the joy of doing something constructive and tangible for our community and the environment. They believe in food equality, that farming is an essential profession, and that producing food doesn't have to abuse the natural world. They plan on forging a business that affords the farmers, and those who work with them, a living wage, while making nutrient dense, fresh food available to all members of our community.

## Crop Profile *Bok Choy*

A deep green leafy vegetable that resembles Romaine lettuce on top and a large celery on the bottom, bok choy is a crucifer more closely related to cabbage. The entire vegetable can be used, and is often added raw to salads for a satisfying crunch. In soups, the leaves and stalks should be chopped and added separately, since the stalks take longer to cook. Cultivated in China for centuries, bok choy has played a large part not only in its cuisine, but in traditional Chinese medicine. Containing a wealth of vitamins C, A, and K, and excellent sources of calcium, magnesium, potassium, manganese, and iron, bok choy deserves its reputation as a powerhouse among vegetables. To maximize freshness, keep your bok choy sealed in a ziploc and store in the vegetable crisper drawer for up to 2 weeks. With their mild, cabbage-like flavor, they are perfect in stir fries, soups, or eaten raw.

# Recipes and Tips!

## Heirloom Tomato Galette

- Pie Crust (use refrigerated ready-to-bake dough, or your favorite recipe)
- 2 large Veggie Box heirloom tomatoes
- 2 cloves garlic, diced
- 1/3 cup sharp white cheddar, shredded
- 1/3 cup parmesan, shredded
- 2 tsp Veggie Box thyme, stripped from stem
- 1/4 tsp black pepper
- 2 tsp fresh chives, sliced
- 1/4 cup fresh basil, ripped
- 1 tsp salt

Pre-heat oven to 400 degrees F. Cut tomatoes into 1/2 inch slices. Place about 7 slices, enough to cover top of pie, on a baking sheet lined with paper towels. Sprinkle with ~1/4 tsp salt, cover with additional paper towels, and set aside. Arrange remaining tomato slices on a lightly greased wire rack on a baking sheet. Sprinkle with ~1/2 tsp salt. Bake until wilted and slightly dry, around 40 minutes. Allow to cool completely.

In a small bowl, mix cheeses, thyme and garlic. Unroll dough onto parchment-lined sheet tray. Leaving a 2-inch gap from edge, top dough with cheese and herb mix. Layer roasted tomato slices on top of cheese. Top with a layer of reserved, unroasted tomato slices. Fold uncovered dough around edge of filling, overlapping slightly. Sprinkle with black pepper, salt and (if desired) additional parmesan. Bake until crust is medium golden brown. Top with chives and basil.



## Teriyaki Stir Fry with Bok Choy and Carrots

### Sauce:

- 2 tablespoons honey
- 1/2 teaspoon freshly grated ginger
- 2 cloves of garlic, grated
- 2 tablespoons soy sauce
- 1 tablespoon rice wine vinegar

### Stir-Fry:

- 1 teaspoon sesame oil
- 1 pound of tofu, cut 1 inch chunks (can replace with meat of choice)
- 1 head of Veggie Box bok choy, washed, cut into 1 inch strips
- 1/2 cup Veggie Box carrots, cut in matchsticks
- 5-6 green onions diced
- 1 tablespoon sesame seeds

**Stir together all the ingredients for the sauce and set aside. Heat sesame oil in a large wok or skillet over medium-high heat. Add in tofu and cook for 5-7 minutes. Add in bok choy, carrots, green onions, and sesame seeds. Stir continuously for 3 minutes and then add in sauce. Cook until sauce has coated the tofu and vegetables and heated through.**

