

# Veggie Box Newsletter

Fall Week 13, Thursday, December 7th



Holistic, resilient, self-sustaining communities are rooted in ideals of shared-responsibility and mutual aid. Often, we think of 'giving back' as a way to address the cracks in our existing systems that do not provide adequate support to marginalized communities. While these calls-to-action are helpful and emphasize good-will, this mindset can limit "giving" to dire situations where folks are experiencing extreme moments of need. What if instead, giving back to your community and supporting those around you was a staple in your day-to-day life? Volunteering fosters feelings of solidarity and kinship, a feeling of neighborhood and place. The need for community and a sense of connection is a constant, not just something that exists in extreme moments. This means \*you\* should also be willing to ask for and receive help! Giving back and investing in your community builds trust, and the capacity to recover quickly from difficulties. A resilient community is one that is well connected socially, aware of community vulnerabilities, and has accessible programs to promote human wellbeing. Volunteering can play a big role in helping to foster this community resilience because it can provide a direct route for individuals to become more socially connected and informed in their area. But "giving" can also include donating money, giving socially by participating in community events and getting to know your neighbors, sharing resources and knowledge, and asking for help when you need it. A resilient community focuses on strengthening the social and physical well-being of the community and its individuals on a daily basis to reduce the negative impacts of daily and extreme challenges.

## What's in the Box?

- Gold Rush Apples**, Hillcrest Farms, *Eaton Rapids*
- Organic Cabbage (mixed variety)**, Lake Divide Farm, *Stockbridge*
- Organic Sweet Turnips**, Lake Divide Farm, *Stockbridge*
- Organic Spinach**, MSU Student Organic Farm, *Holt*
- Organic Chioggia Beets**, MSU Student Organic Farm, *Holt*
- Pea Shoots**, Blue Mitten Hydroponic Farms, *Okemos*
- Sweet Potatoes**, Titus Farms, *Leslie*

## Add-ons

- Eggs**, Grazing Fields Cooperative, *Charlotte*
- Bread**, Stone Circle Bakehouse, *Holt*
- Meat**, Grazing Fields Cooperative, *Charlotte*
- Chicken**, Ham Sweet Farm, *Williamston*
- Beef**, Heffron Farms, *Belding*
- Pork**, Grazing Fields Cooperative, *Charlotte*

## Producer Spotlight *Grazing Fields*

Grazing Fields is a Michigan, multi-farm cooperative and wholesaler of natural free-range brown eggs. They have been delivering great products to mid and southeast Michigan grocery stores and restaurants every week since 1997. Grazing Fields supports small and medium size farms throughout the region. When you purchase Grazing Fields eggs you purchase the assurance that your Michigan natural brown eggs are delivered fresh to your door each week by cage-free chickens and people who care.

## Crop Profile *Pea Shoots*

Pea shoots are delicate, curling vines that form at the beginning of the life cycle of the pea plant. Pea shoots are harvested before pea pods grow in order to maintain the vine's tender texture. A staple dish in China since they arrived in the 1st century BCE, these tendrils can be served raw, flash steamed, or thrown into a stir-fry. They are becoming a staple in many kitchens as gardeners are utilizing more and more parts of the plants they cultivate. These vines are a great source of fiber and antioxidants. These plants are also rich in vitamins A and C, and they contain many minerals such as potassium, calcium, zinc, and manganese. They contain a fresh pea-like flavor that is crisp and tender! They should be used within 1 to 2 days.

# Recipes and Tips!

## Cabbage Pancakes

- 1 tablespoon avocado oil, coconut oil, ghee or butter + more for sautéing
- 2 cups very thinly sliced Veggie Box cabbage
- 2 cloves garlic, finely minced
- Pinch of sea salt
- Pinch of red pepper flakes
- 4 eggs
- 1 teaspoon soy sauce
- 1/2 teaspoon toasted sesame oil
- 1 tablespoon toasted sesame seeds
- 1/2 cup flour
- 1/2 lemon

Heat a tablespoon of oil or butter in a large sauté pan, stir in the cabbage and garlic. Add a pinch of salt and red pepper flakes. Sauté for 3-4 minutes.

In a large bowl, whisk together the eggs, soy sauce, sesame oil, and sesame seeds. Whisk in the flour until smooth. Stir in the vegetables. Using the same pan, heat more oil or butter over medium-high heat. Drop ¼ cup portions of the batter into the pan. Squash them flat as they cook and spread the vegetables to the edges. Cook for a couple of minutes, and then flip and cook until the second side is brown, just another minute.

Sprinkle with salt. Squeeze a little lemon on top. Serve warm with a spicy mayo or your preferred dipping sauce on the side.



## Talha's Chukandar (Beets)

- 1 bunch Veggie Box beets (or about 3 large beets), scrubbed and shredded
- 1/4 lb fresh Veggie Box spinach
- 3 cups water
- 1 lb stew beef (optional)
- 1 tsp mirich (Kashmiri red chili powder)
- 1 tsp turmeric
- 1 tsp coriander
- 1/2 tsp cumin
- 1/3 cup crushed tomatoes
- 1/4 cup oil (ghee, peanut oil, or neutral cooking oil of your choice)
- ~1 tsp salt

### Without meat:

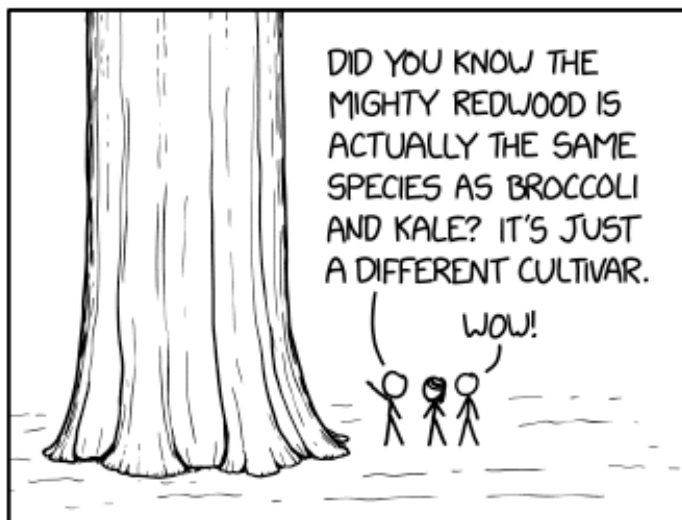
In a large pot, combine beets, spinach, water and all spices except salt. Bring to a boil, then reduce heat to medium-low and simmer until beets are tender, approximately 20-30 minutes. Add crushed tomatoes and turn heat to medium-high, and stir until most water is evaporated - sauce should be quite dry. Add oil and continue stirring 5-10 minutes to allow food to roast in oil. Add salt to taste.

### With meat:

Prepare as above, but include stew meat in first step. Simmer on medium-low longer, until beef is tender and cooked through, approximately 1 1/2 hour. Continue as above from the step "Add crushed tomatoes."

Serve with basmati rice or naan.

*This recipe was shared by Veggie Box member Sadhia Rehman, in honor of her mom. When made with a beet bunch that includes the greens, wash, chop and include beet greens and stems instead of spinach.*



EVERY YEAR OR TWO, BOTANISTS ADD ANOTHER PLANT TO *BRASSICA OLERACEA* AND SEE IF ANYONE CALLS THEM ON IT.

<https://xkcd.com/2827/>