

Veggie Box Newsletter

Fall Week 4, Thursday, October 5th

Michigan foodways have their deepest history in Indigenous peoples who lived largely along the banks of the lakes and rivers of this very aquatic state. Their food systems moved with the changing of the seasons, largely defined by fishing and hunting, small-scale agriculture, maple syrup tapping, wild rice harvesting, and other ways the Anishinaabe lived with the land. The European settlement of Michigan largely destroyed much of these sustainable ways of sourcing food, and also brought in many different cultures from around the world over the past few centuries. The foodways we see today in Michigan are most influenced by the immigrant populations that have flocked to this state. Many German, Dutch, English, Irish, Swedish, Polish, and Finnish immigrants settled here in the early 1800s. As part of the Great Migration in the early 1900s, many Black Americans moved to Michigan from the South, bringing soul food traditions with roots in both Southern and African culture. Immigrant communities from Yemen, Iraq, Lebanon, India, and Mexico continue to add even more layers to the foodways of Michigan. Michigan-based commercial food and drink industry giants, such as Gerber, Vlasic pickles, Kellogg's, Jiffy, and Faygo, have spread the foodways of Michigan across the country. Classic food and drink from Michigan include pasties, sauerkraut, shawarma, minoomin (wild rice), soul food and bbq, Coney dogs, Vernor's, apple and tart cherry everything, fresh lake fish and smoked whitefish, pączki, to name just a few. A people's food is the most important way for them to connect with their culture. How can we connect with our own cultures through food, rediscovering the recipes and ingredients that our ancestors used, while honoring the neighbors, land and seasons around us?

Producer Spotlight *Phillips Orchard and Cider Mill*

Phillips Orchard and Cider Mill is a sixth generation family farm, founded in 1852 growing 36 varieties of apples, 15 varieties of peaches, 2 varieties of plums, pumpkins, winter squash and a few other things. Phillips also operates an on-farm bakery 7 months of the year, making from scratch pies, bread and other baked goods. Through the generations, Phillips has been committed to providing the area with high quality food, that is a great value to customers.

Crop Profile *"Ruby Streaks" Mustard Greens*

While the mustard plant is acclaimed for its namesake condiment, its leaves are also edible—and delicious! This week we have "Ruby Streaks" mustard greens, a striking purple-streaked leaf that bites back with a spicy, wasabi-like flavor. Part of the Brassica family, mustard greens are common across the world, highlighted in Chinese, Japanese, African, Nepali, and South American cuisine. Used for centuries for its health benefits, this nutritionally dense food is rich in vitamins A and C. You can add a spicy, bitter kick by incorporating mustard greens into your meals raw, steamed, stir-fried, or pickled. Pat dry and store in a plastic bag with a paper towel.



What's in the Box?

Garlic, *Ten Hens Farm, Bath*

Organic Yellow Onions, *Monroe Family Organics, Alma*

Organic Red Potatoes, *Monroe Family Organics, Alma*

Cherry Tomatoes, *Peckham Farms, Lansing*

Italian Plums, *Phillips Orchard and Cider Mill, St. Johns*

Mustard Greens "Ruby Streaks", *Lake Divide Farm, Stockbridge*

Add-ons

Bread, *Stone Circle Bakehouse, Holt*

Coffee, *517 Coffee Company, Lansing*

Meat, *Heffron Farms Market, Belding*

Recipes and Tips!

Potato and Onion Soup

- 2 Tbsp butter or olive oil
- 1 large Veggie Box onion, thinly sliced
- 2 cloves Veggie Box garlic, minced
- 1.5 lbs Veggie Box potatoes, cubed
- 4-5 cups broth or stock
- 1 tsp each salt and black pepper
- 1 sprig (1 Tbsp) fresh rosemary, minced or 1 tsp dried rosemary
- 1 bay leaf
- 1 Tbsp lemon juice (1/2 a lemon)
- 4 Tbsp minced chives
- Olive oil and balsamic vinegar (for garnish)

Heat butter or oil a Dutch oven or large pot over medium heat, add onions plus pinch of salt, stir. Cook onions over medium heat, stirring every 5 min, until they are soft, brown, and caramelized. This might take up to 30 minutes. If the pot gets too dry and onions are burning and sticking, add a splash of broth. Add garlic and cook 30 seconds, add potatoes (or other veg), broth, salt, and pepper and stir. Add rosemary and bay leaf. Increase heat to high to bring to a boil, then reduce to simmer 20 min. Pull out bay leaf, then add lemon juice. Transfer to a blender in batches, or use an immersion blender to blend soup to desired smoothness. Add more seasoning to taste. Top bowls of soup with olive oil, balsamic, chives, more freshly minced herbs, grated cheese, or other toppings!



Sweet & Tangy Plum Sandwich

- 2 Veggie Box plums, sliced to thin rounds
- 2 slices sourdough bread
- 2 oz goat cheese
- 1 oz Veggie Box mustard greens
- 1 tsp honey
- salt and pepper to taste

Spread cheese onto bottom slice of bread. Layer plum slices evenly onto cheese, then add mustard greens. Drizzle with honey. Salt and pepper to taste; top sandwich with 2nd bread slice.

Variants: Substitute brie or gruyere cheese for a toasted version; cashew cheese for a vegan version. Add deli ham, bacon or prosciutto for a meat version.



Dessert Grilled Plums

- Neutral oil (ex: olive or vegetable oil)
- 2 to 4 plums

Preheat your grill to medium-high heat. Meanwhile, slice your plums in half and remove the pit. Lay out on cooking sheet and brush the plums with oil. Place plums cut side down onto grill, cover and cook for about five minutes or until grill-marked and heated through.

Serving ideas:

- Serve alongside your favorite ice cream!
- Top with whipped cream and your favorite chopped nuts.
- Serve with honey butter and a sprinkle of cinnamon.
- Top with yogurt and your favorite granola.

This Is Just To Say

I have eaten
the plums
that were in
the icebox
and which
you were probably
saving
for breakfast
Forgive me
they were delicious
so sweet
and so cold

William Carlos Williams