

Veggie Box Newsletter

Fall Week 9, Thursday, November 9th



Welcome to week nine of the Fall Veggie Box! Tuesday was Election Day—did you make it to the polls? This election was a local one, with no national or state items on the ballot. Elections like yesterday's often see the lowest voter turnout, but they are ironically where your individual vote has the most impact.

Tuesday's ballot had elections for city council members, and a proposal for a city charter general revision. Lansing's **city council** is an eight-member elected governing body. Lansing is divided into four city wards, with each ward represented by a council member. Ward 1 (which includes Lansing's Eastside) and Ward 3 had city council elections. The other four council members represent the city as a whole and are known as "at large" members - of those, two seats were up for election. A quick aside about local government structure. (Sorry, this is a little boring, but it's important for us to know as citizens and can be difficult information to find!) Lansing operates on what's commonly called a "strong mayor" governing system, with the elected position of mayor serving as the administrative head of the city. In contrast, our neighboring city of East Lansing has a "strong council" governing system, where the head of the council receives the title of Mayor, but the council appoints and oversees a City Manager as the administrative head for the city.

The **ballot proposal** of whether there should be a city charter revision is voted on every 12 years. This ballot proposal was approved, which means an elected commission will be formed to revise the city charter. Revisions could be minor and include such things as the number of times the City Council must meet and the nature of boards and commissions, all the way to more serious changes such as pivoting from a Strong Mayor/City Council form of government to a Strong Council/City Manager form of government.

Producer Spotlight *Hunter Park GardenHouse*

The Hunter Park GardenHouse, a project of Allen Neighborhood Center, is a hub for year-round farm and garden education, where neighbors volunteer to grow food, flowers, and community, and youth develop job and life skills in service to the neighborhood. Since 2008, the Hunter Park GardenHouse has empowered neighbors to grow, prepare, and eat healthy food to better their health and become better connected with the community.

Crop Profile *Leeks*

A cousin to the onion, leeks offer a similar but subtler flavor. Leeks have been cultivated since the time of Ancient Egyptians and have been regarded as a superior vegetable throughout history. Associated with anything from improving your singing voice, purging your blood, to curing nosebleeds, the leek is traditionally viewed as a healthy and virtuous plant. According to an old Welsh legend, St. David advised the Britons to wear leeks in their helmets as a clever way to distinguish themselves from an enemy army on the battlefield. They emerged victorious and to this day, Welsh Guardsmen wear a special green and white plume in their helmets as a tribute. If you don't want to wear them on your head, you can use leeks in place of an onion in most roasts and stews. Be advised, this delectable allium requires a thorough cleaning to remove dirt from between its layers - slice the leek in half lengthwise to separate layers, and submerge in water to clean.

What's in the Box?

Napa Cabbage, Hunter Park Garden House, *Lansing's Eastside* and Lake Divide Farm, *Stockbridge*

Organic Garlic, Owosso Organics, *Owosso*

Leeks, Swallowtail Farm, *Mason*

Carrots, Swallowtail Farm, *Mason*

Bell Peppers, Magnolia Avenue Farms, *Lansing's Eastside*

Cameo Apples, Hillcrest Farms, *Eaton Rapids*

Add-ons

Eggs, Grazing Fields Cooperative, *Charlotte*

Bread, Stone Circle Bakehouse, *Holt*

Meat, Heffron Farms Market, *Belding*

Chicken, Heffron Farms Market, *Belding*

Beef, Heffron Farms Market, *Belding*

Pork, Grazing Fields Cooperative, *Charlotte*

Recipes and Tips!

Simple Carrot and Leek Soup

- 1 tablespoons olive oil
- 2 washed and chopped Veggie Box leeks
- All Veggie Box carrots, chopped
- 1 medium white onion, diced
- 1/4 teaspoon salt, or to taste
- 4 cups vegetable broth
- 1 teaspoon cumin
- Dollop of sour cream

In a large stockpot, heat oil over medium heat. Add chopped leeks, carrots, onion and salt. Stir continuously, cooking until carrots are slightly tender, about five minutes. Add broth, allowing to simmer over medium-low heat for 10-15 minutes. Remove from heat and use an immersion blender until soup reaches desired consistency. Stir in cumin. Serve with a dollop of sour cream.



Oven Roasted Garlic

- Veggie Box garlic heads
- Olive Oil

Preheat oven to 400F. Peel outer, papery layers of the bulb (you should be able to see some individual cloves in their papery skin), then cut away papery ends, just about 1/2 inch from the top, to expose cloves. Place onto a piece of foil large enough to wrap around all bulbs. Drizzle generously with olive oil and lightly brush/rub it into the garlic cloves. Wrap tin foil loosely to create a little parcel. Roast in oven until very soft, about 30 min. To remove the roasted garlic cloves from the head, allow it to cool enough to touch, and simply squeeze them out. Salt to taste. Spread on toasted bread.

A great way to use up extra garlic!

Crunchy Veg Bowl with Warm Peanut Sauce

Sauce

- 2 Thai chiles, chopped
- 2 Veggie Box garlic cloves
- 1 cup creamy peanut butter
- 3/4 cup unsweetened coconut milk
- 2 tablespoons brown sugar
- 2 tablespoons fresh lime juice
- 2 tablespoons soy sauce
- 2 teaspoons fish sauce
- salt to taste

In a blender, pulse chiles, garlic, peanut butter, coconut milk, brown sugar, lime juice, soy sauce, and fish sauce until smooth. Transfer to small saucepan. Add 1/4 cup water. Heat over medium-low, stirring often, until smooth and hot, about 5 min. Add splash of water as needed to achieve drizzling consistency. Add salt to taste. *Make Ahead Option:* Make up to 3 days ahead. Store covered in fridge. Reheat in a small saucepan over medium-low, stirring often.

Salad

- 1/2 head Veggie Box Napa Cabbage, thinly sliced
- 3 scallions, thinly sliced
- 1 beet, scrubbed, cut into matchsticks
- 1 celery stalk, thinly sliced on a diagonal
- 1 med cucumber, halved lengthwise, thinly sliced crosswise
- 1 cup bean sprouts
- 1 cup coarsely chopped cilantro
- 1/3 cup torn mint leaves
- 1/3 cup unsalted, toasted peanuts, crushed
- 4 cups warm cooked brown rice
- (Optional) Soft boiled eggs

Toss cabbage, scallions, beet, celery, cucumber, sprouts, cilantro, and mint in a large bowl to combine; season with salt. Serve salad with brown rice and optional eggs. Top with crushed peanuts. Drizzle generously with peanut sauce.

