

Veggie Box Newsletter

Fall Week 3, Thursday, September 28

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 programs, including: Outreach & Engagement, BreadBasket 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 Coop, and an Ingham Community Health Center and (soon-to-be) Pharmacy. Thank you for being a part of our work, and thank you for supporting local food!

Producer Spotlight *Monroe Family Organics*

Monroe Family Organics is the fruition of a dream set in motion almost 20 years ago, and finally realized in 2011. After having a stall at the local Alma farmers market the summer he was 16, Fred Monroe was hooked on organic vegetable production. While at MSU studying horticulture and agribusiness, he worked at the MSU Student Organic Farm and interned at a large CSA south of Chicago. In 2010, Fred and his wife Michele set to work acquiring land buying a house, and rounding up equipment for the first farm season. Over the next few years, they continued to add more crops, more animals, more CSA drop-offs, more delivery options, and more local mid-Michigan store and restaurant partners. 2023 marks their 13th growing season!

Crop Profile *Dinosaur Kale*

Though kale is experiencing a recent rise in popularity, it's actually a very old leafy green. It was one of the most popular greens throughout Europe until the end of the middle ages. In addition to being a cooking staple, kale was also used medicinally to help alleviate intestinal ailments. Kale was given a new role during World War II. Because many countries were forced to ration, leading to nutritional deficiencies, kale production increased to help fill the gaps. Kale is a great source of iron, vitamins C and K, calcium, and many antioxidants. These days, kale is used in many dishes, but dinosaur kale's thin leaves make it a great salad green. Dinosaur kale has a tannin-like flavor, but cooking gives it a sweeter, milder flavor. To keep kale for up to a week, wrap in paper towels and store in a paper or plastic bag in your fridge's crisper drawer.



What's in the Box?

Organic Parsley, *Monroe Family Organics, Alma*
Organic Dinosaur Kale, *Cinzori Farms, Ceresco*
Organic Delicata Squash, *Cinzori Farms, Ceresco*
Chinese Eggplant, *Titus Farms, Leslie*
Watermelon, *Titus Farms, Leslie*
Organic Tomatoes, *Owosso Organics, Owosso*
Salad Mix, *Hunter Park GardenHouse, Lansing's Eastside*

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, *Heffron Farms Market, Belding*

Recipes and Tips!

Sweet & Spicy Delicata Squash

- 1 Veggie Box delicata squash
- 2 to 3 small Veggie Box apples
- 1 Veggie Box onion
- 2 tbsp olive oil
- 1 tbsp pumpkin pie spice (or combine to taste: cinnamon, nutmeg, clove and ginger)
- 1 tsp chili powder
- 1/4 tsp cayenne powder
- 1/2 tsp salt

Preheat oven to 425 F. Line a large baking sheet with parchment paper. Wash squash well. Without peeling, cut in half lengthwise. Scoop out seeds, and cut into 1/2 inch slices. Slice onion into 1/2 inch thick slices. Cut apple into 1 to 2 inch chunks. Add olive oil to large bowl, then add squash, apple and onion. Sprinkle in dry spices and toss gently until evenly coated. Layer slices on baking pan in a single layer. Roast 20 minutes, turn, and roast another 15 minutes.



Delicata Squash is a winter squash that is experiencing a surge in popularity. It has a delicate, thin rind that does not require peeling! The creamy, sweet pulp is easy to prepare by roasting and slicing. Winter squashes have a harder rind and lower moisture content than summer squashes, making them better suited to long-term storage.

Eggplant absorbs oil quickly, so don't be deceived if your pan looks dry. This vegetable can benefit from brining, giving it a sturdier texture. Try soaking your eggplant in salt water with your preferred spices 30 minutes before cooking. Then pat dry and prepare as your recipe instructs.

Eggplant Curry

- 1/2 cup dry basmati rice, cooked
- Veggie Box eggplant
- 1 Tbsp olive oil
- Veggie Box onion, diced
- 2 cloves garlic
- 1 tsp garam masala powder or curry powder
- 1 tsp turmeric
- 1 tsp ground coriander
- Veggie Box tomato roughly chopped
- 1 1/2 cups low fat or regular coconut milk
- 1/2 tsp salt
- 1/2 tsp pepper

Cook basmati rice by package instructions. Dice and sauté onions until golden. Cut the eggplant into small cubes and brush with oil. Set aside onions, sauté eggplant in a large pan on high heat until it begins to brown. Stir frequently so it doesn't burn. Add onions back and return to medium heat, cook for 5-6 minutes. Crush or dice the garlic. Stir in the garlic, garam masala, turmeric and ground coriander. Cook for another 3-4 minutes, stirring well. Pour in the chopped tomatoes and coconut milk. Add salt. Simmer for about 15 minutes. Cook until it becomes a thick gravy. Season with salt and pepper to taste. Serve over rice.

