

Veggie Box Newsletter

Fall Week 1, Tuesday September 12

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*
Organic Cabbage, *Lake Divide Farm, Stockbridge*
Bok Choy, *Hunter Park Greenhouse, Lansing*
Thyme, *Hunter Park Greenhouse, 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 *Ham Sweet 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 *Kale*

Though you may have only become familiar with Kale in the recent years with its popularity rise, Kale is actually a very old leafy green. It actually was one of the most popular greens throughout Europe until the end of the middle ages when other crops began to rival it. In addition to being a leafy green staple, Kale was also used medicinally to help alleviate intestinal ailments. Kale was given a new role due to World War II. Because so many countries were forced to ration, causing people to lack key nutrients, Kale production increased to help fill in some of the nutritional gaps. Kale is a great source of iron, Vitamins C and K, calcium, and many antioxidants. These days, Kale has many uses, such as in salads, soups, smoothies, and casseroles. To keep kale for up to a week, wrap the bunch in paper towels in a plastic bag and store them in the fridge crisper drawer.

Recipes and Tips!

Classic Coleslaw

- 1 Veggie Box cabbage
- 1/2 cup Veggie Box carrots, thin sliced
- 3 Veggie Box celery stalks, finely chopped

Dressing

- 1/2 cup mayonnaise
- 3 tbsp sugar
- 3 tbsp vinegar
- 1 tsp horseradish sauce
- 1 tsp dijon mustard
- salt to taste
- 1/2 tsp celery seed
- 1/4 tsp black pepper

Shred (with food processor) or finely chop (with knife) cabbage until you have approx 4 cups. Shred or finely chop carrots until you have 1/2 cup. Slice celery into thin pieces short-wise across the ribs until you have 1/2 cup. Set veggies aside.

Mix dressing: put all ingredients into a large bowl and whisk briskly to combine.

Add vegetables to dressing and toss to combine. Cover coleslaw and chill in refrigerator.

Recipe adapted from seannaskitchen.com



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.

