

Veggie Box Newsletter

Fall Week 9, Tuesday, November 7th

Welcome to week nine of the Fall Veggie Box! Today is Election Day, so be sure to go vote. Today's election is local one, with no national or state items on the ballot. These elections often see the lowest voter turnout, but they are ironically the election where your individual vote has the most impact.

Today's ballot has 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 have elections today. The other four council members represent the city as a whole and are known as "at large" members - of those, two seats are up for election today. A quick aside about local government structure. (Sorry, this is a little boring, but it's important for us to know as citizens and often 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 a whether there should be a city charter revision is voted on every 12 years. If it were approved, an elected commission would 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 *Gai Lan*

Gai Lan - Chinese broccoli, Chinese Kale or Jie Lan is a leafy vegetable with thick, flat, glossy blue-green leaves and hefty stems. The entire plant can be eaten, but is often harvested when it's young for its crisp and tender taste and feel. As the plant matures it will develop small white flowers and buds that are also edible! Gai Lan comes from the broccoli family and has a stronger, bitter-sweet taste to it. Like broccoli, you can eat Gai Lan raw or cooked and makes a great addition to any meal because of its versatility. Store gai lan in an unsealed plastic bag in the fridge veggie crispener for up to three days.



What's in the Box?

Napa Cabbage, Hunter Park Garden House, *Lansing's Eastside*

Gai Lan (Chinese Broccoli), Hunter Park Garden House, *Lansing's Eastside*

Pea Shoots, Blue Mitten Hydroponic Farms, *Okemos*

Organic Garlic, Owosso Organics, *Owosso*

Leeks, Yoder Family Cooperative, *Charlotte*

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!

Gai Lan Stir Fry

- Veggie Box gai lan, cut into diagonal pieces
- 1/2 teaspoon salt
- 1/4 teaspoon sugar
- 1/8 teaspoon pepper
- 2 tablespoons neutral oil (e.g. canola oil)
- 1 tbsp of sesame oil
- Fresh ginger, to taste
- Veggie Box garlic, diced
- Veggie Box Leeks (washed, thin sliced diagonally)
- 1 tablespoon clear rice wine
- 1 tsp of lemon juice
- red pepper flakes
- 1 tbsp of soy sauce

Slice gai lan on a diagonal into 2 to 2 ½ inch pieces. Heat your wok over medium-high until it's just smoking. Add the white parts of the leeks. Immediately add the gai lan, ginger and garlic. Using a scooping motion, stir-fry with your wok and a spatula just long enough to coat everything in the oil and evenly distribute the ginger and garlic. Increase the heat to high. Add the clear rice wine, lemon juice, and soy sauce around the perimeter of the wok. Cover the wok for 1 minute. Steam will cook the vegetables. Remove the wok lid. Add salt, sugar, red pepper, leek greens, and pepper. Stir-fry for another 30 seconds, or until the gai lan has reached the desired tenderness. If the vegetables look too dry at this point, add a splash of hot water or chicken stock. Serve over rice or noodles, or as side dish.

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 ½ 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. 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.

Crunchy Veg Bowl with Warm Peanut Sauce

Sauce

- 2 Thai chiles, chopped
- 2 Veggie Box garlic cloves
- 1 cup creamy peanut butter
- ¾ 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 ¼ 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 Veggie Box bean sprouts
- 1 cup coarsely chopped cilantro
- ½ cup torn mint leaves
- ½ cup unsalted, toasted peanuts, crushed
- 4 cups warm cooked brown rice
- (Optional) 4 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.

