

# Veggie Box Newsletter

Spring 2024 · Week 1 · Thursday, February 29th

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 keeps our awareness engaged with histories that are often suppressed until they are 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 ongoing 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 colonization disrupted indigenous foodways, and how can this be combated? As a community, we grow and harvest foods that would not be available without the land that it is grown on. Because of the history of foraging and using land for harvesting, we must learn about, acknowledge and respect where these lessons began, and how indigenous food systems overlap with food systems at large.

## Producer Spotlight *Lake Divide Farm*

Helen and Jim 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 are 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 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 *Daikon Radishes*

Also known as Japanese horseradish or mooli, daikon looks like a bigger, uglier, knobbier parsnip and, if its flavor can be likened to anything, it is reminiscent of a finer, less fiery radish. Originally native to Southeast or continental East Asia, daikon is harvested and consumed throughout the region, as well as in South Asia. Daikon radishes are a staple in Asian cuisine, the name daikon is actually Japanese for "great root." They're a prolific vegetable and can often grow up to 20" in length with a diameter of 4". These radishes can be pickled with carrots and paired with dishes to add a sour or sweet kick. Other popular methods of cooking this root include roasting or eating raw in a fresh salad!



## What's in the Box?

**GoldRush Apples**, Hillcrest Farms, *Eaton Rapids*  
**Dill**, Hunter Park GardenHouse, *Lansing*  
**Salad Mix**, Hunter Park GardenHouse, *Lansing*  
**Organic Daikon Radishes**, Lake Divide Farm, *Stockbridge*  
**Cabbage**, Titus Farms, *Leslie*  
**Carrots**, Titus Farms, *Leslie*  
**Onions**, Titus Farms, *Leslie*

## Add-ons

**Eggs**, Grazing Fields Cooperative, *Charlotte*  
**Bread**, Stone Circle Bakehouse, *Holt*  
**Meat Variety: Smoked Chicken Sausage**, Heffron Farms, *Belding*  
**Chicken: Wings**, Heffron Farms, *Belding*  
**Beef: Ground Beef**, Heffron Farms, *Belding*  
**Pork: Pork Chops**, Heffron Farms, *Belding*  
**Coffee (Bi-Weekly; Monthly): Ransom Blend**, 517 Coffee Company, *Lansing*  
**Tea "Rose Quartz"**, ANC's Youth Service Corps, *Lansing*  
**Kombucha**, Apple Blossom Kombucha, *Lansing*  
**Organic Navy Beans**, Ferris Organic Farms, *Eaton Rapids*

# Recipes and Tips!

## Lemon Dijon Roasted Carrots

- 1 lb. Veggie Box carrots, washed & peeled
- 1 Tbsp avocado oil
- 2 Tbsp lemon juice, divided
- 1 Tbsp dijon mustard
- 1 Tbsp honey
- 2 garlic cloves, minced
- 1 Tbsp fresh Veggie Box dill, chopped
- ¼ tsp salt
- Black pepper, to taste
- (optional) ¼ cup feta cheese, crumbled

Preheat oven to 425F and line a baking sheet with parchment paper. Remove ends of carrots, and cut carrots on the bias (diagonally) into roughly 1½ inch pieces and place in a large bowl.

Whisk oil, 1 tbsp of lemon juice, ½ tsp of dijon mustard, and ½ tsp honey together briskly until combined. Pour dressing over carrots. Add garlic and dill. Add salt and pepper to taste. Toss until carrots are coated.

Spoon coated carrots onto prepared baking sheet. Reserve any remaining dressing. Roast carrots for 20-25 minutes or until tender. During the last 5-10 minutes, brush reserved liquid over carrots.

**Sauce:** Whisk remaining lemon juice, dijon mustard, and honey together. Drizzle over carrots before serving. Top with crumbled feta if desired.

*Recipe adapted from KaleforniaKravings.com*



## Scalloped Daikon "Fauxtatoes"

- 1 lb Veggie Box daikon radish, thinly sliced
- 2 cups chicken broth
- 2 cups water
- 2 Tbsp butter
- 2 Tbsp flour
- ¾ cup whipping cream (heavy cream)
- 1 1/2 cups cheddar cheese, shredded
- Salt and pepper, to taste
- dash of paprika
- (meat option) 4 pieces cooked bacon

Preheat oven to 375F. In a large pot, bring chicken broth and water to boil. Slice daikon in thin rounds. Add to boiling pot for 8-10 min, until fork tender. Drain and set aside.

In saucepan, melt butter and whisk in flour. Slowly add in cream. Lower heat and simmer for 5 minutes. Remove from heat. Stir in half the cheese until smooth and melted. Season with salt and pepper.

In an 8x8 pan: Spread a generous spoonful of the cheese sauce over bottom. Layer half of radish slices, half of remaining cheese, and half of cheese sauce. Top with remaining radish slices, cheese sauce, and crumbled bacon. Sprinkle with the last of the cheese and paprika.

Bake at 375F for 20 - 30 min, until bubbly. Remove from heat and let sit for 5 min before serving.

*Recipe adapted from joandsue.blogspot.com*

## Tips: Keep Dill fresh!

**Fridge Storage:** Pat fronds dry and wrap dill in a damp paper towel, then roll it up, burrito-style. Place the dill burrito in an airtight container or sealed plastic bag in the fridge. *Storage Life: around 2 weeks*

