

Veggie Box Newsletter

Summer 2024 · Week 3 · Thursday, June 13th



When choosing which food to buy, one of the most common factors to consider is the cost. That being said, the price of local food products are often more expensive than buying at a chain grocery store like Kroger or Meijer. Why is this? Industrial-scale farms that manufacture crops like corn and soy receive government subsidies to mass produce animal feed which leads to overproduction of these crops. This creates a surplus of corn and soy, which industrial food manufacturers use to produce cheap ingredients—like high fructose corn syrup and soybean oil—for highly processed foods.

Mass producers of fruits and vegetables are also able to reduce costs by incorporating large-scale infrastructure and machinery while also hiring farmworkers at incredibly low wages. This desire to reduce cost often results in poor working conditions and environmentally harmful farming practices. These factors coupled with an understanding that industrial farms already have millions of dollars in profit in supermarket contract sales (regardless of the sale price), it begins to make sense how production costs of local food are often higher.

Considering everything it takes to get something like a mass-produced tomato to its spot on the supermarket shelf including the seeds, labor, packaging, and transportation, what is really more startling? That supporting farmers and community members with fair wages and using sustainable farming practices costs more? Or that mass-produced food associated with low-wages, poor working conditions, and huge profit margins costs less? Thank you for supporting local food!

Producer Spotlight *Swallowtail Farm*

Anne, also known as 'Farmer Anne' is a plant geek who has the pleasure of managing Swallowtail Farm along with help from her family and an awesome employee or two. It brings her joy to know that she's growing veggies, fruit and flowers in a sustainable way for folks in her community to enjoy. She wasn't always a plant geek. When she was in college she took a practical botany class because it sounded like a great way to 'blow off' her science requirements. Little did she know then, she was beginning a lifelong journey of learning and awe with all things green.

Crop Profile *Kohlrabi*

Garlic scapes are the flower bud of the garlic plant that are removed in late June to allow the bulbs underground to thicken. Scapes are so easy to use; just like adding garlic to your foods, they provide a strong aromatic flavor. You can use the whole scape, just dice it up and add it to any dish! Garlic scapes can be roasted, pickled, and even added to soups. Not only can they be used in food, they are also a great addition to your flower bouquets! To store garlic scapes, all you have to do is put them in a sealed bag and leave them in your refrigerator up to 2-3 weeks.

What's in the Box?

Strawberries, Felzke Farms, *Dewitt*
Garlic Scapes, Swallowtail Farm, *Mason*
Organic Hakurei Turnips, Lake Divide Farm, *Stockbridge*
Salad Mix, Hunter Park GardenHouse, *Lansing*
Organic Sweet Onion, Green Wagon Farm, *Ada*
Kale, Magnolia Avenue Farms, *Lansing*
Herb: Organic Parsley, Green Wagon Farm, *Ada*

Add-ons

Eggs, Grazing Fields Cooperative, *Charlotte*
Bread, Stone Circle Bakehouse, *Holt*
Meat Variety: Pork Chops, Grazing Fields Cooperative, *Charlotte*
Chicken: Sausage, Heffron Farms, *Belding*
Beef: Short Ribs, Heffron Farms, *Belding*
Pork: Spare Ribs, Heffron Farms, *Belding*

Recipes and Tips!

Garlic Scape and Kale Stuffed Shells

- Full share of Veggie Box kale, rinsed and tough stems removed
- Full share Veggie Box garlic scapes, tough ends removed
- 12oz of jumbo shell pasta
- 2 ½ cups ricotta cheese
- ½ cup of grated parmesan
- 2 eggs, or 4 tbsps mashed potatoes/potato flakes
- 1 tsp dried oregano
- 1 cup Marinara sauce
- ½ cup Shredded mozzarella
- Salt & pepper to taste

Preheat oven to 375F. Cook shells according to package directions, rinse with cold water, drain, and set aside. Combine kale and scapes in food processor and pulse until finely chopped (for a roasty-er flavor, briefly saute scapes and kale in olive oil with a dash of red pepper flakes). Transfer finely chopped vegetables to a large mixing bowl.

Add ricotta, parmesan, and eggs (or mashed potatoes) to the vegetables. Season to taste with salt and pepper, then mix to combine. Transfer mixture into a ziploc or piping bag, snip off a corner or the end, and pipe filling into the cooked shells.

Place stuffed shells in a single layer in a baking dish, top with marinara and mozzarella and bake for 35-40 minutes.

Recipe adapted from MyKitchenAddiction.com



Pasta Aglio e Olio

- Full share Veggie Box parsley
- Full share Veggie Box garlic scapes, diced
- 1 Veggie Box sweet onion, finely diced
- ½ cup olive oil
- Juice of ½ lemon
- 1 tsp red pepper flakes
- ½ lb Linguini
- Salt and pepper

Heavily salt a pot of boiling water and cook pasta until just underdone, about 1 min less than packaging says. Reserve 1/4 cup pasta water.

Remove parsley leaves from stalk and chop finely. Remove tough ends from garlic scapes and finely dice. Finely dice sweet onion. Set aside.

Add olive oil to a large skillet over medium heat until shimmering. Add onions and stir until translucent and fragrant, 1-2 minutes. Add garlic scapes and cook until fragrant. Add red pepper flakes, stir to combine, and remove from heat. Add pasta and pasta water, as well as lemon juice and parsley. Toss to combine and season to taste with salt and pepper.

Recipe adapted from BingingWithBabish.com

Tips: Parsley Storage

Parsley can stay fresh in the fridge for up to a month! Trim the bottoms off, place in a jar with water, loosely place a plastic bag over the leaves, and store in your fridge, replacing the water regularly. **To freeze, wash and dry, then place in a freezer bag and roll it up tight!**

