

Veggie Box Newsletter

Fall 2024 · Week 1 · Thursday, September 19th



We're on native land. Specifically, Allen Neighborhood Center is on land belonging to the Anishinaabe (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 fourteen 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 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 *Wildflower Eco Farm*

Drawn to farming due to the combination of physical and mental work, Phil Throop achieved his MS in Horticulture from Michigan State University and has continued farming ever since. He established his own 3.5 acre farm in Bath Township, MI, and named it for the wonderful array of wildflowers throughout the property. Wildflower Eco Farm specializes in using sustainable growing practices with over sixty types of fruits and vegetables. They offer their own CSA and are familiar faces at many of the area's Farmer's Markets.

Crop Profile *Garlic*

Garlic is native to Asia, and is in the same family as onion and related to leeks and chives as well - they're all Alliums! Garlic is known for its many health benefits. It is rich in Vitamins C and B6, Manganese and antioxidants. Garlic has also been shown to reduce cholesterol and hypertension, and boost immune system function and reduce the number and length of colds. Because allicin - the antibacterial compound that provides many of the health benefits - is only released when garlic is crushed or chopped, it is best to crush garlic and allow it to sit at room temperature for 15-20 minutes before using. Don't like the garlic smell on your fingers? Run your hands under cold water, and then rub them on a stainless steel object - viola! Garlic is wonderful raw, roasted, or sauteed and is used globally to add a spicy or umami flavor.

What's in the Box?

Garlic, Wildflower Eco Farm, Bath
Cortland Apples, Phillips Orchard & Cider Mill, St. Johns
Sweet Corn, Felzke Farms, Dewitt
Banana Pepper, Felzke Farms, Dewitt
Organic Eggplant, Owosso Organics, Owosso
Organic Delicata Squash, Monroe Family Organics, Alma
Green Tomatoes, Magnolia Avenue Farms, Lansing's Eastside
Organic Parsley, Monroe Family Organics, Alma
Organic Spring Mix, Monroe Family Organics, Alma

Add-ons

Bread, Stone Circle Bakehouse, Holt
Meat Variety: Pork Brats, Grazing Fields Cooperative, Charlotte
Eggs, Grazing Fields Cooperative, Charlotte
Cheesecake, Mr. Leslie's Cheesecakes, Lansing East Side
Organic Dried Beans: Navy, Ferris Organic Farms, Eaton Rapids

Recipes and Tips!

Southern Fried Green Tomatoes

- Veggie Box green tomatoes
- 1 egg mixed with a splash of buttermilk (or regular milk)
- A shallow bowl of flour
- A shallow bowl of cornmeal
- Paprika, salt, and pepper to taste

Slice the tomatoes into 1/4 inch slices, and sprinkle with salt, pepper, and paprika on both sides. Next, dredge the tomato slices in flour, then the egg/milk mixture, and finally the cornmeal. Heat oil 1/4 - 1/2 an inch of oil in a cast iron skillet until hot, and then fry each side until golden brown. Commonly, fried green tomatoes are served with a mayonnaise/ketchup dipping sauce (flavored with cayenne or paprika and garlic powder). Enjoy!

This recipe is from Veggie Box!



Cinnamon & Spice Apple Chips

- 2 Veggie Box apples sliced
- 2 tsp cinnamon
- 1/4 tsp allspice
- 1/4 tsp nutmeg
- Splash of lemon juice

Preheat oven to 225 F and line a baking sheet with parchment paper or aluminum foil. Place the sliced apples on the pan and sprinkle with the lemon juice. Mix the spices together and sprinkle half on one side of the apples. Turn the apples over and sprinkle with the remaining spices on the other side. Bake for 60 minutes. Flip the apple slices over and bake for an additional 60 minutes (checking them occasionally). Turn off the oven, but do not remove the apples. Allow them to cool as the oven cools.

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