

# Veggie Box Newsletter

Fall 2024 · Week 3 · Thursday, October 3rd

Plants provide food, medicine, shelter, dyes, fibers, oils, resins, gums, soaps, waxes, latex, tannins, and even contribute to the air we breathe. **Ethnobotany** is the study of how people make use of native plants; the study of a region's plants, and their practical uses, through the traditional knowledge of a local culture and people. Current use of the term usually implies the inclusion of Indigenous or traditional knowledge of plants. It interacts with Indigenous knowledge of plant classification, cultivation, relationships, and use as food, medicine and materials.

However, many Indigenous peoples find treating this as a field of study can quickly become exploitative. Perhaps it is worth mentioning that Richard Evans Schultes, 'the father of ethnobotany,' was a white American. Schultes was a conservationist who worked closely with Indigenous peoples. But there can be far-reaching negative impacts when any individual, by telling a story, positions themselves as the source and authority for traditional knowledge of a community they are not a part of. The voices of Indigenous people and the interests and perspectives of Indigenous communities should always be present in and lead these discussions.

Publishing Indigenous plant knowledge can place broad expectations on Indigenous communities, whose value systems, priorities, expectations, scale and time frames may differ from those of the academic community that produces ethnobotany literature. It's worth noting that

Veggie Box newsletters are also written by Americans, mostly white ones, so when we talk about these concepts, we also acknowledge that we are not the authority in Indigenous knowledge. Let's pause to reflect: how can we ensure Indigenous voices are prioritized? For Veggie Box as a whole when we talk about food systems, and also for each of us in our individual lives as we navigate how best to live ethically upon this earth?

## 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 *Strawberries*

Strawberries are one of the first fruits to emerge in the spring, so it may seem strange to be getting strawberries in your box this first week of October! This is due to the variety of strawberry. Some varieties are "June bearing" and produce once a year. "Ever-bearing" and "day-neutral" varieties produce two or more harvests per the year. All strawberries are a perennial member of the rose family. Despite their name, strawberries are not technically berries—unlike berries that have seeds on the inside, strawberries with their external seeds are classified as an "accessory fruit." Unwashed strawberries can be refrigerated for 3-5 days (wash immediately before using), or can be frozen for up to two months to save for making smoothies, baked goods, and more.



## What's in the Box?

**Garlic**, Titus Farms, *Leslie*

**Everbearing Strawberries**, Peckham Farms, *Lansing*

**Organic Cabbage (Mixed Varieties)**, Lake Divide Farm, *Stockbridge*

**Organic Radishes**, Green Wagon Farm, *Ada*

**Sweet Peppers**, Mixed Variety, from:

- MSU Student Organic Farm, *Holt, Organic Mix*
- Owosso Organics, *Owosso, Bull Peppers*
- Swallowtail Farm, *Mason, Carmen Peppers*

**Organic Carrots**, MSU Student Organic Farm, *Holt*

**Organic Roma Tomatoes**, Monroe Family Organics, *Alma*

**Salad Mix**, Hunter Park GardenHouse, *Lansing's Eastside*

**Paw Paws**, Dragonfly Downs Farm, *Grand Ledge*

## Add-ons

**Bread**, Stone Circle Bakehouse, *Holt*

**Meat Variety, Chicken**, Heffron Farms, *Belding*

**Eggs**, Grazing Fields Cooperative, *Charlotte*

# Recipes and Tips!

## Quick Strawberry Jam

- 1 quart hulled Veggie Box strawberries
- 1/3-1/2 cup sugar
- 2 tablespoons fresh lemon juice

Add sliced strawberries, lemon juice, and sugar to a wide skillet and mash with a fork or potato masher as it cooks. Cook over medium-high, stirring frequently, until jam is thickened and bubbles completely cover surface, 9-10 minutes. Cook a little longer if it still needs to thicken and note that it thickens more when refrigerated! Transfer jam to a jar and let cool to room temperature. To store, seal jar and refrigerate for up to 10 days.



## Haluski (Fried Cabbage and Noodles)

- 8 ounces uncooked egg noodles
- 1/2 cup butter
- 1 small onion from last week Veggie Box, chopped
- 2 cloves Veggie Box garlic, minced
- Veggie Box full share cabbage
- Salt and pepper to taste

Bring a large pot of water to boil. Once boiling, add a pig pinch of salt and egg noodles. Cook according to package directions, roughly 10-12 minutes. Drain when done. Meanwhile, in a large dutch oven over medium heat, melt 6 tablespoons butter. Add the onion, cabbage, and a big pinch of salt. Saute for 15-20 minutes or until cabbage is brown and fork tender. Add more salt to taste, if necessary. Add the cooked noodles to the cabbage mixture and toss to coat. If necessary, add the remaining 2 tablespoons butter. Season with black pepper.



## Honey Garlic Carrots

- 1 pound of Veggie Box carrots diagonally cut into about 2 to 3-inch pieces
- 3 tablespoons butter
- 2 Veggie Box garlic cloves, minced
- 1 tablespoon honey
- 1/8 teaspoon salt
- 1/8 teaspoon fresh ground pepper
- Optional: chopped parsley for garnish

Preheat oven to 400F. Grease rimmed baking sheet with cooking spray or oil. Melt butter over medium-heat in a large nonstick skillet. Add garlic and cook for 3 minutes, or until lightly browned, stirring frequently. Remove from heat and stir in the honey; stir until thoroughly combined. Toss the carrots with the prepared sauce either in the skillet, or pour the sauce over the carrots in a mixing bowl. Season with salt and pepper, and mix until well combined. Transfer carrots to previously prepared baking sheet. Arrange in one layer and bake for 22 to 25 minutes, or until carrots are browned and tender. Remove from oven and transfer to a serving plate. Taste for seasonings and adjust accordingly. Garnish with fresh chopped parsley if desired. Enjoy!

