



Veggie Box Newsletter

Week 2 | November 10

Welcome back to the Fall Veggie Box! This is our second week and we are still very delighted to bring some of our autumn favorites to you. This newsletter will have many important details from last week's newsletter, so read it carefully if you didn't previously! The autumn colors are finally showing and we are looking forward to a wonderful season of the best local produce. Thanks for being part of the Veggie Box!

WHAT'S IN THE BOX?

Jalapenos, *Urbandale Farm*, Lansing
Red Savoy Cabbage, *Titus Farms*, Leslie
Winter Savory, *Smith Floral & Greenhouses*, Lansing
Rutabaga, *Titus Farms*, Leslie
Empire Apples, *Phillips Orchards & Cider Mill*, Saint John's
Collard Greens, *Hunter Park Garden House*, Lansing
Green Leaf Lettuce, *Smith Floral & Greenhouses*, Lansing
Butternut Squash, *Tomac Pumpkins Patch*, Cheansing
Ornamental Pumpkin courtesy of Tomac Pumpkin Patch!

Add-Ons:

Bread, *Stone Circle Bakery*, Holt
Meat Variety, *Chicken (Leg & Thigh)*, *Stone E River*, Eagle



Crop Profile: Rutabaga

Producer Spotlight:

TITUS FARMS

Titus Farms, located in Leslie, MI, uses sustainable and organic methods to grow all of their food. They value the land to such a high degree that they do all they can to ensure the constant flourishing of their farm including the use of natural fertilizers, hand weeding, and tilling. To keep taste buds and tummies happy, they grow a variety of unique and heirloom products. Their focus on maintaining high quality while reducing the time between harvest and your plate makes their food delicious and sure to be thoroughly enjoyed.



At first glance, cooking root vegetables, like rutabagas, doesn't come naturally. We're here to make sure you give it a chance. Technically speaking, rutabagas are a cross between turnips and cabbage. Served raw, it shares the turnip's bitter flavor but more mild-- crisp, juicy, and sweet as a carrot. Cooking rutabaga is when the flavors will truly shine, more savory and less starchy than your favorite golden potato. As the months grow colder, the waxed outer peel will keep this vegetable fresh all season long. Check out one of the recipes below to DIY!

Fall VB Schedule:

Thursday, November 10, Week 2:

Veggie, Bread, Meat Variety

Thursday, November 17, Week 3:

Veggie, Bread, Meat Variety, Eggs,
Coffee(B/W) Cheese, Pork, Beef

****Tuesday, November 22, Week 4:****

Veggie, Bread, Meat Variety

Thursday, December 1, Week 5:

Veggie, Bread, Meat Variety, Eggs,
Coffee(B/W), Coffee(M), Cheese, Pie,
Pork, Beef, Beans

Thursday, December 8, Week 6:

Veggie, Bread, Meat Variety

Thursday, December 15, Week 7:

Veggie, Bread, Meat Variety,
Eggs, Coffee(B/W)

Thursday, December 22, Week 8:

Veggie, Bread, Meat Variety

Veggie Box Q&A

What is Winter Savory?

Winter Savory is a perennial herb in the family of Lamiaceae. With a stronger flavor than summer savory, winter savory is used to flavor vinegar, herb butters, creamy soups, bean dishes, and tea. Along with this, it is said to have medicinal properties.

Growing winter savory is easy! Plant in a well drained, sandy soil with complete exposure to sunlight. Water regularly and evenly until the plant is established. From there on out, savory can be kept on the dry side. harvest about 70 days after planting. Enjoy!

Please contact us with any questions!!

Weekly Recipes

Southern Greens

- 1 bunch beet leaves -1 bunch collards
- 1 large onion -1 tbsp olive oil -2 garlic cloves
- 2 jalapeno peppers -1/2 tsp red pepper flakes
- 2 1/2 cups water -Salt and pepper to taste

Tear greens into large pieces and discard the thick vein. Add greens to a pot of boiling salted water. Boil for about 6 minutes. Drain and Rinse. While the greens are boiling, preheat a heavy skillet with olive oil, add onion and garlic; sauté until onions are lightly brown, add minced jalapeno peppers and cook for an additional minute or two. Put the sautéed onions in the slow-cooker then add the drained greens, crushed red pepper, and water. Cook on high for 4 hours or until greens are tender.

Creamy, Smokey Whipped Rutabaga

- 1 rutabaga -1 tbsp butter -3 garlic cloves
- 1/2 cup milk -2 ounces cream cheese
- 1 tbsp smoked olive oil
- 1 tsp smoked paprika -Salt & Pepper

Cut the rutabaga(s) in half crosswise. Place a half cut side down & shave off the peel with a large chef's knife. Cut the peeled rutabaga into small slices about 1 inch thick. Repeat. Heat the butter in a large pot over medium heat. When the butter has melted, stir in the chopped rutabaga and the garlic. Stir to coat the vegetables in butter. Pour in the milk and bring to a simmer, then turn the heat to low and cover the pot.

Cook for 30 minutes, or until the rutabaga is very tender and can be easily pierced with a fork. Turn off the heat and remove the lid. Let the vegetables cool for about 5 minutes. Drop the cream cheese into the rutabaga and use the hand mixer or stand mixer to mash it into the vegetables. The rutabaga will crumble then slowly turn into a mashed potato consistency.

Add the olive oil and smoked paprika and mix thoroughly.