



Veggie Box Newsletter

Week 3 | November 17

Hey neighbors! Allen Exchange, back with our third installment of this season's veggie box and we are very delighted to bring some of our autumn favorites to you. This newsletter will have many important details from last week's newsletter, i.e. fall schedule, so read it carefully if you didn't previously! The autumn colors were finally showing and now starting to leave, but 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?

Mixed Greens, Peckham Farms, Lansing
Northern Spy Apples, Phillips Orchards & Cider Mill, Saint John's
Curly Kale, Hunter Park GardenHouse, Lansing
Yellow Onions, Ten Hens Farm, Bath
Jerusalem Artichoke (Sunchoke), Catfaced Farm, Lansing
Garlic, Michael Grimes Farm, Webberville
Beets, Titus Farms, Leslie

Add-Ons:

Bread, Stone Circle Bakery, Holt
Eggs, Grazing Fields, Charlotte
Beef, Heffron Farms, Belding
Coffee, Rust Belt Roastery, Lansing
Cheese, Hickory Knoll Creamery LLC, Onondaga
Chicken, Stone E. River, Eagle
Meat Variety, Grazing Fields, Charlotte

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Crop Profile: Jerusalem Artichoke

Producer Spotlight:



Grazing Fields is a Michigan, multi-farm cooperative and wholesaler of natural free-range brown eggs. We've been delivering great products to Mid and Southeast Michigan grocery stores and restaurants every week since 1997. Grazing Fields supports small and medium size farms throughout the region. When you purchase Grazing Fields eggs you purchase the assurance that our Michigan natural brown eggs are delivered fresh to your door each week by cage-free chickens and people who care.



The Oxford Companion to Food says that the plant was noted in writing as early as 1603, when Samuel de Champlain described the root as tasting "like an artichoke," ostensibly starting the naming confusion that has plagued the vegetable since its European debut. Sunchoke tubers are a great source of iron, potassium and thiamin. They are also low in calories and high in fiber. Inulin, the primary carbohydrate in sunchoke tubers, minimally affects blood sugar and is touted as a diabetic-friendly carb.

Fall VB Schedule:

Weekly Recipes

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

Kale, Onion and Apple Stuffing

1 lb 100% whole grain, bakery bread (I used the whole wheat Tuscan pane at Trader Joe's)

¼ cup extra-virgin olive oil plus 2 tablespoons

1 large yellow onion, thinly sliced

4 garlic cloves, minced

¼ teaspoon crushed red pepper

⅔ cup chopped pecans, toasted

2 medium apples

10 ounces chopped kale (or 1 bunch, stemmed and chopped)

2½ cups low sodium vegetable broth

1 egg

Preheat oven to 400 degrees.

Cut the bread into large cubes. Toss with ¼ cup olive oil. Season and then spread evenly on a large baking sheet. Bake 15 minutes. Meanwhile, oil a large skillet on medium heat. Add onion, garlic, red pepper-- stirring often for about 10-15 minutes. Add kale, a little water, and cover. Reduce heat to medium-low. Cook until very tender, about 30 minutes. In a large bowl, combine kale and bread cubes. Chop apples and add to the mixture along with the pecans. Spread evenly in a large baking dish. Whisk egg and vegetable broth together. Pour evenly over dressing. Cover with foil or a cover and bake at 400 degrees for 30 minutes. Remove cover and bake an additional 25-30 minutes until bread is golden and crisped on top.

Veggie Box Q&A

How do I store my apples and how long will they stay good?

**Apples are a very versatile and shelf stable fruit. They like to be stores in refrigeration and keep for quite a long time. Farmers will store apples in a temperature and moisture controlled environment for months after picking. The best way to store at home is in a paper bag in your refrigerator. Many different varieties of apples being a whole range of flavors and textures from sweet to tart and crisp to mealy. Apples are a great source of vitamins and fiber and so the sating makes sense, keep the doctor away with apples!
*Please contact us with any questions!!***

Sunchoke and Beet Chips

-1 beet, sliced thin - 1 carrot sliced thin

-1 large sunchoke sliced thin -1 T coconut oil

½ teaspoon dried thyme

1 teaspoon crushed garlic

Preheat oven to 350.

Toss veggies with coconut oil, garlic, thyme and salt. (Do the beets in a separate bowl as they might make everything pink)
Layer on two cookie sheets that are lined with parchment paper.

Stack one cookie sheet on the other.

Cook for 40 minutes (switch pans every 10 minutes).

As chips get brown and crispy, take them out and put the rest back in.