



Veggie Box Newsletter

Week 4 | November 22



Happy Thanksgiving! We have many farmers to be thankful for this season, last season, next season, and every season. We cannot believe this week is the halfway point of the fall VB and we are excited to see what the next four weeks have in store. We hope you are enjoying the wonderful fall veggie box and look forward to the produce to come!

Have a safe and happy holiday from all of us at the Allen Neighborhood Center.

WHAT'S IN THE BOX?



- Sweet Potatoes**, Peckham Farms, Lansing
- Jonagold Apples**, Phillips Orchards & Cider Mill, Saint John's
- Dill**, Smith Floral & Greenhouses, Lansing
- Rosemary**, Smith Floral & Greenhouses, Lansing
- Romaine Lettuce**, Ten Hens Farm, Bath
- Red Radish**, Ten Hens Farm, Bath
- Spaghetti Squash**, Peckham Farms, Lansing
- Napa Cabbage**, MSU SOF, East Lansing

Add-Ons:

- Bread**, Stone Circle Bakery, Holt
- Meat Variety**, Grazing Fields, Charlotte

The MSU Student Organic Farm began in 1999 when a group of interested students teamed up with a horticulture professor to develop an opportunity for on campus experiential agricultural education. The operation was funded by grants written by the students and leaders of the Residential Initiative on the Study of the Environment program. After creating 3 passive solar greenhouses the SOF began its first season of production in the Spring of 2002. The students initiated the first year round CSA in Michigan. Currently the farm serves over 110 weekly produce shares year round and offers formal training programs.

Crop Profile: Sweet Potato

Sweet potatoes are commonly called yams, however, they are neither potatoes nor yams but morning glory relatives. Standard potatoes are related to tomatoes and peppers and the edible portion is an underground stem called a tuber. The "eyes" are buds. Although the edible portion of the yam is a root like sweet potatoes, yams are more closely related to grass or lilies. The name confusion originated from the resemblance sweet potato roots have to yam roots.

The most common sweet potato has a copper colored interior and exterior and a moist flesh. Sweet potatoes come in a range of interior and exterior colors from white to purple. The purple pigment is heat stable so the result after cooking is an interesting purple product. Sweet potatoes also come in dry flesh-types similar to a standard russet baking potato.

Fall VB Schedule :

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

How do I make mashed potatoes that do not turn out like wall paper paste?

The key to good mashed potatoes is to take it easy. Potatoes can be fragile, they need to be quick. The glue effect happens when the potatoes are overworked, turning the starchiness into a sticky mash. When making mashed, I use red A potatoes with the skin on. Cut the potatoes in quarters or eighths, cook until tender, drain and then get ready to mash. I use a combo of cream cheese, butter, heavy cream, garlic, salt and white pepper. It is important to mash at the last minute- and quick. Lumps are acceptable in my book but if you prefer a smooth mashed, use a ricer to get the lightness desired.

Weekly Recipes

Sweet Potato Fries

adapted from NY Times

- 2 pounds sweet potatoes, peeled
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon salt
- ½ teaspoon black pepper

Heat the oven to 400.

Cut the sweet potatoes into sticks 1/4 to 1/2 inch wide and 3 inches long, and toss them with the oil.

Mix the spices, salt and pepper in a small bowl, and toss them with the sweet potatoes. Spread them out on 2 rimmed baking sheets. Bake until brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes. Serve hot.

GIVE *thanks*

Applesauce

5 ea Jonagold Apples

Juice of half lemon

Cinnamon Stick

Sugar to taste

Peel, core and slice the apples. Place the apples in a pot with the squeeze of lemon juice. Add a bit of water and the cinnamon stick. Cook until the apples will mash. Remove the cinnamon stick and mash. You can add other spices if you like, try nutmeg, allspice or even cardamon. Be sure to taste for sweetness and don't be afraid to hit the sauce with a dash of salt... it will bring out the sweet.