Although Thanksgiving is behind us, that does not mean we are not still thankful for our fresh and local produce to share among friends, family, and neighbors! There’s only a month left in 2016, which means only four more veggie boxes (including this one) to enjoy. As you might know, December 1st is the National Day of Giving...So from a neighbor to you, we hope to give you another pleasant experience with ANC.

**What’s in the Box?**

- **Onions**, Titus Farms, Leslie
- **Leeks**, Titus Farms, Leslie
- **Garlic**, Titus Farms, Leslie
- **Jonathon Apples**, Phillips Orchards & Cider Mill, Saint John’s
- **Baby Pac Choi**, Ten Hens Farm, Bath
- **Parsley**, Smith Floral & Greenhouses
- **Thyme**, Magnolia Farms and Smith Floral & Greenhouses, Lansing
- **Butternut Squash**, Peckham Farms, Lansing
- **Curly Kale**, Hunter Park Gardenhouse, Lansing

**Add-Ons:**

- **Bread**, Stone Circle Bakery, Holt
- **Meat Variety**, Grazing Fields, Charlotte
- **Eggs**, Grazing Fields, Mt. Hope
- **Coffee(B/W), Coffee(M)**, Rust Belt Roastery, Lansing
- **Cheese**, Hickory Knoll Creamery LLC, Onondaga
- **Pie**, Gloria Bee Sweet Treats
- **Pork Chop**, Grazing Fields, Mt. Hope
- **Beef, Chuck Roast**, Heffron Farm, Belding
- **Beans**, Ferris Organics, Eaton Rapids

**Rust Belt Roastery**

After falling in love over a cup of coffee in Baja, Mexico, Paul and Emily Nichols began their search for their own coffee bean roaster. The couple eventually discovered their antique Italian roaster and immediately began making magic. They roast their coffee beans with hardwood, yielding a deeply rich, unique, and delicious coffee flavor. Paul and Emily also have a strict policy on only Purchasing beans that have been grown in humane and environmentally sustainable conditions. They are regulars at many area Farmer’s Markets, offering cold-brews, coffee beans, and even their own organic chocolate!

**Crop Profile: Pak Choy**

Available all year long, this member of the cabbage family has a number of different names, including bok choy, horse’s ear, Chinese celery cabbage and white mustard cabbage. Both leaves and stalks are crisp, a fresh crunch, and will fall between mild cabbage and spinach on your palate. As the stems and leaves cook at different speeds, it is best to separate them for cooking-- cutting the stems into finer strips works as well.
**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

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**Weekly Recipes**

**Root Vegetable Pie**

1. recipe of your favorite pie crust
2. 2 pounds Butternut Squash
3. 6 cloves garlic, minced
4. 1 large leek, sliced thinly
5. 1/4 C heavy cream
6. 1/2 C Parmesan cheese
7. Salt and Pepper to taste
8. 1 Tbs. fresh herbs (sage, thyme, oregano)

Peel any roots you are us. Dice all the roots, and toss them with the garlic, olive, salt and pepper. Roast at 400 for 40 minutes, until soft. Meanwhile, saute the leeks over low heat until soft and glistening. Toss the leeks with the herbs, cream, and grated cheese. Roll out the prepared crust and place in a deep 9” pie plate. Fill with the leek mixture, followed by the roots. Roll out the top crust and slide it on top. Bake for 1 hour at 375, until crust is brown and the pie is bubbling. Serve warm.

**LEMON THYME CHICKEN WITH ROASTED GARLIC AND APPLE SAUCE**

1. 4 chicken breasts or thighs
2. 1 1/2 cup of chicken broth or stock
3. Butter, Oil, Salt, and Pepper to taste
4. 1/4 cup chopped onion
5. 1 apple - peeled, cored, and chopped
6. 1 head of roasted garlic
7. 1/4 cup of cream
8. Juice & zest of 1 lemon
9. 2 tbsp fresh thyme (2 tsp dry)
10. 2 tbsp fresh parsley (2 tsp dry)

Preheat oven to 375°F. Season chicken parts on a pan. Add butter & onions to the pan and fry the onions on a moderate heat. Add the stock and let it simmer until it reduces to about 1 cup. In the meantime squeeze garlic cloves, mash with a fork into a paste and mix together with cream and add to the pan with onions and stock. Add roasted garlic cream mixture, chopped apple, lemon juice, thyme and parsley. Mix and allow to simmer. Transfer the content to an ovenproof dish and place chicken parts on the top. If you’re cooking chicken breasts bake them for 8-10 min, if chicken thighs - 20-25

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**Veggie Box Q&A**

Why is there an increase of food borne illnesses around the holidays? Many times food safety is overlooked at family gatherings or individuals are not aware of the risks around food and food handling. The increase around improperly cooked meats can be avoided by cooking to the correct temperatures. Raw meat is a big risk and clean countertops are a major factor in mitigating that risk. Thinking of all the surfaces that raw meat comes in contact with and sanitizing those surfaces will help. Another risk comes in the form of unwashed produce. Dirt in the crevices of leeks, celery, carrots, etc., can contain pathogens that could really do damage and use up all of those sick days you have been saving up!