



Veggie Box Newsletter

Week 6 | December 8

The Veggie Box Newsletter puts snowflakes on their newsletter and Michigan receives its first snow...Coincidence? All jokes aside, I hope everyone was able to slow down and appreciate the beauty of the landscape, preferably wrapped in a blanket and eating a warm root vegetable pie made from last week's box. With only two weeks left this season of Veggie Box, cheers to a new week, a new box, and a new you!

WHAT'S IN THE BOX?

Mixed Greens, Ten

Hens, Bath

Kennebec Potatoes,

Peckham, Lansing

Celery, Peckham, Lansing

Fuji Apples, Phillips Orchards

& Cider Mill, Saint John's

Tri Color Carrots, Monroe,

Alma

Oregano, Smith Floral &

Greenhouse, Lansing

Garlic, Titus Farm, Leslie

Add-Ons:

Bread, Stone Circle Bakery,

Holt

Meat Variety, Grazing Fields,

Charlotte

Serving several local restaurants,

stores, and co-ops throughout

mid-Michigan, Monroe Family

Organics is located in Alma, MI where they grow high quality certified organic vegetables. .

They believe the best food is that which is fresh and free of chemicals. That is why they are certified organic and harvest most of their produce the same day it is received.

They also focus on quality in the way they grow, harvest, and handle their veggies. They strive to provide their local customers with the highest quality produce available, because they believe that eating healthily should be delicious.

Crop Profile: Celery



Celery is a herbaceous plant belonging to the parsley family (including carrots, cumin and parsley). Celery can be found all over the world today growing on clay and sandy soils and prefers temperate climate. Celery is low-energy vegetable. Due to low level of calories and containing vitamins C, K, B2 and dietary fibers, is very suitable for diets. Celery was initially used as medicine in treatment of toothache, insomnia, hypertension, anxiety, arthritis, rheumatism and to purify the blood

Fall VB Schedule:

Weekly Recipes

Thursday, December 15, Week 7:

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

Thursday, December 22, Week 8:

Veggie, Bread, Meat Variety

Waldorff Salad

2 ea apples, large dice

1/4 cup celery, diced

1 cup sour cream

1 tsp honey

2 tsp mayo

1/4 cup chopped walnuts

juice of one lemon

Squeeze half the lemon into a bowl of water large enough to hold the apples. Place the apples in the bowl with the lemon water and let rest for about 10 minutes.

In a separate bowl, combine the sour cream, honey, remaining lemon juice and mayo. Drain the apples well and combine the sour cream mixture, apples, walnuts and celery. Some recipes call for the addition of red grapes or shredded chicken which are both nice additions to the salad. Enjoy!

Herb Tri-Colored Carrots

1 pounds carrots, trimmed, peeled, and cut on the diagonal into 1/2-inch pieces

2 to 3 teaspoons fresh oregano

Cut up celery into 1/2 pieces(as many as you want)

2 tablespoons olive oil

2 teaspoon salt and pepper, or to taste

2 teaspoons lemon juice, optional

Preheat oven to 450F and line pan with aluminum foil. Then add the peeled and cut carrots, drizzle with olive oil, and sprinkle with oregano, salt & pepper, and toss with your hands to evenly coat. Distribute carrots out with space between the pieces if possible and bake for about 30 to 40 minutes or until carrots are lightly caramelized around the edges and fork-tender, stir occasionally. Drizzle with lemon juice if you want and serve immediately. Carrots are best served warm!

Veggie Box Q&A

What can I use the celery leaves for?

The leaves on celery are a little bitter..I like to put them in a salad with my mixed greens. I keep them out of my stocks as it imparts an unpleasant flavor, ruining my perfectly clear consommé. The leaves can be used as a garnish as well for soups and mayonnaise-based salads like potato or pasta salads. You could also just eat them by themselves!

Creamy Potato, Carrot, and Celery Soup

2 tablespoons butter

4 leeks, chopped

4 celery stalks, chopped

4 cups chicken broth

4 cups vegetable broth

6 large potatoes, diced

5 carrots, chopped

Carrots Organic Loose

2 teaspoons salt

1 bay leaf

Melt butter in a stock pot over medium-high heat. Cook and stir leeks and celery in butter until softened, 3 to 5 minutes. Pour chicken broth and vegetable broth into the pot; add potatoes, carrots, salt, and bay leaf. Bring the mixture to a boil and cook until the potatoes and carrots are soft, about 20 minutes. Remove and discard bay leaf. Blend soup with an immersion blender until smooth. Stir cream into the soup, reduce heat to medium-low, and simmer soup until thickened, about 20 minutes.