



Veggie Box Newsletter

Week 7 | December 15

Here it is week seven, only one more Veggie Box after this one. This week we had a couple of snags in the box, our romaine and peppermint froze in the hophouse- it was that cold! I will try again next week and we should be able to get some beautiful greens for our last box next week. Until then, keep warm and enjoy your indoor fun!

WHAT'S IN THE BOX?

Collard Greens, Titus Farms, Leslie

Black Radish, Titus Farms, Leslie

Heirloom Pie Pumpkin, Titus Farms, Leslie

Beets, Peckham Farms, Lansing

Garlic, Peckham Farms, Lansing

Gala Apples, Phillip's Orchard & Cider Mill, Saint John's

Yellow Onions, Peckham Farms, Lansing

Add-Ons:

Bread, Stone Circle Bakery, Holt

Meat Variety, Grazing Fields, Charlotte

Coffee, Rust Belt Roastery, Lansing

Eggs, Grazing Fields, Charlotte

Chicken, Stone E. River, Eagle

Pork, Grazing Fields, Charlotte

Beef, Heffron Farms, Belding

Cheese, Hickory Knoll, Onondaga



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.



Crop Profile: Black Radish

The Black radish, *Raphanus sativus niger*, an annual root vegetable, is a member of the Brassicaceae or Brassica family and also known as Spanish radish, Gros Noir d'Hiver, Noir Gros de Paris and the Black Mooli. As an excellent source of vitamin C and also provide potassium, iron and magnesium as well as vitamins A, E and B, they are known for their ability to fight off infection and promote healthy digestive function. These radishes have been grown since Medieval times due to their thick frost hardy shell which allows them to stay fresh in the ground long after other crops have been harvested. Unlike other radish that are mild and sweet, these will add a peppery zing to your fresh garden salad.

Weekly Recipes

Borscht

2# beets, peeled and diced
3 ea yellow onion, medium dice
4 cl garlic, crushed
1# potatoes, peeled and small dice
1/2 tsp thyme
2 Tbsp olive oil
1 ea apple, peeled and diced
5 cups broth (chicken or vegetable)

Preheat oven to 400 degrees. In a roasting pan or on a rimmed baking sheet, toss together beets, potatoes, onion, thyme, and olive oil; season with salt and pepper. Arrange in a single layer and roast until beets and potatoes are tender, about 45 minutes.

Discard thyme. Add vegetables to a medium pot along with broth and diced apple. Bring to a simmer over medium-high and cook to heat through. With a potato masher or the back of a wooden spoon, mash some vegetables until soup is thick and chunky. Garnish with sour cream and parsley.

Black Radish Slaw

Ingredients – Slaw

2 cups black radish, shredded
2 cups carrots, shredded
1 large Gala apple, shredded

Ingredients – Dressing

1/4 cup sour cream, creme fraiche, Greek yogurt, or kefir
1 tbsp. fresh lime juice (or lemon)
1 tbsp. apple cider vinegar
5 drops stevia (or a tsp. or two of honey)
Toasted sesame seeds

Shred your radishes, carrots, and apple. Place in a large bowl with a lid. In a separate container, mix together all of the ingredients for your dressing and pour over the veggies. Toss together and let sit in the fridge for 30 minutes to 1 hour to

Veggie Box Q&A

How do I prepare black radishes?

Black radish can be prepared the same as red radish. The skin has a great kick so peel it if you would like a tamer radish.

What parts are edible?

All parts are, even the skin!



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<https://goo.gl/Fgbt7W>

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.