



Veggie Box Newsletter

Week 8 | December 22

As the Winter 2016 Veggie Box Season comes to a close, we would like to thank all of our neighbors for being a part of something we think is very special. We would like to wish you a festive rest of the season and a Happy New Year from all of us at the Allen Neighborhood Center!

many thanks

WHAT'S IN THE BOX?

- Green Cabbage**, Titus Farms, Leslie
- Kennebec Potatoes**, Peckham Farms, Lansing
- Hakurei Turnips**, Ten Hens Farm, Bath
- Butternut Squash**, Peckham Farms, Lansing
- Spinach**, Peckham Farms, Lansing
- Empire Apples**, Phillips Orchards & Cider Mill, Saint John's
- Tri Color Carrots**, Monroe Family Organics, Alma
- Add-Ons:
- Bread**, Stone Circle Bakery, Holt
- Meat Variety**, Heffron Farms, Belding



Peckham Farms is a 10 acre farm located in Lansing, MI. It is a part of Peckham Inc., a non-profit organization that provides rehabilitation and vocational training to individuals with disabilities and who face other employment barriers. The farm uses eco-friendly farming techniques such as water reclamation and Integrated Pest Management. Peckham Farms specializes in small fruits and is a large raspberry producer in the Mid-Michigan area. Peckham is also known for the beautiful flowers grown annually on the fields and in baskets.



Crop Profile: Hakurei Turnips

Like all turnips, the Hakurei, or Tokyo, turnip is a member of the Brassica family. Due to its crisp, delicious raw flavor, unlike other turnip varieties, hakurei do not need to be cooked. They have an even-textured density and the flavor pairs well with a variety of different food items. Eat them raw (just whole, or chopped/grated in salads), make a quick pickle, or cook with their greens to enhance their natural sweetness. However, turnips contain a chemical called cyanoglucosides, which may cause turnips to taste incredibly bitter depending on your genetic makeup. Turnips are a great source of vitamin C. Their leafy greens are even more nutritious and offer vitamins A, C, and K as well as folate and calcium.

Tack för att stödja lokal mat
מקומי אוכל תמיכתך
Merci d'avoir appuyé la nourriture locale
תודה על תמיכתך

Dank u voor het steunen van lokale gerechten
Σας ευχαριστούμε για την υποστήριξη των τοπικών

Diolch i chi am gefnogi bwyd lleol
Va tsang rau nej kev tkrawb nap zaub mox
Pakka pér fyrir að styðja staðbundin mat

Thank You for Supporting Local Food *Mahalo no ke kāko'o kūloko ai*

Weekly Recipes

Roasted Butternut Squash & Turnips

- 1 butternut squash, peeled and chopped;
 - 2 small turnips, peeled and chopped;
 - 1 cup fresh cranberries;
 - 1 cup pecans, coarsely chopped;
 - 1 tsp. ground cinnamon;
 - 1/4 tsp. allspice;
 - 1/4 tsp. nutmeg;
 - 2 tbsp. olive oil;
 - fresh parsley, to garnish;
- Preheat your oven to 400 F.

In a bowl, combine the butternut squash, turnip, cinnamon, allspice, nutmeg, olive oil and season with salt and pepper to taste. Toss the squash and turnips until well-coated with the oil and spices. Spread the vegetables on a greased baking sheet, and place in the oven. Bake in the preheated oven for 25 to 30 minutes. Remove the baking sheet from the oven. Add the cranberries and pecans and toss everything. Return to the oven and cook for another 15 minutes. Serve sprinkled with fresh parsley.

Carrot, Potato, and Cabbage Soup

- 4 large carrots, thinly sliced
- 2 large potatoes, thinly sliced
- 1 large onion, thinly sliced
- 1/4 medium head green cabbage, thinly sliced
- 2 cloves garlic, smashed
- 6 cups chicken stock
- 1 tablespoon olive oil
- 1/4 teaspoon dried thyme
- 1/4 teaspoon dried basil
- 1 teaspoon dried parsley

Combine the carrots, potatoes, onion, cabbage, garlic, chicken stock, olive oil, thyme, basil, parsley, salt, and pepper in a stock pot over medium-high heat; bring to a simmer and cook until the carrots are tender. Transfer to a blender in small batches and blend until smooth.

Veggie Box Q&A

When does the next Veggie Box Start?

The Summer Veggie Box starts June 15th of the coming year. We will be busy planning for the future until then so be sure to fill out the survey below to help!



Take the survey!
Tell us how we did at
<https://goo.gl/Fgbt7W>



Allen Market Place

2017 Food Business Workshop Series

All events are 1-3pm at Allen Market Place

01/20/17- Who Licenses Your Food?

Amy Thomas of Ingham County Health Dept.
Pam Weaver of Michigan Dept. of Ag. & Rural Development

02/02/17- GroupGAP Informational Session

Phil Britton, Cherry Capital Foods

02/10/17- Understanding Institutional and Wholesale Markets: Products and Pricing

Colleen Matts, MSU Center for Regional Food Systems
Erin Caudell, Owner of Local Grocer & Flint Ingredient Company

02/24/17- Developing a Farm Safety Plan

Phill Tocco, MSU Extension

03/03/17- Financial & Accounting for Food Businesses

Tom Donaldson of LCC Small Business Development Center

Tak for at stötte lokale fæðeværarer
Дякую за підтримку місцевої кухні
感謝您支持當地食品

Asante kwa kusaidia chakula wa ndani *Dékojame už pagalbą vietinį maistą*