



Veggie Box Newsletter

Week 12 | September 1

You deserve a vacation! With Labor Day right around the corner try to forget that Summer is almost over. Instead, get ready to enjoy a long weekend full of family, friends, and, most importantly, food! This week we've got recipes to help you win the annual "But Honey it's Not a Competition" Labor Day potluck and give you enough energy to defend your reigning title of 4 Year Consecutive Ladder Golf Champion. While you're grilling up some veggies, if you happen to see your college age relative that just went back to school, make sure to ask them some tough questions like "What are your plans after college?" and "Are you seeing anyone lately?"

What's in the Box?

Tomatoes, *Urbandale Farm, Lansing*
Havasu Peppers, *Ten Hens Farm, Bath*
Tarragon, *Smith Floral & Greenhouse, Lansing*
Yukon Gold Potatoes, *Peckham Farms, Lansing*
Spaghetti Squash, *Peckham Farms, Lansing*
Paula Red Apples, *Phillip's Orchard and Cider Mill, St Johns*
Freestone Peaches, *Phillip's Orchard and Cider Mill, St Johns*
Garlic, *Michael Grimes*
Cayenne Pepper, *Smith Floral & Greenhouse, Lansing*
Turnips, *Urbandale Farm, Lansing*
Add Ons
Meat Variety: *Ground Beef Patties, Heffron, Belding*
Bread: *Stone Circle Bakehouse, Holt*



Producer Spotlight: Heffron Farms

Heffron Farms was originally settled in 1921 by Thomas and Cecelia Heffron in Belding, MI. With a strong commitment to sustainable land practices, Thomas and Cecelia began raising livestock and growing feed crops to ensure their animals were locally and naturally fed. In 1983 Heffron Farms began to venture into the retail meat business in order to make natural meats available locally. After years of success at the City of Grand Rapids farmer's market, Heffron Farms was able to open a market on the farm, a store in Grand Rapids, and stores throughout the surrounding area. Today, in their fourth generation of family farmers, Heffron Farms has become well known for producing quality meat without the use of daily hormones and antibiotics.



Crop Profile: Tarragon

Tarragon is a herb used in French cuisine that has a spicy flavor with woody undertones. Known commonly as Dragonwort by alchemists and druids alike, part of the scientific name of Tarragon, *Artemisia dracunculus*, translates from Latin to mean "little dragon". Historically, under the Doctrine of Signatures, a medicinal text used by Greek herbalists, it was believed that because of Tarragon's twisted serpent like roots that the herb could be used to treat snake bites. In your garden, Tarragon is especially useful because it can act as a barrier plant to deter pests while simultaneously nursing and enhancing the flavor of other crops. Try combining your tarragon with vinegars, egg dishes, fish, chicken, or most sauces to add flavor, antioxidants, and lower blood sugar levels.

Weekly Recipes

Roasted Turnips with Parmesan

adapted from the marthastewart.com

- 4 turnips peeled and cut into 1/2-inch wedges
- 2 potatoes cut into wedges
- 1 cayenne pepper, diced
- 2 cloves garlic minced
- 1/4 tsp ground nutmeg
- 2 Tbs extra virgin olive oil
- coarse salt and ground pepper
- 1/4 cup grated parmesan

Preheat oven to 475 degrees. On a rimmed baking sheet, combine turnips, potatoes, garlic, cayenne, nutmeg, and oil. Season with salt and pepper and toss to coat. Sprinkle with Parmesan. Arrange in a single layer and roast until golden brown on both sides, 25 to 30 minutes, flipping halfway through

Spaghetti Squash

- 1 medium spaghetti squash
- 4 Tbl butter or Olive Oil
- Salt and pepper

Preheat the oven to 350 degrees F. Use a paring knife to prick squash all over. Place in a baking dish and bake 1 hour or until soft. Cut squash in half. Scoop out and discard seeds. Using a fork, scrape flesh in strings into a serving bowl. Toss with butter or olive oil and season to taste with salt and pepper and your favorite herbs.

This can also be used as a noodle for marinara, the squash can be a great replacement for pasta.

Tarragon Vinegar

- 1 cup White or Rice Vinegar
- 2-3 Sprig Tarragon

Wash tarragon sprigs thoroughly, being sure to remove all dirt and sediment. Pat dry and set aside. Heat the vinegar to 190 degrees in a saucepan and simmer for 2 minutes. Turn off heat and add the tarragon to the heated vinegar. Allow to cool. Strain your vinegar into a jar and use for vinaigrettes or hollandaise for a nice subtle tarragon flavor.

Basic Pickling Brine

- 2 3/4 C vinegar
- 3 C water
- 1/4 C pickling salt

Heat the vinegar and water to boiling and add the salt (be sure it is pickling salt). Simmer over medium heat for about 5 minutes. Add coriander, dill, garlic, mustard seeds, etc to create flavors for your items being pickled. Be sure to not add sweetener as that will throw off the balance of acidity.

What can I do with that? Veggie Box Q&A

What do I do with all those peppers?

When you are feeling overwhelmed with peppers, think of ways to make them last longer. I love to pickle and jam- something that was passed to me from my Grandma and a little help from my sister. There are many rules to follow in pickling in terms of food safety which I can help with if interested!

What can you make with tarragon?

Tarragon is a wonderful herb, I grow it in my garden at home and regularly use it on squash and zucchini. The flavor is delicate but distinct so most people really like it or don't like it at all. Another place it is used is in classic French cuisine with Béarnaise sauce (daughter sauce to the mother Hollandaise: a wonderful treat for your best cut of steak.

Roasting Garlic

When roasting garlic, the key to success is low and slow. There are many ways to accomplish this, you can get a little "crook" for your garlic to put in your oven, you can heat the cloves in oil, or you can do what I do: tin foil. I place the entire head in a piece of foil and create a purse, bringing the outside in and grasping at the top.

I have the oven at 300 or 325 (most times I use the small toaster oven) and place the purse on a sheet or baking pan and let it roast until soft (about an hour). When I take it out, I cut it in half and squeeze our the garlic mush to use in everything!