



Veggie Box Newsletter

Week 14 | September 15

Welcome to week 14! Here it is, another great Veggie Box supplied by great local farms- conveniently packaged and ready to be enjoyed. We would like to thank everyone for their participation in the survey, giving great feedback for us to focus on. The Summer Season is not over yet but the Fall Veggie Box is fast approaching and we are getting items set for a wonderful eight week season. All the best fall produce, locally sourced and fresh to you. Be sure to sign up today! Free delivery with five or more Veggie Boxes at your workplace (less shopping trips and remember, the snow is coming soon!)

What's in the Box?

Kohlrabi, Titus Farms , Leslie
Curly Kale, Titus Farms, Leslie
Red Potatoes, Peckham, Lansing
Mixed Greens, Smith Floral & Greenhouse, Lansing
Slicer Tomatoes, Urbandale Farm, Lansing
Paula Red Apples, Phillip's Orchard and Cider Mill, St Johns
Mixed Onions, Green Eagle Farm , Onondaga
Garlic, Green Eagle Farm, Onondaga

Add Ons

Meat Variety: Chicken Leg and Thigh, Stone E River Ranch, Eagle

Bread: Stone Circle Bakehouse, Holt



Producer Spotlight:

Stone E River Ranch

Stone E River Ranch is a small farm located in Eagle Michigan that has been in the family name since 1840. They are still using all natural practices to raise their livestock and vegetables the way their forefathers did and the way mother nature intended. They pride themselves on raising quality beef as well as a wide range of pesticide-free vegetables, herbs, and livestock.

Stone E River's goal is to provide naturally grown meat and produce at a reasonable price for individuals who want to know where their food comes from and exactly how it is grown. They strive to grow safe products that you will be proud to serve at your family dinner table.



Crop Profile: Kohlrabi

Kohlrabi is a German word that translates roughly into "cabbage turnip". This seemingly strange veggie is actually a descendent of wild cabbage, much like broccoli, cauliflower, kale, Brussels sprouts, and modern day cabbage. Unlike most plants with similar appearances, the large bulbous part of the vegetable is actually a swollen part of the stem, not a root that grows below ground. Both the leaves and the stem are edible (and tasty), but the harder woody shell of the stem must be peeled away before you can cook your kohlrabi or prepare it into coleslaw.

Weekly Recipes

Roasted Potato and Kohlrabi

adapted from sweetphi.com

2 Kohlrabi peeled cut into cubes
2 lbs potatoes, halved
3 cloves garlic, thinly sliced
1 lemon, zested
3 tbs olive oil
1 tbsp parsley
1 tbsp thyme
1 tbsp salt
ground pepper

Preheat oven to 375. In large baking dish arrange kohlrabi, potatoes, garlic and lemon zest. Pour olive oil over the baking the dish before sprinkling the herbs, salt, and pepper. Bake for 25 minutes then remove and stir. Bake for another 20 minutes and serve when potatoes are soft.

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

How do I keep potatoes from turning brown when I cut them?
When I cut potatoes if I am not using them right away, I keep them in a bowl of water. The water keeps the potato from drying out and discoloring. I don't add any lemon juice to the water, I just place them directly in the water and let them set for a bit. When I am ready to cook them, I will pour out the water and fill the bowl again with fresh water. This will help to draw out some of the starch in the potato, which can sometimes "gum up" the potato. Another small tidbit: when making mashed potatoes, keep it quick and just simply mash them. If you continue to mash the potatoes, you will start to develop them and they will turn glue-y. I add garlic, butter, salt, white pepper (powerful & yummy), cream cheese and milk to mine.

Sauteed Apples

adapted from allrecipes.com

4 tbsp butter or vegan equivalent
4 large apples peeled, cored, 1/4 inch thick slices
2 tsp cornstarch
1/2 C cold water
1/2 C brown sugar
1 tsp ground cinnamon

In a large skillet, melt butter over medium heat. Add apples and cook, stirring constantly for seven minutes until apples are almost tender. Dissolve cornstarch in water and add mixture to skillet. Stir in brown sugar and cinnamon and boil for 2 minutes. Remove from heat and serve warm.

Serve the apples with any pork dishes, or use as a topping for pancakes or ice cream

Steamed Kale and Kohlrabi leaves with Garlic

adapted from allrecipes.com

1 bunch kale, chopped
Kohlrabi leaves, stem removed, chopped
2 tbsp lemon juice
2 tbsp olive oil
1 tsp soy sauce
1 clove garlic minced
salt and pepper to taste

Place steamer in a saucepan and fill with water to just below the bottom of the steamer. Cover and bring the water to a boil over high heat. Add kale, cover, and steam for seven to ten minutes until kale is tender.

In a large bowl whisk together lemon juice, olive oil, garlic, soy sauce, salt, and pepper. Drain kale and toss in the dressing mixture until well coated. Serve warm.

