



Veggie Box Newsletter

Week 16 | September 29

What did you think of that giant kohlrabi last week? It was quite a challenge fitting it into your boxes! It looks like we're about to get the first taste of Fall, both literally and figuratively! Lets welcome the autumn colors and cool evenings with some delicious acorn squash, apples, and late season carmen peppers, all of which will be easier for to pack! Don't forget to sign up for the Fall Veggie Box!



What's in the Box?

Raspberries, Smith Floral & Greenhouses, Lansing
Mixed Salad Greens, Smith Floral & Greenhouses
Acorn Squash, Tomac Pumpkin Patch, Chesaning
Orange & Pink Tomatoes, Swallowtail Farm, Mason
Collard Greens, Hunter Park GardenHouse, Lansing
Cortland Apples, Phillips Orchard & Cider Mill, St. John's

Cherry Tomatoes, 10 Hens Farm, Bath

Carmen Peppers, 10 Hens Farm, Bath

Jalapeno Peppers, 10 Hens Farm, Bath

Add-Ons:

Bread: Stone Circle Bakery, Holt

Eggs: Grazing Field, Charlotte

Cheese: White Cheddar, Hickory Knoll Farms Creamery, Onondaga

Meat Variety: Brats, Grazing Field, Charlotte

Chicken: Half Chicken, Trillium Wood Farm, Williamston

Pork: Pork Chop, Grazing Field, Charlotte

Producer Spotlight:

Founded in 1903, Smith Floral and Greenhouse has been a Lansing Staple for over 100 years. Originally only growing flowers, Smith Floral added their "Harvest Basket Produce" in 2013. Concerned about the widespread availability of healthy produce within the community, Smith Floral owner, Karen Smith, started touring local Michigan farms. These visits gave her a greater understanding of the scope and magnitude of sustainable and organic agricultural operations. Karen believes vibrant opportunities for local foods exist within Michigan, and she has taken advantage of those opportunities by producing seasons worth of farm fresh, local food. Their products include flowers, peppers, salad mix, basil, tomatoes, and much more!



Crop Profile: Carmen Peppers

Named for their shape, carmen peppers are a mild pepper of the Bull's Horn, or *cornio di torro*, variety. They have a sweet flavor great for roasting or eating raw in salads. The plants have a slight tolerance to colder weather, which allows the peppers to fully ripen to their bright red color as the summer heat is winding down. Carmen peppers are loaded with Vitamin A, C, and Potassium and are sure to bring a unique flavor to your dinner table.

Weekly Recipes

Southern Style Collard Greens

adapted from allrecipes.com

- 1 Tbsp olive oil
- 1 Tbsp butter
- 1/2 large onion chopped
- 1 tsp red pepper flakes
- 1 clove garlic, finely chopped
- 1 pound collard greens, chopped
- 3 C vegetable stock
- 2 tomatoes seeded and chopped
- salt and freshly ground black pepper

In a large pot over medium heat, heat oil and butter.

Saute the onions until slightly softened, about 2 minutes.

Add the red pepper flakes, and garlic and cook for 1 minute. Add collard greens to the mixture and cook for 2 minutes to help absorb flavors, then add vegetable stock, cover and bring to a simmer. Cook until greens are tender, about 40 minutes. Add tomatoes and season with salt and pepper to taste.

Raspberry-Apple Crisp

adapted from allrecipes.com

Fruit Filling

- 6 Medium apples
- 1 Tbsp fresh lemon juice
- 1/2 C granulated sugar
- 2 Tbsp all purpose flour
- 1/2 tsp ground cinnamon
- 3 Tbsp applejack
- 3 Tbsp unsalted butter cut into 1/4 inch cubes
- 1 1/2 cups fresh raspberries

- ### Pecan Topping
- 1/2 C flour
 - 1/2 C firmly packed light brown sugar
 - 1 tsp ground Cinnamon
 - 1/8 tsp salt
 - 6 Tbs chilled unsalted butter cut into 1/2 inch cubes
 - 1/2 C pecan halves

To make the pecan topping, place the flour, brown sugar, cinnamon and salt in a food processor and pulse until combined. Add the butter pieces and pulse a few times, just until the mixture resembles coarse meal. Add pecans and pulse until they are coarsely chopped

Preheat the oven to 350 F. Butter the bottom and sides of a 9 by 13 inch glass baking dish.

To make the filling, in a large bowl, toss the apple slices with lemon juice. Add the granulated sugar, flour and cinnamon, stir to combine. Add the apple brandy and butter cubes and toss until combined.

Gently toss in the raspberries. Evenly spread the apple mixture in the prepared pan. Sprinkle topping over the filling.

Bake the crisp for 40 minutes or until the fruit is bubbling and the top is browned. Serve Warm

Mashed Acorn Squash

adapted from foodnetwork.com

- 1 large acorn squash
- 1/4 C butter or coconut oil
- 2 tsp salt
- Cinnamon to taste
- Nutmeg to taste

Preheat oven to 400 F. Slice squash in half and scoop out the seeds. Lightly coat both sides of the squash in butter or coconut oil and add desired amount of spices

In a large baking dish place the squash halves face and add about 1/2 inch of water.

Bake for 30 - 45 minutes until the skin is easy to piece with with a fork and the flesh is soft.

Remove from oven and scoop out the flesh of the squash. Place in a bowl and add butter or coconut oil, and salt.

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

How do I roast a pepper?

Roasting a pepper is an easy but dangerous and time consuming process. The danger comes with the open flame and the time consuming comes with all that charring. When you roast a pepper, the skin is being basically burned off and peeled away. The skin is a part of the pepper that the body cannot break down. When you start, you want to turn on the flame on your gas stove or grill and put the pepper directly on the flame. You want to let it start to burn and then rotate it a bit. Keep this rotation going until the entire pepper is burnt and the skin is crispy. When that is complete, put them in a sealed plastic bag and let them sit about 10 minutes. Take them out of the bag and the skin will peel off very easily. You can use them right away or store them in the fridge.



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