Today is National Train Your Brain day, so here is a riddle that will get you going. What do you throw away the outside of, eat the inside of and throw away the inside of? Think about it for a minute... While you are racking your brain, here is another thought, there are only 79 days left in the year! There are also only a few days left to sign up for the Fall Veggie Box, so head on over to www.allenmarketplace.org/veggiebox and sign up today to continue enjoying all of the wonderful fall favorites for another eight weeks! Today’s box is full of fall favorites we hope you will enjoy! The riddle answer is corn on the cob.

**What’s in the Box?**

- **Beets**, Urbandale Farm, Lansing
- **Dinosaur Kale**, Hunter Park GardenHouse, Lansing
- **Green Cabbage**, MSU Student Organic Farm, East Lansing
- **Golden Delicious Apples**, Phillips Orchards & Cider Mill, St. John
- **Yellow Onions**, Hillcrest Farm, Eaton Rapids
- **Carrots**, CBI’s Giving Tree Farm, Lansing
- **Red Potatoes**, Peckham Farms, Lansing

**Add-Ons:**
- **Bread**: Stone Circle Bakery, Holt
- **Meat Variety**: Italian Sausage, Grazing Fields, Charlotte

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**Crop Profile: Green Cabbage**

Green cabbage is one of the most widely cultivated crops worldwide. This cool season leafy vegetable is a member of the brassica family and is related to kale, broccoli, and brussel sprouts. Cabbage has been cultivated for nearly 4,000 years, it is believed that the Celts brought cabbage to Europe from Asia. The full bodied head of cabbage we know today was developed in the Middle Ages by European farmers.

Green cabbage is full of Vitamin A, Vitamin K, and Vitamin C, Potassium, Iron, and manganese.
**Weekly Recipes**

**Borchst**
*adapted from allrecipes.com*

3 Red Beets, peeled and shredded
3 Carrots, shredded
3 Medium Potatoes, cubed
1 Medium Onion, chopped
6 oz Tomato Paste
1/2 Medium Head Cabbage, cored and chopped
8 oz Diced Tomatoes, drained
3 Cloves garlic, minced

Fill a pot with 2 quarts of water and bring to a boil. Add beets and cook for 15 minutes. Add potatoes and carrots and cook for another 15 minutes. Add cabbage and can of diced tomatoes and simmer.

Heat oil in a skillet over medium heat. Add onion and cook until tender. Stir in tomato paste and cook until well blended. Transfer mixture to the soup, add garlic, cover and turn off heat. Let stand for 5 minutes. Add salt, pepper, and sugar to taste

Serve in large bowls and garnish with sour cream and parsley if desired.

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**What can I do with kale?**

Kale is one of the things that has just started to catch on since the new health and veggie fad. I remember when it was used as a garnish on salad bars and thrown away at the end of the night! Those times are gone and kale has moved from garnishing the plate to center of the plate, cup, and more! Kale can come in may varieties and they all serve differently. This weeks kale is great for chips. I like to make the chips and keep them out until I just eat them all- it does not take long for them to vanish with a little flavor in the mix. Another variety, curly is good for freezing or steaming. When you freeze the kale, it shatters in a smoothie taking away the stringy or fibrous texture when used raw. Massaging a tougher kale with oil or vinegar helps to break it down, experiment and see!

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**Stuffed Cabbage Rolls**

1 Head Green Cabbage
1 Onion, finely chopped Cookies
2 Medium Carrots, peeled and shredded
1 Tbsp vegetable oil
2 C Cooked Quinoa
2 tsp fresh herbs (parsley or dill), finely chopped
Salt and pepper
1/4 tsp paprika
1 cup crushed tomatoes
1/2 cup of white wine
1/2 water

Sour cream to serve (optional)

Separate the leaves carefully form the cabbage and choose about 12 large ones. Cut of the hard stalks at the bottom. Bring a large pan of water to the boil, throw in the leaves and blanch for few minutes. Remove and refresh under cold water. Spread the leaves out on tea-towels (dishcloths) or pepper towels to dry. In a frying pan, sauté the onion and carrots in the oil until almost done but still a little crunchy. In a large bowl mix together the cooked quinoa, herbs, spices, cooked onion and carrots. Combine well. Spoon the mixture evenly into each cabbage leaf. Roll up, tucking in the sides. You may secure each with toothpicks. Transfer the cabbage rolls to a baking dish. Mix together the crushed tomatoes, wine and water; pour over the cabbage rolls and bake in preheated oven at 350 degrees for 30 minutes.

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**Kale and Potato Hash**

8 C Chopped Kale Leaves
2 Tablespoons Wasabi Paste or Horseradish
1 Medium Onion, minced
1/4 Tsp Salt
1/2 Tsp Pepper
2 C cooked potatoes, shredded
2 Apples diced

Mix wasabi, onion, pepper, salt, in a large bowl. Add the chopped kale, apples, and potatoes. Stir to combine

Heat oil in a nonstick pan and spread mixture into an even layer. Cook for 15 minutes, stirring every 5 minutes returning to an even layer until potatoes turn golden brown and crisp.

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