



Veggie Box Newsletter

Week 18 | October 20

Q: What do you get if you divide the circumference of a pumpkin by its diameter?

Think about it for a minute... But while you wait, think about how there are 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! A: *Pumpkin Pi*

WHAT'S IN THE BOX?

Gala Apples, Phillips Orchards & Cider Mill, St. John's
Heirloom Pie Pumpkin, Tomac Pumpkins, Chesaning
Lettuce Salad Mix, Smith Floral & Greenhouses, Lansing

Curly Kale, Hunter Park GardenHouse, Lansing

Hakurei Turnips, Ten Hens Farm, Bath

Leeks, Ten Hens Farm, Bath

Garlic, Green Eagle Farm, Onondaga

Add-Ons:

Bread, Stone Circle Bakery, Holt

Meat Variety, Pork Chop, Grazing Fields, Charlotte

Eggs, Grazing Fields, Charlotte

Chicken, Stone E River Ranch, Eagle

Pork, Grazing Fields, Charlotte

Beef, Heffron Farms, Belding

Cheese, Hickory Knoll, Onondaga

Producer
Spotlight:



What started as a 4-H and FFA project selling a few pumpkins has now grown into an on-farm and traveling market. The Tomac families have been involved in farming in the Chesaning area for the last four generations. For 30 years, the family farm has grown primarily corn, soybeans and wheat. The pumpkins and squash started with a couple different varieties for carving and ornamental uses. Since then, they have grown to include many distinct and unique varieties including almost 100 different pumpkins, gourds and squashes.



Crop Profile: Heirloom Pie Pumpkin

By definition, heirloom means an open-pollinated plant that pass on similar characteristics and traits from the parent plant to the child plant. Which, in turn, for you, means the taste and flavors of original seeds will be passed down maintaining a pure composition. Pie pumpkins, also called sugar pumpkins, are smaller in shape than the pumpkins you'd find at your typical pumpkin patch to carve, as is tradition. Pie pumpkins are commonly found in the grocery store in the produce section or at farm stands. This pumpkin dense and full of flesh making it a good choice for cooking. The pulp also is less grainy and sweeter in taste.

Weekly Recipes

Butternut Squash Bisque

adapted from cooking.nytimes.com

- 1 large butternut squash, peeled, seeds and fibers scooped out, cut into 1/2-inch cubes
- 5 cups chicken broth, homemade or low-sodium canned
- 1 tablespoon chopped fresh rosemary
- 2 teaspoons grated orange zest
- 1 teaspoon salt
- Freshly ground pepper to taste
- 2 tablespoons heavy cream, optional

PREPARATION

Preheat the oven to 375 degrees. Place the squash on a baking sheet and roast until tender, about 25 minutes. Transfer to a large saucepan and add the chicken broth, rosemary and orange zest. Bring to a boil over medium-high heat. Reduce heat and simmer for 30 minutes. Place the mixture in a food processor and process until smooth. Stir in the salt and pepper. Ladle the soup into bowls and swirl a little of the cream into each bowl if desired. Serve immediately.

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

How do I store my produce?

Storing produce is something that takes some practice and getting used to. When I was in the restaurants, we kept the cooler at 38 degrees which was optimal for the majority of vegetables but not all. Greens like it to be cold but they also do not like the cold air on them so wrapping them in a plastic bag and sealing them lightly helps. I sometimes will use a grocery bag for my collards, kale or other winter greens. For root vegetables, they like it to be cold and dry. The best place to store is in a root cellar but if you don't have one of those, in the veggie drawer works best. Be sure to wrap and close the bag

Green Apple, Cheese and Chard Oven Omelet

- 1 bunch (5 stalks) chard, stems and leaves separated
- Good tasting extra-virgin olive oil
- 2 medium onions, cut into 1-inch dice
- Salt and fresh-ground black pepper
- 1 large garlic clove, minced
- 1/4 cup water
- 1/2 of a large Granny Smith apple, peeled and diced
- 5 large eggs
- 3/4 cup milk
- 1/8 teaspoon fresh-grated nutmeg
- Salt, Pepper, and cheese to tastes (Asiago, Muenster, Monterey Jack suggested)

1. Preheat oven to 350°F. Chop the chard stems into 1-inch pieces, then chop the leaves the same way. Film a 10-inch skillet (with an ovenproof handle) with oil, and heat over medium high. Add the onions, chard stems, and a little salt and pepper. Sauté them to golden brown.
2. Stir in the garlic and chard leaves in 2 batches. As the first batch wilts, add the second. Add the water and stir over medium high until the leaves look like cooked spinach and the liquid is evaporated. Stir in the apples and remove the pan from the heat.
3. Beat together the eggs, milk, nutmeg, salt, pepper, and 2/3 of each of the cheeses. Pour the mixture over the cooked greens. Sprinkle with the remaining cheeses, cover with foil, and bake for 30 minutes. Uncover and bake 10 to 15 minutes more, or until a knife inserted in the center comes out with only a few bits of creamy egg and cheese clinging to it.
4. Let the omelet stand 5 to 10 minutes before cutting it into wedges.

Radish and Carrot Slaw

- 2 tablespoons fresh lime juice
- 1 teaspoons apple cider vinegar
- 1 1/2 teaspoons honey
- 2 cups matchstick-cut carrots
- 1 diced green pepper
- 1 cup shredded radishes
- 1/4 cup chopped cilantro

Preparation

Combine lime juice, apple cider vinegar, and honey in a large bowl, stirring with a whisk. Add carrots, green peppers, radishes, and cilantro; toss to coat.