



Veggie Box Newsletter

Week 20 | October 27

We made it! It's the final week of the Summer Veggie Box and we hope all of the fresh and local produce was enjoyed throughout the season! For all those neighbors who care to share your opinions on what we do, we'd love for you to fill out this survey to help us do our jobs even better (<https://goo.gl/forms/bdcYv6v3qGrMsrnk1>). And to all our neighbors who have signed up for the Fall Veggie Box, we are grateful for your loyalty and look to satisfy your fresh, local food needs once again!

WHAT'S IN THE BOX?

Butternut Squash, Peckham Farms, Lansing

Kennebec Potatoes, Peckham Farms, Lansing

Green Peppers, MSU Student Organic Farm, Lansing

Northern Spy Apples, Phillips Orchards & Cider Mill, Saint John's

Swiss Chard, Mixed, Hunter Park GardenHouse, Lansing

French Breakfast Radishes, Ten Hens Farm, Bath

Carrots, CBI's Giving Tree Farm, Lansing

Rosemary, CBI's Giving Tree Farm, Lansing

Add-Ons:

Bread, Stone Circle Bakery, Holt

Meat Variety, Pork Ribs, Grazing Fields, Charlotte

Producer Spotlight:

Peckham Farms is a 10 acre farm located in Lansing, MI. It is a part of Peckham Inc., a non-profit organization that provides rehabilitation and vocational training to individuals with disabilities and who face other employment barriers. The farm uses eco-friendly farming techniques such as water reclamation and Integrated Pest Management. Peckham Farms specializes in small fruits and is a large raspberry producer in the Mid-Michigan area. Peckham is also known for the beautiful flowers grown annually on the fields and in baskets.

Crop Profile: Butternut Squash



The butternut squash is a member of the gourd family in the *Cucurbita moschata* species and related to the pumpkin. Butternut squash is a winter squash that originated in Mexico. Today it is used all around the world from Africa to Australia (where they call it Butternut Pumpkin.) The flavor is nutty and sweet similar to pumpkin, and can work as both a savory or sweet dish. Low in fat, butternut squash delivers an ample dose of dietary fiber, making it an exceptionally heart-friendly choice. It provides significant amounts of potassium, important for bone health, and vitamin B6, essential for the proper functioning of both the nervous and immune systems.

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.



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