



Veggie Box Newsletter

Week 1 | November 2

Welcome to week 1! The Fall Veggie Box has arrived and is ready to thrill you with all the wonderful healthy choices inside. There are many returning Veggie Boxers and quite a few new for the Fall, we hope you all enjoy the bounty of the season. If you have questions for the Q&A section, please reply to the "What's in the Box?" email and I will answer them here in the newsletter. It is going to be a quick eight weeks! Today is "National Men Make Dinner Day" so guys- get that spatula in hand and start cooking!

What's in the Box?

- Rutabaga**, Titus Farms, Leslie
- Sweet Pepper**, Peckham Farms, Lansing
- Butternut Squash**, Tomac Pumpkin Patch, Chesaning
- Sage**, CBI Giving Tree Farm, Lansing
- Spinach**, CBI Giving Tree Farm, Lansing
- Fuji Apples**, Phillips Orchard & Cider Mill, St. Johns
- Garlic**, Peckham Farms, Lansing
- Radish**, Urbandale Farm, Lansing
- Red Onion**, Monroe Family Organics, Alma
- Cabbage**, Peckham Farms, Lansing

Producer Spotlight:



BEE WISE FARMS

Bee Wise Farms mission is to support the health and well being of our community through quality education, food, & personal development opportunities offered in an agricultural setting. Bee Wise Farms is focused on community success and offers personal and professional support through programs, mentorship, and nature based therapies.

Veggie Box Add-Ons

- Bread**, Stone Circle Bakehouse, Holt
- Eggs**, Grazing Fields, Charlotte
- Cheese/Chevre**, Hickory Knoll Farms Creamery, Onondaga
- Dry Beans**, Ferris Organic Farm, Eaton Rapids
- Coffee/Cold Brew**, Rust Belt Roastery, Lansing
- Honey**, Bee Wise Farms LLC, Lansing
- Pie/Sweet Treats**, Glory Bee Sweet Treats, Mason
- Meat Variety**, Grazing Fields, Charlotte
- Chicken**, Trillium Wood Farm, Eagle
- Pork**, Grazing Fields, Charlotte
- Beef**, Heffron Farms, Belding



Add-On Schedule

- Bread, Sweet Treats & Meat Variety: weekly
- Eggs: 11/2, 11/16, 11/30, 12/14
- Cheese: 11/2, 11/16, 11/30, 12/14
- Chevre: 11/2, 11/16, 11/30, 12/14
- Dry Beans: 11/2, 12/7
- Coffee, Bi-Weekly: 11/2, 11/16, 11/30, 12/14
- Coffee, Monthly: 11/2, 11/30
- Cold Brew: 11/2, 11/16, 11/30, 12/14
- Honey: 11/2
- Pie: 11/2, 12/7
- Chicken: 11/2, 11/16, 11/30, 12/14
- Pork: 11/2, 11/16, 11/30, 12/14
- Beef: 11/2, 11/16, 11/30, 12/14

Crop Profile: Rutabaga



The rutabaga is a root vegetable that originated as a cross between the cabbage and the turnip. The root can be prepared in a variety of ways, and the leaves can be eaten as a leaf vegetable. Various European countries have a tradition of carving them into lanterns at halloween, similar to the way we carve pumpkins! The first known printed reference to the rutabaga comes from the Swiss botanist Gaspard Bauhin in 1620. Introduction to North America came in the early 19th century with reports of rutabaga crops in Illinois as early as 1817. Finns cook rutabaga in a variety of ways: roasted, baked, boiled, as a flavor enhancer in soups, uncooked and thinly julienned as a side dish or in a salad, and as the major ingredient in the popular Christmas dish lanttulaatikko (swede casserole). Rutabaga is nice baked into a casserole with potatoes and cheese- gruyere is a family favorite for us! The flavor of raw rutabaga tastes milder than turnips almost like a carrot without sweetness. It's crisp, juicy, and just a tiny bit piquant. Rutabagas truly shine in baked dishes.



Rutabaga Gratin

1 1/2 cups cream
2 sprigs thyme
1/4 teaspoon nutmeg
1/2 tablespoon butter
2 pounds rutabagas, peeled and thinly sliced
2 teaspoons salt
1/4 teaspoon pepper
1 1/4 cups grated gruyere

Preheat the oven to 375F. In a small saucepan over medium heat, slowly bring the cream to a boil. Add the thyme and nutmeg and remove from heat. Steep for 15 minutes.

Butter a 13-by-9 inch baking pan or 2 1/2 quart baking dish. Arrange rutabaga slices in an overlapping fashion, seasoning with salt and pepper as you go. Remove the thyme sprigs from the cream and pour over the rutabaga. Bake for 30 minutes. Sprinkle evenly with cheese. Bake for an additional 15 minutes. Cool for 10 minutes before serving.

from www.rodalesorganiclife.com

Spinach Pesto

2 cups fresh spinach leaves, well-washed and stemmed

1/2 cup fresh parsley, preferably Italian flat leaf

1/2 cup walnuts, toasted

1/4 cup parmesan cheese, freshly grated

3 garlic cloves

2 tablespoons extra virgin olive oil

1/4 teaspoon salt

1/8 teaspoon fresh ground black pepper

Place all ingredients into food processor and process to a fine paste. Taste and adjust seasonings. Store with a thin layer of oil to prevent discoloring.

from <http://www.geniuskitchen.com>



**PLEASE BE SURE TO
RETURN YOUR
BOX WEEKLY!!**



The SQUASHED corner

Did you know that butternut squash is technically a fruit? Butternut has a sweet, nutty flavor that is wonderful roasted on a pan, peeled and cubed, or steamed. It is a good source of fiber, vitamin C, manganese, magnesium, and potassium; and it is an excellent source of vitamin A and vitamin E. The most popular variety, the Waltham Butternut,

originated in Waltham, MA, where it was developed at the Waltham Experiment Station by Robert E. Young. Dorothy Leggett claims that the Waltham Butternut squash was developed during the 1940s by her late husband, Charles Leggett, in Stow, Massachusetts, and then subsequently introduced by him to the researchers at the Waltham Field Station. She also claimed that name came from "smooth as butter, sweet as nut"

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Veggie Box 101

- return boxes weekly
- try new things
- ask produce questions
- communicate
- trend us on twitter
- post on Facebook
- create your own recipes
- freeze, can & preserve

Have Fun!!!

Baked Fuji Apples

3/4 cup oats
3/4 cup flour
2/3 cup light brown sugar, packed
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
Pinch kosher salt
1 stick cold unsalted butter, diced
4 Fuji apples
4 teaspoons honey

In a bowl combine all the dry ingredients & diced butter. Rub mixture briskly between fingertips until it forms small moist clumps in a loose sandy mixture. Refrigerate while preparing the apples. Cut a small layer off the bottom of each apple to create a flat, stable bottom surface. Core the apple, being careful not to puncture the bottom. Place apples on a baking sheet & fill each center with a tsp of honey. Spoon in mixture, packing lightly until heaped and overflowing over sides of the apples. Bake in oven at 350 degrees on the top or middle rack for 40 minutes or until filling is golden brown and a paring knife inserts with little or no resistance. Let apples stand for 10 minutes before serving.



The apple corner

Fuji apples were first developed in the 1930s at the Tohoku Research Station in Morioka, Japan. They quickly became one of the most commonly grown apple varieties in Japan and in the 1960s were made commercially available in the United States. Today, the bulk of Fuji apples are grown in Japan, China, and apple growing regions in the United States such as California, Michigan, and Washington State. Fuji apples unite two apple traditions—old American varieties discovered on farms and homesteads, and the modern way of breeding new apples at research stations. In fact, Virginia Ralls Janet apples, one of the Fuji's parents, was first grown at Thomas Jefferson's Monticello. Fuji made the circuitous route from the early United States, to Japan, back to America.

