



# Veggie Box Newsletter

## Week 14 | September 14



Welcome to week 14 of the Summer Veggie Box! We have more apples this week to help you welcome the fall season and celebrate International Eat an Apple Day this Saturday, the 16th. Whether you make apple pie, caramel apples, or cut up a bunch of crisp slices, enjoy every bite and have an amazing week!

### What's in the Box?

- Hot Pepper Mix**, *Titus Farms*, Leslie
- Carrots**, *Monroe Family Organics*, Alma
- Red Norland Potatoes**, *Peckham Farms*, Lansing
- Acorn Squash**, *Tomac Pumpkin Patch*, Chesaning
- Hericot Vert**, *Titus Farms*, Leslie
- Havasu Peppers**, *Ten Hens Farm*, Bath
- Ailsa Craig Onions**, *Peckham Farms*, Lansing
- Rosemary**, *CBI Giving Tree Farm*, Lansing
- McIntosh Apples**, *Phillips Orchard & Cider Mill*, St. Johns

### Add-Ons:

- Bread**, *Stone Circle Bakehouse*, Holt
- Sweet Treat**, *Good Eats Diva*, Lansing
- Meat Variety**, *Heffron Farm*, Belding



### Crop Profile: Acorn Squash



Acorn Squash (*Cucurbita pepo* var. *turbinata*) is a variety of winter squash, but its species (*Cucurbita pepo*) is incredibly vast and includes pumpkins and summer squashes like zucchini as well. Winter squashes differ from summer squashes in that they are harvested when the seeds inside have fully matured and the rind has hardened. This variety within the species comes from its long history and widespread geographic range. *C. pepo* may be one of the oldest domesticated crop species, found in southern Mexico 8,000-10,000 years ago with an ancient range possibly extending as far north as Maine. Squash, along with maize and climbing beans, is one of the "Three Sisters," the main agricultural crops of many Native American groups across North America.

Like other winter squashes, acorn squash is usually cooked before being eaten. It is commonly baked, but can also be microwaved, sauteed or steamed. The halves can be stuffed with rice, meat, or vegetables, or for a sweet treat, they can be baked with maple syrup filling. The seeds can also be roasted and eaten, just like the seeds of pumpkins or any other winter squash. Acorn squash is rich in vitamin A, dietary fiber, and potassium, and contains smaller amounts of vitamins C and B, magnesium, and manganese.

### Producer Spotlight:



After 14 successful years of catering and baking for coffee houses in Greater Lansing and Ann Arbor, Kathleen Cannata Hanna took a break to write and publish two cookbooks. In October 2014, she founded Good Eats Diva and returned to making hand-crafted fine foods. Good Eats Diva offers a variety of hand-crafted baked goods, including Kathleen's legendary biscotti. Carrying on the traditions of her Italian immigrant grandparents, Good Eats Diva takes the time to roll, shape, and cut biscotti loaves by hand to create a truly authentic product. Everything is made in small batches with the highest quality fresh ingredients, natural flavorings, and no preservatives, creating the most distinct and outstanding taste - a truly fabulous experience!



What do I do with that?

Veggie Box Q & A



What's in the hot pepper mix?



**Poblano:** can be hot, usually prepared for rajas or stuffed.

**Jalapeno:** hot! take out the seeds **and ribs** if you want to cool it down a bit.



**Chilaca:** mild to medium- hot with a distinct flavor; dried version is the pasilla.

**Hungarian Wax Pepper:** medium spice to hot!



**Anaheim Pepper:** On the more mild side, good pepper flavor

What is the havasu pepper?



A little spicy, sometimes used as an alternate to the poblano.

Here is the scoville scale- the measure of heat in peppers:

### Scoville Chile Heat Chart

#### Scoville Heat Units

15,000,000  
 2,000,000-5,200,000  
 1,000,000  
 577,000  
 200,000-350,000  
 100,000-250,000  
 30,000-50,000  
 15,000-30,000  
 12,000-30,000  
 8,000-23,000  
 5,000-8,000  
 3,500-8,000  
 2,500-4,000  
 1,500-2,500  
 1,000-2,000  
 500-2,000  
 500-1,500  
 500-1,000  
 500-750  
 0



#### Types of Peppers

Pure Capsaicin  
 US Grade Pepper Spray  
 Bhut Jolokia  
 Red Savina  
 Habanero  
 Chiltepin  
 Cayenne  
 Arbol  
 Manzano  
 Serrano  
 Yellow Hot  
 Jalapeno Pepper  
 Guajillo  
 Chilaca  
 Pablano  
 Anaheim  
 Chile Verde  
 Yellow Genetics  
 Red Chile  
 Sweet Bells

We have really enjoyed sourcing, packing, eating and supporting local food. If you have any comments or concerns, please contact me directly so I can make it right! I also would like to invite you all to join in our Fall Veggie Box, full of fantastic fall produce. Items will include but are not limited to apples, pumpkins, squash, carrots, mixed greens, cooking greens, spinach, cabbage, turnips, beets and many more! Sign up today to reserve your space at:

[bitly.com/veggiebox2017](http://bitly.com/veggiebox2017)

New Facebook Group:  
Summer Veggie Box 2017  
Check it out!



It is a new group so give it a little time to gain some members!

#### Stuffed Acorn Squash

submitted by Ruthie Sudderth

- 1 acorn squash, halved (top to bottom)
- 1 apple, chopped into 1/2 inch cubes
- 2 cups cooked wild rice
- 1 sweet onion, diced
- 1/4 cup dried cranberries
- 2 tsp dried sage
- 3 tbsp olive oil
- Salt and pepper

1. Preheat oven to 400. Place halved acorn squash cut-side down on a baking sheet after seasoning with 1 tbsp olive oil and salt and pepper. Roast for 25 minutes.
2. Cook wild rice according to instructions; using vegetable or chicken broth will add a lot of flavor.
3. Sautee onion, apples, sage, cranberries and cooked wild rice in 2 tbsp olive oil for 3-5 minutes. Season well.
4. Scoop seeds from squash halves and fill with rice mixture. Return to oven for another 10 minutes or until squash can be easily pierced with a knife with no resistance.

Tip: this is a vegetarian and vegan-friendly recipe, but is also wonderful with savory sausage crumbles added to the rice mixture!

Enjoy



Please be sure to return your box every week! or bring a reusable bag for your fruits & veggies!

