



Veggie Box Newsletter

Week 15 | September 21



Welcome to week 15 of the Summer Veggie Box! The autumnal equinox arrives this Friday, bringing nearly equal hours of night and day and the official start of fall. The beginning of our Fall Veggie Box season is just around the corner too, and spots are filling up quickly! To make sure you get one of the remaining shares of delicious fall produce grown close to home, sign up at bitly.com/veggiebox2017

What's in the Box?

Sun Spot Squash, *Tomac Pumpkin Patch*, Chesaning
Brussel Sprouts, *CBI Giving Tree Farm*, Lansing
Red Bell Peppers, *Peckham Farms*, Lansing
Heirloom Tomatoes, *Titus Farms*, Leslie
Shallots, *Ten Hens Farm*, Bath
Cooking Greens, *Monroe Family Organics*, Alma
Cortland Apples, *Phillips Orchard & Cider Mill*, St. Johns
Garlic, *Michael Grimes*, Webberville



Producer Spotlight:



Stone E River Ranch is a small farm located in Eagle Michigan that has been in the family since 1840. They still use all natural practices to raise their livestock and vegetables the way their forefathers did and the way mother nature intended. They pride themselves on raising quality beef as well as a wide range of pesticide-free vegetables, herbs, and livestock.

Stone E River's goal is to provide naturally grown meat and produce at a reasonable price for individuals who want to know where their food comes from and exactly how it is grown. They strive to grow safe products that you will be proud to serve at your family dinner table.



Crop Profile: Sun Spot Squash

Sun spot squash, a hybrid cultivar introduced in 2005, is a variety of winter squash within the species *Cucurbita maxima*. *Cucurbita maxima* is one of at least four species of cultivated squash, along with *Cucurbita pepo*, the species of last week's featured crop, acorn squash. Sun spot squash is known for its red-orange fruit that only reaches one to three pounds, the perfect size for a small family dinner when compared to larger squash varieties. The dry, dark orange flesh has a sweet flavor that has been described as a combination of chestnut, sweet potato, and popcorn. The color of the squash's flesh tends to correspond with its flavour overall – the deeper the color, the richer the taste. Due to its sweet, nutty flavor, sun spot squash is often used in savory recipes and cooked with butter and herbs. It can be used in soups, stews and casseroles or added to stir-fries. For something extra sweet, it can be incorporated into cakes, breads, muffins, cookies, and pies. Sun Spot squash provides a good source of fiber, and it also contains vitamin A, vitamin C, B vitamins, calcium, potassium, iron, riboflavin and thiamine.

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

Sign up today! Space is going quick!!

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

How do you cook squash?

There are many ways to cook squash: bake, boil, simmer, saute, microwave (my least favorite method). I like to bake squash in a convection oven at 400. Cut the squash in half and rub the cut side with a little olive oil. I use parchment paper on the sheet tray because the caramelization of the squash sometimes makes quite a mess. The cut side is placed down and it is cooked until a knife can be easily pushed into the skin. The squash can be turned over to brown the top. Some butter, salt, and pepper is a nice savory way to serve or on the flipside sugar, cinnamon, and a touch of syrup for sweet.

The Apple Corner

This week the apple is a cortland, developed in New York in 1898. There are many uses but this variety is well known for the snowy white flesh best used in salads. It is also great for pies and sauces!

Parmesan Roasted Brussel Sprouts

submitted by Ruthie Sudderth

1 share brussel sprouts; peel off outer dark and loose leaves and cut the base off, then cut in half top to bottom

3 tbsp grated Parmesan cheese

1 tbsp lemon juice

Zest of 1 lemon

2 tbsp olive oil

Salt and pepper

1. Preheat oven to 400
2. Toss sprouts in olive oil, salt, pepper and Parmesan
3. Roast on a baking sheet for 25 minutes, flipping once.
4. Finish with lemon juice and zest. Enjoy!

Waldorf Salad

3 ea cortland apples, in 1" cubes

1/2 lemon

1 1/2 cup sour cream

2T sugar

1/2 cup mayo

chopped walnuts

halved grapes (if desired)

shredded chicken (if desired)

Cut the apples into cubes and put in a large bowl of water with the lemon squeezed into it. This apple variety browns slowly but it is good to have a little bit of acid to slow it down. Let the apples set in the lemon water for about 10 minutes. If you would like a more concentrated lemon flavor, zest the lemon before squeezing it in the water and use in the salad. Mix together the sour cream, mayo and sugar. Add the apples to the mix and toss slightly. Your salad is ready! Add some grapes or chilled shredded chicken if you would like or put it over a bed of lettuce. The salad can be stored in the fridge for a couple of days and is better when chilled for a couple of hours or at least 30 minutes.

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

