



Veggie Box Newsletter

Week 16 | September 28

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Welcome to week 16 of the Summer Veggie Box! We are excited to provide you with a delicious selection of local produce on National Good Neighbor Day! Later today when you lend another cup of sugar or wave hello to passing neighbors, don't forget about the amazing Veggie Box farmers and food producers working just a few miles down the road. The Summer Veggie Box season may be drawing to a close, but keep in mind that the Fall Veggie Box season begins just as quickly! Only a limited number of spots are left, so sign up today at bitly.com/veggiebox2017

What's in the Box?

- Slicing Tomatoes, Titus Farms, Leslie**
- Yellow Shallots, Monroe Family Organics, Alma**
- Broccoli, Peckham Farms, Lansing**
- Spaghetti Squash, Tomac Pumpkin Patch, Chesaning**
- Rainbow Carrots, CBI Giving Tree Farm, Lansing**
- Zucchini, Peckham Farms, Lansing**
- Arugula, CBI Giving Tree Farm, Lansing**
- Paula Red Apples, Phillips Orchard & Cider Mill, St. Johns**
- Parsley, CBI Giving Tree Farm, Lansing**
- Ginger, MSU Student Organic Farm, Holt**

Add-Ons:

- Bread, Stone Circle Bakehouse, Holt**
- Sweet Treat, Rooted Home Farm & Goods, Lansing**
- Meat Variety, Heffron Farm, Belding**

Crop Profile: Spaghetti Squash

Spaghetti squash (*Cucurbita pepo* subsp. *pepo*) is a type of winter squash with several cultivars that range from white to yellow-orange in color. Orange varieties of spaghetti squash contain a greater amount of beta carotene. When cooked, the squash's yellow flesh falls away from the skin in long strands similar to spaghetti noodles, earning the fruit a variety of nicknames, including vegetable spaghetti, noodle squash, vegetable marrow, and squaghetti. Spaghetti squash makes a great low-carb, gluten-free, low-calorie pasta substitute, with only 10 grams of carbohydrates and 42 calories in every 1-cup serving. Just like pasta or rice, its mild flavor goes well with many different sauces and toppings. The strands run around the squash's circumference, not its length. So to produce the longest spaghetti-like strands, cut the squash in halves horizontally or further into rings before cooking. Leaving the halves intact will also create convenient bowls for your squaghetti. Just cut a sliver off each end to give the bowls a stable base while roasting. In addition to beta carotene, each serving of spaghetti squash will also give you a boost of folic acid, potassium, vitamin A, and vitamin C.

Producer Spotlight:



Stone Circle Bakehouse, of Holt, Michigan, specializes in the European tradition of artisanal bread that is cut, scaled, and shaped by hand. Owner Kevin Cosgrove allows his dough to slowly ferment before baking it on the deck of his wood-fired oven. At Stone Circle Bakehouse, the innovative deliciousness stems from Cosgrove's desire to preserve traditional baking methods, rather than change them.

Organic, local ingredients are prioritized when possible to bring customers fresh, environmentally and community friendly baked goods.





What do I do with that?

Veggie Box Q & A

What in the world do I do with fresh ginger?!

Fresh ginger is one of my favorite things to use for a variety of recipes. To start, peeling ginger is a simple task- just use the edge of a spoon. The skin on fresh ginger is so thin that the dull edge of the spoon will take off just the skin and not waste the "meat." I like to hand grate ginger because it keeps the fibers out of my finished product. It adds a wonderful spice to many recipes! Ginger can be sliced and added to your favorite hot tea; is great grated and added to fish, stir fry and soup; and can be pickled or sugared for later use. The quantity used to measure ginger is referred to as a "hand of ginger" (which is an odd way of describing an amount)!

Can I use spaghetti squash as spaghetti?

Yes! It is quite the concept to wrap your head around but it does really look and feel like angel hair pasta. The flavor is a slight bit different but when you top it with some marinara, you will not really taste the difference (and it is a great way to get more veggies on the plate of that discerning toddler palate!). Bake the squash, fluff it with a fork and enjoy your plate of faux pasta!



The apple corner

Paula Reds can be used for both fresh eating and for cooking. They make a particularly good applesauce, since the apples break down quickly. They are less valuable in baking because of this tendency, but are great in pies when combined with firmer varieties of apples.

The texture tends to be firmer immediately after harvest, and becomes mealier (and sweeter) through storage. Like many apples, Paula Reds were not grown on purpose. Lewis Arrends discovered a Paula Red tree as a chance seedling in 1960 in Sparta, Michigan. He named the new, tasty variety after his wife Pauline. They entered the US market in 1968.



There is a VERY limited amount of spots remaining in the Fall Veggie Box! If you have not already registered, go to:

bitly.com/veggiebox2017

Payments will be due by October 12th so be sure to reserve your space ASAP. Thank you for supporting local food!

Veggie Box Arugula Salad

1 share arugula
1 share broccoli, chopped
1 ea tomato, chopped or cut in wedges
1 ea carrots, grated
1 ea zucchini, grated
1 ea paula red apple, sliced
parsley (optional)
1 tsp shallot, chopped
1/4 tsp ginger, grated
1 tsp dijon mustard
1/2 lemon, juice
1/2 c vinegar (apple cider, white, or your favorite)
1 c olive oil
honey (optional)

To make the vinaigrette: combine (in blender or container for immersion blender) vinegar, lemon, ginger, shallot, dijon and honey (optional for sweetness up to 1/2 teaspoon or so). Blend until smooth and slowly drizzle the oil to create the emulsion. Finish with salt and pepper to taste.

Toss the remaining ingredients in a bowl and dress.

Ginger Broccoli

1 tablespoon olive oil
1 heads broccoli florets
1 garlic clove, thinly sliced
1 piece fresh ginger (1/2" inch), peeled and slivered
1 tablespoon fresh lemon juice
coarse salt and ground pepper

Prepare the broccoli by cutting into florets and if there is a stalk, peel the woody exterior with a vegetable peeler. The interior of the stalk has nice flavor and the texture is similar to a water chestnut. Slice the peeled stalk and set aside for cooking later.

In a large skillet that has a lid, heat the olive oil over medium heat. Add broccoli florets, sliced broccoli stalk, garlic, and ginger. Cook until broccoli is bright green and the ginger gives off a wonderful aroma. Add a couple of tablespoons of water to steam the broccoli slightly, cover the pan, turn down the heat and let simmer until the broccoli is tender yet crisp. Give a quick squeeze of lemon and remove from the heat. Salt and Pepper to taste.

**PLEASE BE SURE TO RETURN YOUR BOX
EVERY WEEK! OR BRING A REUSABLE BAG
FOR YOUR FRUITS & VEGGIES!**

