



Veggie Box Newsletter

Week 18 | October 12



Welcome to week 18! It's hard to believe we only have two weeks left of the Summer Veggie Box. We hope you enjoy this week's selection of the best fresh, local produce. Among the changing leaves and darker, cooler evenings, nothing is more comforting than crisp apples or delicious squash roasting in the oven. As you're enveloped in warm nostalgia, commemorate your creations with plenty of fun pictures to celebrate World Toy Camera Day this Sunday. Have a great week, and enjoy!

What's in the Box?

Leeks, *Titus Farms*, Leslie

Peppers, *Titus Farms*, Leslie

Tomatoes, *Peckham Farms*, Lansing

Butternut Squash, *Tomac Pumpkin Patch*, Chesaning

Spinach, *CBI Giving Tree Farm*, Lansing

Onion, *Ten Hens Farm*, Bath

Northern Spy Apples, *Phillips Orchard & Cider Mill*, St. Johns

Swiss Chard, *Lansing Roots Farm*, Mason

Add-Ons:

Bread, *Stone Circle Bakehouse*, Holt

Sweet Treat, *Rooted Home Farm & Goods*, Lansing

Meat Variety, *Grazing Fields*, Charlotte



Producer Spotlight:



Part of the Greater Lansing Food Bank, the non-profit Lansing Roots Farm assists low-income and underserved populations. Since 2013, Lansing Roots has worked to get local fresh produce to all people in every community using a self-help approach. Their incubator farm program enables those interested in starting their own farm business to learn how to sustainably and ecologically grow their food, as well as how to market it. By lowering the barriers to success, Lansing Roots helps new farmers get off to a great start.



Crop Profile: Northern Spy Apple

Northern Spy is an apple cultivar that originated in East Bloomfield, New York around 1800. From the late 1600s to early 1800s, the Northeast rapidly created new apple varieties. Without nurseries to provide apple trees for orchards, settlers had to plant tens of thousands of seeds, which would each grow new apples with unknown quality. The best trees resulted in classic apple varieties like the Northern Spy. The Northern Spy has thin, pale green skin with red stripes and large, irregular-shaped fruit. Its cream-colored flesh is tarter and crunchier than most popular varieties. It also ripens late in the season, starting around late October, which makes it a great apple for long term storage into the winter months. Its thin skin bruises easily, so it isn't widely available outside the Northeast, but it remains a favorite for pie making in that region. The Northern Spy is great for desserts since it keeps its texture so well after baking. But it can also be enjoyed fresh in salads or alongside your favorite nuts and cheese. Like many older apple varieties, the Northern Spy is well known for its excellent cider-making qualities too. Northern Spy apples contain plenty of dietary fiber, and they provide vitamin A and vitamin C, which are found in the highest amounts in the fruit's skin.



What do I do with that?

Veggie Box Q & A

Can I use multiple varieties of apples in my apple pie?

Yes! Using different varieties is a great way to get a nice complex flavor in your pie. I like to use different apples to create layers of flavor and texture. When making a pie, using only apples that are good for sauce or cooking will lead to a pocket of air at the top of your pie. I like to use some apples that will cook down but also some that will keep texture. This will help to give you a saucy and firm apple filling. I also like to go outside the spice box- use cardamom and allspice or cloves in your pie. But be cautious of how much spice, you want the star to remain the star and not get lost in the spice.

What is the secret to a good pie crust?

My secret is cold water, cold hands, preparation, and chill factor. Keeping your fat (butter, margarine, or lard) cold is key. What the fat and flour do is create many layers that give the flake in your wonderfully light crust. I use butter and a pastry cutter. Freezing the butter and working on a chilled surface help to keep your dough from melting. Be prepared to work- mise en place is a definite requirement for all pastries!

The SQUASHED CORNER

This week the squash is a butternut, a wonderful popular variety. Butternut has a sweet, nutty flavor that is wonderful roasted on a pan, peeled and cubed or steamed. Did you know that butternut squash is technically a fruit? 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".

Butternut Squash Pie!

adapted from Martha

Pie Crust

- 1 medium butternut squash
- 4 large eggs, room temperature
- 3/4 cup packed light-brown sugar
- 1 tablespoon cornstarch
- 1/2 teaspoon kosher salt
- 1 teaspoon ground cinnamon
- 3/4 teaspoon ground ginger
- 1/4 teaspoon freshly ground nutmeg
- 1/2 teaspoon pure vanilla extract
- 1 can (12 ounces) evaporated milk

Lightly sweetened whipped cream, for serving

Preheat oven to 400 degrees. Cut squash in half lengthwise and scoop out seeds. Place, cut-side down, on a parchment-lined rimmed baking sheet and roast until soft, 45 to 50 minutes. When squash is cool enough to handle, scoop out flesh and transfer to a food processor; process until smooth. Transfer to a cheesecloth-lined colander set over a bowl. Squeeze out excess moisture and let stand, covered with plastic, at least 2 hours or, refrigerated, up to 3 days. Return to room temperature before using. Preheat oven to 400 degrees with racks in lower and upper thirds. Line crust with parchment. Fill with dried beans or pie weights. Bake piecrust on lower rack until edges begin to turn golden and bottom is dry, 22 to 25 minutes. Carefully remove parchment and beans. Reduce oven temperature to 375 degrees and return crust to oven. Bake until golden brown and dry, 10 to 15 minutes more. Let cool slightly on a wire rack. Reduce oven temperature to 325 degrees. Whisk together 1 cup squash puree and remaining 3 eggs. In a separate bowl, whisk together brown sugar, cornstarch, salt, and spices. Whisk dry ingredients into squash mixture, then stir in vanilla and evaporated milk to combine. Pour filling into piecrust; tent rim with foil and bake until center is just set, 50 to 65 minutes. Let cool completely on rack. Serve with dollop of

Baked Apples

- 1 baking apple per person
- cinnamon sticks
- maple syrup
- dot of butter

Preheat oven to 350°F.

Wash and core the apples.

Place in a baking dish so they aren't touching. Put a sliver of cinnamon in the hole. Add a dot of butter and 1 tbsp maple syrup if you would like. Bake until soft, about 25 to 40 minutes depending on the size of the apple.

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

