



Veggie Box Newsletter

Week 19 | October 19



Welcome to week 19 of the Summer Veggie Box! We only have one week left in the Summer Veggie Box and are so glad you have all been such great participants. We enjoy getting the boxes together and sending them out for delivery or seeing you at the pickup. It is great to get to know you all and celebrate "Get to know your Customers Day." Also- don't forget your purple today to celebrate Spirit Day!

What's in the Box?

Pie Pumpkin, *Tomac Pumpkin Patch*, Chesaning
Radishes, *Urbandale Farm*, Lansing
Kennebec Potatoes, *Peckham Farms*, Lansing
Hakurai Turnip, *Ten Hens Farms*, Bath
Garlic, *Urbandale Farm*, Lansing
Brussel Sprouts, *Monroe Family Organics*, Alma
Golden Delicious Apples, *Phillips Orchard*, St. Johns
Sage, *CBI Giving Tree Farm*, Lansing
Lavendar, *CBI Giving Tree Farm*, Lansing



Producer Spotlight:



Rahel Musa is the owner and operator of her family business Teff-Riffic. Teff-Riffic is an Ethiopian food stand inside the Allen Market Place consisting of healthy vegan and vegetarian dishes. Teff, a tiny gluten-free whole grain that has high nutritional value. Musa's native country Eritrea, located just north of Ethiopia, is well known for growing teff and has been a staple of traditional Ethiopian cooking for thousands of years. Musa is bringing that tradition to Lansing. Musa moved to Lansing, MI with her family and began her cooking business in a warehouse. In June of 2015, she moved her business into the Allen Market Place and continues to serve her amazing and healthy food every week at the Farmers Market.

Add-Ons:

Bread, *Stone Circle Bakehouse*, Holt
Sweet Treats, *Teff-riffic*, Lansing
Meat Variety, *Grazing Fields*, Charlotte
Eggs, *Grazing Fields*, Charlotte
Cheese/Chevre, *Hickory Knoll Farms Creamery*, Onondaga
Coffee/Cold Brew, *Rust Belt Roastery*, Lansing
Chicken, *Trillium Wood Farm*, Williamston
Pork, *Grazing Fields*, Charlotte
Beef, *Heffron Farms*, Belding

Crop Profile: Lavender



Lavandula (common name lavender) is a genus of 47 known species of flowering plants in the mint family, Lamiaceae. It is native to the Old World and is found from Cape Verde and the Canary Islands, Europe across to northern and eastern Africa, the Mediterranean, southwest Asia to southeast India. Many members of the genus are cultivated extensively in temperate climates as ornamental plants for garden and landscape use, for use as culinary herbs, and also commercially for the extraction of essential oils. The most widely cultivated species, *Lavandula angustifolia*, is often referred to as lavender, and there is a color named for the shade of the flowers of this species. Lavender can be dried or used fresh.

Glazed Hakurei Turnips

1 share hakurei turnips trimmed, greens reserved

2 Tblsp unsalted butter

1 Tblsp sugar

Kosher salt

Place turnips in a large skillet; add water to cover turnips halfway. Add butter, sugar, and a large pinch of salt; bring to a boil. Cook, stirring occasionally, until liquid is syrupy and turnips are tender, about 15 minutes.

Add turnip greens to skillet and cook over medium heat, stirring occasionally, until just wilted, 2-3 minutes. Season with salt.

Sauteed Brussel Sprouts

6 slices bacon, chopped

1 large shallot, sliced

1 pound brussels sprouts halved

6 garlic cloves, thinly sliced

3/4 cup chicken, pork or vegetable broth

1/8 teaspoon salt

1/8 teaspoon freshly ground black pepper

Heat a large skillet over medium-high heat. Add bacon, and sauté for 5 minutes or until bacon begins to brown. Remove pan from heat. Remove the bacon from pan with a slotted spoon, reserving 1 tablespoon drippings in pan.

Return pan to medium-high heat, and stir in bacon, shallot, and Brussels sprouts; sauté 4 minutes. Add garlic, and saute for 4 minutes or until garlic begins to brown, stirring frequently. Add the broth, and bring to a boil. Cook for 2 minutes or until the broth mostly evaporates and the sprouts are crisp-tender, stirring occasionally. Remove from heat; stir in salt and pepper.



What do I do with that?

Veggie Box Q & A

What can I do with sage?

The best way that I like to have sage is in stuffing. It just adds a nice flavor to a turkey or poultry stuffing. The sage can go overboard though so beware of the power of the sage! There is a trendy set of cocktails that was going around with sage in them as well- I was not into those as much. Sage is also a great addition to soups and flavored butters. The beurre composé is a traditional item that is a herbed butter that is rolled and then chilled. The butter slice is placed on top of a nicely grilled steak and the flavors soak into the meat. Sage can also be used as a flavoring to browned butter.

Honey Lavender Oven Baked Apples

5 apples, skin on, halved and core removed

5 Tbsp coconut oil (or butter), divided

5 Tsp honey, divided

Lavender, to taste

Cinnamon, to taste

Preheat the oven to 400 degrees F. Place the apples, face up, in an oven safe baking dish. For each 1/2 apple, add 1/2 Tbsp coconut oil, 1/2 Tsp honey, a sprinkle of cinnamon, a pinch of lavender. Bake in the oven for 35 minutes, or until the apples are tender. Baste occasionally the apples with baking juices.

The Apple Corner



This week the apple is a Golden Delicious, a possible seedling hybrid of Grimes Golden and Golden Reinette. The original tree was found on the Mullins' family farm in Clay County, West Virginia, United States and was locally known as Mullin's Yellow Seedling and Annet apple. Anderson Mullins sold the tree and propagation rights to Stark Brothers Nurseries for \$5000, which first marketed it as a companion of their Red Delicious in 1914. The Golden Delicious was designated the official state fruit of West Virginia in 1995.

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WE WOULD LIKE TO

Thank You!

FOR SUPPORTING LOCAL FOOD

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