Welcome to week 2! Another wonderful box is coming your way full of delightful fall produce. The weather is starting to feel much more in line with the season & I expect we will have snow pretty soon as well. This box has quite a few items that are great for an afternoon of cooking on a chilly afternoon, think soup! The Veggie Box Week 2 soup could really be a culinary delight!

In observance of Veterans Day on Friday November 10,
Thank You to all veterans past, present & future: you are never forgotten.

What's in the Box?
Buttercup Squash, Tomac Pumpkin Patch, Chesaning
Flat Parsley, CBI Giving Tree Farm, Lansing
Salad Mix, CBI Giving Tree Farm, Lansing
Empire Apples, Phillips Orchard & Cider Mill, St. Johns
Leek, Ten Hens Farm, Bath
Carrot, Ten Hens Farm, Bath
Red Norland Potato, Monroe Family Organics, Alma
Jalapeno Pepper, Lansing Roots Farm, Mason
Kale, Hillcrest Farms, Eaton Rapids

Produce Spotlight:
Lansing Roots is a program of the Greater Lansing Food Bank(GLFB), designed to help beginning farmers from the greater Lansing area begin successful farming enterprises through an incubator farm setting. The GLFB has been supporting home and community gardens for over thirty years through the Garden Project and Lansing Roots serves as a complement to the on-going support for community gardens by encouraging successful gardeners and interested entrepreneurs to develop farm enterprises.

The 10+ acre farm is designed to host farm businesses for 2-5 years while they grow and develop. Lansing Roots focuses on limited-resource and historically under-served populations; primarily refugee, immigrant, low-income, minority, and women farmers. Lansing Roots reduces barriers to farmers by providing land and infrastructure, farm resources, trainings, Demonstration Farm Plot, and a marketing collective that includes business planning and development and sales opportunities.

Veggie Box Add-Ons
Bread, Stone Circle Bakehouse, Holt
Sweet Treats, Stone Circle Bakehouse, Holt
Meat Variety, Trillium Wood Farm, Williamston

Add-On Schedule
Bread, Sweet Treats & Meat Variety: weekly
Eggs, Cheese, Chevre, Coffee (Bi-Weekly), Cold Brew, Chicken, Pork, Beef:
11/16, 11/30, 12/14
Dry Beans, Pie, Coffee(Monthly): 12/7

Crop Profile: Flat Parsley
Flat (Italian) parsley is a variety of the parsley plant with flat leaves which is used as an herb in a wide range of cuisines around the world. Probably the most commonly used herb in the culinary arts, parsley comes in two types: Italian parsley and curly parsley. Curly parsley is less flavorful than Italian parsley and is mainly used as a garnish. Italian parsley (which is also known as flat parsley or flat-leaf parsley) has dark flat leaves and slender stems, with a bright and slightly bitter flavor. The stems have more flavor and aroma than the leaves. Parsley stems are one of the traditional ingredients in the bouquet garni and sachet d’epices, which are used for flavoring stocks, soups and sauces. Italian parsley is sometimes mistaken for cilantro, and they do indeed look similar. But Italian parsley has darker, shinier leaves than cilantro (which also known as coriander), and cilantro leaves are more delicate and fragrant. Parsley has a ton of uses beyond garnish. It can be used in combination with basil in pesto or stand alone in a wonderful chimichurri.
Chimichurri
1/2 cup red wine vinegar
1 teaspoon kosher salt plus more
3-4 garlic cloves, thinly sliced or minced
1 shallot, finely chopped
1 red jalapeño, finely chopped
1/2 cup minced fresh cilantro
1/4 cup minced fresh flat-leaf parsley
2 tablespoons finely chopped fresh oregano
3/4 cup extra-virgin olive oil
Combine all ingredients in a cuisinart and pulse.
Store in refrigerator.

Potato-Leek Soup
3 Tbsp butter (or fat from 1/2# bacon cooked)
2 cups leeks (white part only), thinly sliced
3 medium potatoes, peeled & chopped
3 garlic cloves
2 apples, cored, peeled & chopped
5 cups stock
1/2# bacon, cooked & chopped
Salt and white pepper to taste
1 bunch parsley, chopped
Wash the leeks thoroughly as they have a tendency 
to hold sand in between layers. Chop and then saute 
them in the butter (or bacon fat) until softened. Add 
the garlic and apples and saute until slightly 
browned. Add the stock and then add the potatoes to 
the pot. Cook until the potatoes are softened and 
remove from the heat. If you would like a smooth 
soup, you can blend at this point if not, it is ready to 
serve. Blend if desired and then add the bacon, salt 
and pepper. Srit in some of the parsley for flavor and 
garnish on the top as well. You may add heavy 
cream, creme fraiche, or yogurt if a creamier texture 
is desired...just be careful to temper the cream before 
adding so it does not break.

Curry Roasted Buttercup Squash
1 buttercup squash
3 tablespoons melted coconut oil (you may need 
more or less, depending on the size of your squash)
2 teaspoons curry powder (to taste)
1 teaspoon brown sugar (to taste)
salt and pepper (to taste)
Preheat oven to 400° F. Line a baking sheet with foil. 
Scrub the outside of the buttercup squash. With a 
large, sharp knife, carefully cut through the squash 
from the top down. (It helps to rock the knife back 
and forth as you apply firm pressure). Scoop out 
the seeds from the center of the squash with a spoon. 
Lay the squash halves skin-side up so that they are 
stable on your cutting board. Follow the natural 
indentations on the squash and slice it into wedges. 
Place squash on a foil-lined baking sheet and drizzle 
them with melted coconut oil, salt, pepper and curry 
dust with brown sugar. Place a small amount of 
curry and brown sugar on the side for later. 
Place in oven for 15 minutes. Gently turn wedges 
over, sprinkling with extra curry powder and brown 
sugar. Return to oven for 10-15 minutes. 
Let cool and serve.
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Delivery & Pickup 
for Thanksgiving 
week is on Tuesday, 
November 21

The SQUASHED corner
Buttercup squash is a common variety, with a 
turban shape (a flattish top) and dark green skin, 
weighing 3-5 pounds, and normally heavy with 
dense, yellow-orange flesh. Cucurbita maxima, 
one of at least four species of cultivated squash, is 
one of the most diverse domesticated species. This 
species originated in South America from the wild 
Cucurbita andreana over 4000 years ago. 
Buttercup squash can be roasted, baked, and 
mashed into soups, among a variety of filler uses, 
much like pumpkin. Different squash types of this 
species were introduced into North America as 
early as the 16th century. By the early 19th 
century, at least three varieties are known to have 
been commercially introduced in North America 
from seeds obtained from Native Americans.

The apple corner
Empire apples are a member of the rose family 
(Rosaceae) along with pears and quince. A 
successful cross between Red Delicious and 
McIntosh, the Empire contains flavor characteristics 
of both its parent apples. With the popular Red 
Delicious and McIntosh for parents, Empire was 
destined to be a hit. It’s a sweet-tart combination 
that’s very versatile. Empire is the name of a 
clonally-propagated cultivar of apple derived from a 
seed grown in 1945 by Lester C. Anderson, a Cornell 
University fruit nutritionist who conducted open 
pollination research on his various orchards. Empire 
apples can be roasted, baked or sautéed. They pair 
well with pumpkin, pear, sharp cheeses and warm 
spices such as ginger, cinnamon and nutmeg.