



Veggie Box



Veggie Box Newsletter Week 2 | November 9



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
- Kalette**, *Hillcrest Farms*, Eaton Rapids

Producer 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. Sprinkle 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.

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.



**PLEASE BE SURE TO
RETURN YOUR
BOX WEEKLY!!**



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 and 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.
www.fromthegrapevine.com



**Delivery & Pickup
for Thanksgiving
week is on Tuesday,
November 21**

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.

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