



# Veggie Box Newsletter

## Week 20 | October 26



Welcome to week 20! The last week of the Summer Veggie Box is here! It has been such a pleasure to gather local, in-season produce for you all, and we are so thankful for your enthusiastic support every week. Today is National Pumpkin Day, and Halloween is only a few days away, so now is a great time to welcome the new fall season and all the special produce it has in store. We've enjoyed our summer with you, and we wish you wonderful fall filled with even more amazing food. Thank you so much, and we hope to see you again soon!

### What's in the Box?

**Celeriac**, *Titus Farms*, Leslie  
**Cherry Tomatoes**, *Peckham Farms*, Lansing  
**Acorn Squash**, *Tomac Pumpkin Patch*, Chesaning  
**Kale**, *CBI Giving Tree Farm*, Lansing  
**Rosemary**, *CBI Giving Tree Farm*, Lansing  
**Carrots**, *Ten Hens Farm*, Bath  
**Jonathon Apples**, *Phillips Orchard & Cider Mill*, St. Johns  
**Spring Mix**, *Monroe Family Organics*, Alma  
**Shallots**, *Green Eagle Farm*, Onondaga

#### Add-Ons:

**Bread**, *Stone Circle Bakehouse*, Holt  
**Sweet Treat**, *Rooted Home Farm & Goods*, Lansing  
**Meat Variety**, *Grazing Fields*, Charlotte



### Crop Profile: Celeriac



Celeriac (*Apium graveolens* var. *rapaceum*), also known as celery root, knob celery, and turnip-rooted celery, descends from the same wild species as stalk celery. Originating in the Mediterranean Basin, celeriac was developed to have a large, bulbous hypocotyl, which is the stem of the germinating seedling. The warty, globular root vegetable had many religious and medicinal uses in ancient Egypt, Greece, and Italy, but it took until the late 1600s for it to be commonly cultivated throughout Europe. There it remains a favorite and is known for its use in the classic cold French salad *célerie rémoulade*. When celeriac's bumpy exterior is peeled, its white flesh looks like that of a turnip and has a taste similar to stalk celery. Celeriac is often used as a low-starch substitute for other root vegetables and can replace potatoes in many recipes, including soups, stews, and gratins. It can also be mashed, boiled, French fried, or grated into salads. Each half cup of raw celeriac contains only four grams of carbohydrates, no fat, and only 30 calories. Like stalk celery, celeriac is a great source of vitamin K. It also provides a good source of dietary fiber, potassium, phosphorus, and vitamin C.

### Producer Spotlight:



Since 2007, Ten Hens Farm founders Adam and Dru have been putting their agricultural backgrounds to work. Both Adam and Dru grew up around farming and continued to pursue agriculture through commercial agriculture education, and the Student Organic Farm at Michigan State. Located in Bath, MI, Ten Hens Farm uses sustainable production and business practices to farm about 5 acres of land. Ten Hens believes that the best crops come from healthy soil and work hard to keep theirs in the best shape. In addition they focus on harvesting and handling their product in a way that ensures freshness and great taste! Between their agricultural knowledge, two daughters, and a great farm crew, Ten Hens Farm is set for success.



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



### Acorn Squash "Ravioli"

1/4 cup ricotta cheese  
 1/2 tsp kosher salt  
 freshly ground pepper  
 1/2 acorn squash, seeded & cut into 1/2" slices  
 1/4 cup sour cream  
 1/4 tsp ground nutmeg  
 1 Tbsp unsalted butter  
 8 sage leaves  
 1 1/2 cups vegetable broth  
 16 wonton wrappers  
 2 tsp olive oil

Heat oven to 400° F. Place the squash on a baking sheet and toss with the olive oil and 1/4 teaspoon salt and a few grinds of black pepper. Roast until just tender, tossing occasionally, about 40 minutes. Set aside. In a small bowl, combine the ricotta, spinach, salt, and pepper and mix well. In another bowl, stir the squash, sour cream, and nutmeg together. In a skillet, over medium heat, heat the butter. Add the sage and cook until fragrant, about 1 minute. Add the broth, simmer 5 minutes, and set aside. Lay out 16 wonton wrappers. Divide the spinach mixture among 8 wrappers, placing a dollop in the center of each. Fold them in half diagonally, pinching one corner to close. Repeat with the squash mixture and the remaining 8 wrappers. Place the 16 packets in a roasting pan and spoon the broth over them. Cover with foil and heat in the oven until warmed through, 10 to 15 minutes.

*from realsimple.com*

### Rosemary Glazed Carrots

4 carrots, peeled & cut diagonally into 1/4" slices  
 1/4 cup water or stock  
 2 tablespoons butter  
 1 Tbsp honey  
 1 sprig fresh rosemary  
 salt & pepper

Bring carrots, water, and butter to a boil in a small saucepan; reduce heat to medium and simmer for 10 minutes. Add honey and rosemary; continue simmering until carrots are tender, about 5 minutes. Season with salt and pepper.

### Baked Celeriac

Celeriac  
 Olive oil  
 Salt

Heat oven to 350. Thoroughly wash whole celeriac and pat dry; brush the outside with olive oil, sprinkle liberally with coarse salt and bake for 1 to 2 hours (for celeriac, longer is better), until the outside is roasted and evenly crisp and the inside is tender. Remove from the oven, cut up if you like (you can also sprinkle with more oil and salt) and serve. (Yes, you can eat the skin.)

*from nytimes.com*



## The SQUASHED corner

This week the squash is an acorn. Acorn squash (*Cucurbita pepo* var. *turbinata*), aka pepper squash or Des Moines squash, is a winter squash with distinctive longitudinal ridges on its exterior and sweet, yellow-orange flesh inside. Although considered a winter squash, acorn squash belongs to the same species (*Cucurbita pepo*) as all summer squashes (including zucchini and crookneck squash), and is commonly mistaken for a gourd. Indigenous to North and Central America, the squash was introduced to early European settlers by Native Americans. Acorn squash is most commonly baked. For savory recipes, it may be stuffed with rice, meat, or vegetable mixtures. If a sweeter dish is desired, maple syrup is often used to fill the halves prior to baking. This squash is a good source of dietary fiber and potassium, as well as smaller amounts of vitamins C and B, magnesium, and manganese.

## The apple corner

The Jonathan apple is medium sized and covered in a thin red skin, blushed with yellow to green undertones. Fruit from trees that have limited sun exposure during the ripening process will often have vertical red striping and subtle lenticels (spots) on the skin. Trees that are exposed to more sun will take on a deeper red to purple hue. The fine textured flesh of the Jonathan apple is creamy yellow in color with a crisp bite and lots of juice. Its flavor is mildly sweet with a tart tang and subtle hints of spice. The Jonathan apple is a variety of *Malus domestica* believed to be a relative of the Esopus Spitzenburg apple. The Jonathan is a classic American heirloom, and has been parent to many varieties throughout the years such as Jonamac, Jonafree and Jonagold, as indicated by sharing the first four letters of Jonathan's name. The Jonathan apple was first discovered in 1826 as chance seedling on the farm of Philip Rick in Woodstock, New York.

