



# Veggie Box



# Veggie Box Newsletter Week 3 | November 16



Welcome to week 3! The Fall season is almost half way through and it is going by so quickly. We have so many wonderful items in the box this week to make some wonderful autumn treats. Button, button, who's got the button? Find your favorite button today to celebrate National Button Day!

## What's in the Box?

- Tri Colored Carrots**, *Monroe Family Organics, Alma*
- Kennebec Potatoes**, *Peckham Farms, Lansing*
- Sage**, *Hunter Park GardenHouse, Lansing*
- Ida Red Apples**, *Phillips Orchard, St. Johns*
- Garlic**, *Peckham Farms, Lansing*
- Red Onion**, *Monroe Family Organics, Alma*
- Baby Pac Choi**, *Ten Hens Farms, Bath*
- lil pump-ke-mon pumpkin**, *Tomac Pumpkin, Chesaning*

## Producer Spotlight:



The Hunter Park GardenHouse (a project of Allen Neighborhood Center) is a hub for year-round farm & garden education, where neighbors volunteer to grow food, flowers, and community, and youth develop job and life skills in service to the neighborhood. Since 2008, the Hunter Park GardenHouse has empowered neighbors to grow, prepare, and eat healthy food to better their health and become better connected with the community. The GardenHouse is open 6 days a week, and offer a wide assortment of programs.

## Veggie Box Add-Ons

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



## Crop Profile: Pac Choi



A staple in Asian stir fries and soups, pac choi has a mild mustard flavor with background sweetness. The texture of both leaves and stalks is crisp. This member of the cabbage family has a number of different names, including bok choy, horse's ear, Chinese celery cabbage and white mustard cabbage. Its structure looks like a squat celery, with either white or very pale green short, chunky stalks and glossy, deep green leaves. If very young it can be eaten raw in salads, but is best when briefly cooked.



## 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



Delivery & Pickup for next week  
(Thanksgiving week) is on  
**Tuesday, November 21 12pm-6pm**





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



### Sesame Sauteed Pak Choi

- 2-3 pak choi
- 1 tbsp olive oil
- 1 tbsp toasted sesame oil
- 1 large garlic clove, chopped
- 1 chilli pepper, if desired
- 1 tbsp Thai fish sauce (optional)

Cut a thick slice from the pak choi root to separate the leaves. Rinse and drain.

Heat the olive oil in a large wok (or saute pan) over a medium heat and add 1 tbsp sesame oil, the garlic, chilli, fish sauce (if using) and pak choi. Toss until coated and cover pan with lid. Reduce the heat and cook for 3-6 minutes, tossing occasionally, just until the leaves have wilted (the stalks should be tender-crisp). Add the rest of the sesame oil and salt. Toss the leaves and serve immediately. Sprinkle with sesame seeds if desired.

### Sugared Sage

*from marthastewart.com*

- 1 large egg white
  - 4 to 6 small sage sprigs
  - Superfine sugar, for sprinkling
- Beat egg white with 1/2 teaspoon water. Lightly brush sage sprigs with egg-white mixture just to moisten, tapping off excess. Sprinkle with superfine sugar to coat completely. Let dry on parchment that has been coated with a thin layer of superfine sugar.
- Use in a delicious gin or vodka martini or try it with a dessert, be adventurous!

### Scalloped Potato Gratin

- 1 1/2 cups heavy cream
  - 3 bay leaves
  - 2 sprigs fresh thyme, plus more to finish
  - 2 garlic cloves, chopped
  - 1/2 teaspoon freshly grated nutmeg
  - Salt and freshly ground black pepper
  - Unsalted butter
  - 2 pounds kennebek potatoes, cut into 1/8" slices
  - Salt and freshly ground black pepper
  - 1/2 cup grated Parmesan, plus more for broiling
- Preheat the oven to 400 degrees F. In a saucepan, heat up the cream with the bay leaves, thyme, garlic, nutmeg and some salt and pepper. While the cream is heating up, butter a casserole dish. Remove the bay leaves and thyme. Pour the heated cream into a large bowl with the potato slices. Mix gently to coat the potatoes. Dust the Parmesan over the potatoes. Season the mix with a little bit of salt and pepper. Mix to gently incorporate. Spoon a little bit of the cream into the bottom of the casserole dish. Then spoon the potatoes in. Level out the potatoes for uniform cooking time. Pour the remaining cream at the bottom of the bowl over the top. Top with some Parmesan and fresh thyme leaves. Cover the dish with aluminum foil, but pull back one corner for the steam to escape. Bake for 40 minutes or until a knife cuts through. Remove foil, add parmesan and brown under the broiler.

### TART APPLE CRISP

- 5 1/2 c. ida red apples, sliced
  - 1/4 c. water
  - 1/2 c. white sugar
  - 1/2 c. brown sugar, packed
  - 1/2 tsp. nutmeg
  - 1/2 tsp. cinnamon
  - 1/4 tsp. salt
  - 3/4 c. flour
  - 1/2 c. butter
- Put sliced apples in shallow 2 quart baking dish. Add water. Combine dry ingredients and cut in butter with pastry blender. Spoon evenly over apples. Cover and bake 30 minutes at 350 degrees, then uncover and bake 30 minutes longer.

## The SQUASHED corner

Lil' pump-ke-mon pumpkin are delightful, dwarf pumpkins. The adorable, cheery fruit sport bone white rinds adorned with vivid orange in the grooves with a little green thrown in. Lil' Pump-ke-mon brings its vibrant personality to your autumn decorations and fall feasts. Perfectly sized for individual servings filled with steaming, spicy pumpkin soup, or stuffed and baked. And what an enticing presentation!

Cut around the stem as if you were preparing a jack-o-lantern, scoop out the flesh, and use the hollow interior as a soup bowl or container for dip. Or stuff and bake the entire pumpkin!

Perfect for single-serving sizes of any side dish!

## The apple corner

Ida red is a type of apple cultivar from Moscow, Idaho, United States. Variety is characterized by a non-uniform skin color. First developed at the University of Idaho Agricultural Experiment Station in 1942 it is a cross between two apple varieties (Jonathan x Wagener). The Idared has a white flesh with a firm body, and generally considered to be tart and juicy. For these reasons, it is very well suited for making apple sauces, pies, and cakes. Idared is harvested at the end of September to the middle of October. It remains hardy and durable until the end of January, and can even last until June with proper storage.

