



# Veggie Box Newsletter

## Week 4 | November 21



Welcome to week 4, Happy Thanksgiving! We are delighted to share with you the wonderful bounty of this shortened week and hope to find a special place on your Thanksgiving table. This year we are thankful for all of you, the Veggie Box subscribers: without you, there would not be such a successful program! We look forward four more exciting weeks of wonderful local produce and many years of Lansing's (and mid-Michigan's) premier food hub. Have a safe and happy holiday!

### What's in the Box?

- Butternut Squash**, *Titus Farms*, Leslie
- Red Cabbage**, *Titus Farms*, Leslie
- Beets**, *Titus Farms*, Leslie
- Golden Delicious Apples**, *Phillips Orchard & Cider Mill*, St. Johns
- Red Radish**, *Ten Hens Farm*, Bath
- Shallots**, *Ten Hens Farm*, Bath
- Bora Bora Potato**, *Green Eagle Farm*, Onondaga
- Kale**, *Peckham Farms*, Lansing
- Parsley**, *Peckham Farms*, Lansing

### Producer Spotlight:



Titus Farms was started in 1982 by Paul and Rose Titus of Dansville, Michigan. Both Paul and Rose grew up just outside of Lansing, raising various animals and field crops as part of their respective family's farms. They also each helped maintain a family vegetable garden, a mainstay for farming families. Paul continued to farm full-time and raise field crops and horses until, after marriage, Rose developed chemical sensitivities while carrying their daughter. Together, with their broad knowledge of farming, they ventured into farming using only organic methods. Paul, always in need of a challenge, began to dabble in growing vegetables as well. While they found an ever increasing audience for the tasty vegetables the farm was producing, they also found they were enjoying raising these non-traditional crops and rearing their daughter in this environment. As the demand grew for their veggies and cut flowers, Paul and Rose expanded their acreage by renting land from friends, neighbors and relatives. The main drive for continuing to farm was for their daughter, Rebecca, who is now grown and managing the farm after attending Michigan State University and graduating with a degree in Horticulture. Rebecca has chosen to continue the tradition of farming and currently oversees much of the day-to-day operation of the farm as it continues to flourish with the help of a great staff and supportive community.

### Veggie Box Add-Ons

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



**Add-On Schedule**

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



### Crop Profile: Bora Bora Potato



Bora Valley purple skin, purple and white variegated flesh Bora means 'purple' in Korean, which describes Bora Valley through and through. Also known as Dr. Lim's Potato after its breeder Dr. Hak-Tae Lim, whose research shows Bora Valley to be especially high in vitamin C and antioxidants. He considers his potato a "functional food" that can prevent obesity, chronic constipation, gastrointestinal disorders and hyperlipidemia. Recommended for fresh (yes, uncooked) table use and juicing, but also delicious and nutty roasted or steamed. Try them as a sweet ice cream! It's a fun way to use this wonderfully colored variety of potato!



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



### Roasted Beet Salad

- 1 bunch beets
- 2 clove garlic
- 1 each shallot, diced
- parsley, chopped
- 2 Tablespoon Vinegar, apple cider
- 1 Tablespoon Whole Grain Mustard
- 4 Tablespoon Olive Oil

Roast the beets in tin foil with garlic and oil for about an hour at 325 degrees. They will be soft when done, you can test one with a knife by puncturing it to the center. Allow to cool slightly and peel. Make a vinaigrette by combining the vinegar and mustard in a bowl and slowly stream the oil until it thickens. Combine all the remaining ingredients and add the beets. If you would like a little bit of sweet, add a drizzle of honey over the finished salad.

### Braised Red Cabbage

- 1 tablespoon butter
- 1 large shallot, thinly sliced
- 1 apple, halved, cored, & sliced
- 1 head red cabbage, cored, quartered, & thinly sliced
- Coarse salt and ground pepper
- 3 tablespoons cider vinegar
- 2 teaspoons sugar
- 1/2 cup water

In a large Dutch oven or heavy pot, melt butter over medium. Add shallot and apple; cook, stirring, until shallot softens, 4 to 6 minutes. Stir in red cabbage and season with salt and pepper. Add vinegar, sugar, and water. Bring to a boil; reduce to a simmer, cover, and cook until cabbage is tender, 20 to 25 minutes. Season with salt and pepper. Use as a wonderful side for a pork roast or to brighten the table!

### Apple Butter

*Apple Butter is one of my favorite things to make. It is a great way to preserve all different varieties of apples. I like to use many varieties to add unique flavors to each batch. Keeping the sugar to a minimum is a goal of mine- using the natural sugars in the apples will reduce the amount of sugar needed to add to the butter.*

*The cooking time for apple butter varies- depending on the apple. Apple butter will cook for a long time but when it is ready, it will burn quickly! I like to can the butter to give for gifts (for me and others!).*

- 5 1/2 pounds apples peeled, cored, chopped
- 2 to 4 cups white sugar
- 2 teaspoons ground cinnamon
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground nutmeg
- 1-2 pods cardamom, seeded and crushed
- 1/4 teaspoon salt

Place the apples in a slow cooker. In a medium bowl, mix the sugar, cinnamon, cloves and salt. Pour the mixture over the apples in the slow cooker and mix well. Cover and cook on high 1 hour. Reduce heat to low and cook 9 to 11 hours, stirring occasionally, until the mixture is thickened and dark brown. Uncover and continue cooking on low 1 hour. Stir with a whisk, if desired, to increase smoothness. Spoon the mixture into sterile containers, cover and refrigerate or freeze.



*Happy  
Thanksgiving!*

## The SQUASHED corner

Butternut has a sweet, nutty flavor that is wonderful roasted on a pan, peeled and cubed or steamed. Did you know that butternut squash is technically a fruit? It is a good source of fiber, vitamin C, manganese, magnesium, and potassium; and it is an excellent source of vitamin A and vitamin E. The most popular variety, the Waltham Butternut, originated in Waltham, MA, where it was developed at the Waltham Experiment Station by Robert E. Young. Dorothy Leggett claims that the Waltham Butternut squash was developed during the 1940s by her late husband, Charles Leggett, in Stow, Massachusetts, and then subsequently introduced by him to the researchers at the Waltham Field Station. She also claimed that name came from "smooth as butter, sweet as nut".

## The apple corner

Golden Delicious is a large, yellowish-green skinned cultivar and very sweet to the taste. It is prone to bruising and shriveling, so it needs careful handling and storage. It is a favorite for salads, apple sauce, and apple butter. This cultivar is a chance seedling possibly a 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 Annit 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. Clay County, West Virginia has hosted an annual Golden Delicious Festival since 1972.

