



Veggie Box



Veggie Box Newsletter Week 5 | November 30



Welcome to week 5! We are halfway through the fall season and it is sure flying by (and only 25 shopping days left until Christmas). This week we have a couple of interesting and very different products: black radish and hakurei turnips. The black radish is super spicy; the skin holds much of the heat so give it a peel if you would like to tame the spice. Today we celebrate mousse, the French classic loved by many and mastered by few. So light and fluffy, "mousse" translates as "foam" in English. Yum!

What's in the Box?

- Rosemary**, *CBI's Giving Tree Farm*, Lansing
- Bok Choi**, *MSU Student Organic Farm*, Lansing
- Jonathon Apple**, *Phillips Orchard & Cider Mill*, St. Johns
- Black Radish**, *Titus Farms*, Lansing
- Yellow Onion**, *Peckham Farm*, Lansing
- Hakurei Turnips**, *Ten Hens Farms*, Bath
- Spaghetti Squash**, *Titus Farm*, Leslie
- Baby Arugula**, *Monroe Family Organics*, Alma

Producer Spotlight:



The MSU Student Organic Farm is a 15-acre, certified organic year-round teaching and production farm. Our markets include 48-week CSA, 7-month on campus farm stand, sales to MSU dining halls and other wholesale outlets. We use passive solar greenhouses (hoophouses) to produce and distribute fresh produce all year long. The farm also operates an 8-month Organic Farmer Training Program (OFTP) in year-round organic farming focusing on diversified production of vegetables, flowers, fruits, and herbs for local markets. The OFTP is a robust learning platform for those who are committed to owning their own farm business, managing farm operations, or working with others on their path to food production and sustainable agriculture. The Student Organic Farm is part of the MSU Center for Regional Food Systems which seeks to engage the people of Michigan, the United States and the world in applied research, education and outreach to develop regionally integrated, sustainable food systems.

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**, *Grazing Fields*, Charlotte
- Chicken**, *Trillium Wood Farm*, Eagle
- Pork**, *Grazing Fields*, Charlotte
- Beef**, *Heffron Farms*, Belding



Add-On Schedule

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



Crop Profile: Hakurei Turnip

Like all turnips, the Hakurei, or Tokyo, turnip is a member of the Brassica family. This Japanese variety is sometimes referred to as a salad turnip, due to its crisp, delicious raw flavor. Unlike other turnip varieties, hakurei do not need to be cooked. They have an even-textured density and the flavor pairs well with a variety of different food items. Eat them raw (just whole, or chopped/grated in salads), make a quick pickle, or cook to enhance their natural sweetness.





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



Glazed Hakurei Turnip

1 share hakurei turnips
1 1/2 cups plus 3 tablespoons water
2 tablespoons butter
1 teaspoon honey
1/2 teaspoon salt
fresh flat-leaf parsley, chopped for garnish
Scrub turnips and quarter. Arrange turnips in 1 layer in a 12-inch heavy skillet and add enough water (about 1 1/2 cups) to reach halfway up turnips. Add butter, honey, and salt and boil over medium high heat, covered, stirring occasionally, 10 minutes. Boil turnips, uncovered, stirring, until tender and water has evaporated, about 8 minutes. Turn up the heat and sauté turnips over moderately high heat, stirring, until golden brown, about 5 minutes more. Add 3 tablespoons water and stir to coat turnips with glaze.

Sugared Rosemary

1 cup plus 1/2 cup of sugar, separated
1 cup of filtered water
Whole Rosemary Sprigs

Make a simple syrup: combine 1 cup of sugar and 1 cup of water in a small saucepan on the stovetop and bring to a boil. Stirring occasionally, be sure to stir the concoction until the sugar is dissolved. Remove from heat once dissolved. Lightly dunk the rosemary sprigs in the simple syrup so each sprig is thoroughly coated. Place on a wire drying rack to let the excess drain. Before the coated rosemary sprigs are completely dry, roll lightly in the remaining 1/2 cup sugar to create a sugared coating. Place back on the drying rack to completely cool before you use.

The SQUASHED corner

Spaghetti squash is a type of winter squash with several cultivars that range from white to yellow-orange in color. When cooked, the squash's yellow flesh falls away from the skin in long strands similar to spaghetti noodles, earning the fruit a variety of nicknames. Spaghetti squash makes a great low-carb, gluten-free, low-calorie pasta substitute, with only 10 grams of carbohydrates and 42 calories in every 1-cup serving. Just like pasta or rice, its mild flavor goes well with many different sauces and toppings. The strands run around the squash's circumference, not its length. So to produce the longest spaghetti-like strands, cut the squash in halves horizontally or further into rings before cooking.

Spaghetti Squash Pancakes

1 tablespoon extra-virgin olive oil
3 shallots, minced
2 small jalapenos, seeded and minced (optional)
3 tablespoons minced peeled fresh ginger (optional)
3/4 teaspoon ground cumin
3/4 teaspoon ground coriander
Coarse salt and ground pepper
3 cups Spaghetti Squash, patted dry
2 large eggs, lightly beaten
1/4 cup all-purpose flour
Nonstick cooking spray

Roast the spaghetti squash. Preheat oven to 375 degrees. With a small sharp knife, prick squash all over. Place on a parchment paper lined baking sheet and roast until tender when pierced with knife, about 1 hour 20 minutes, flipping halfway through. When cool enough to handle, cut in half lengthwise and scoop out seeds. Scrape squash with a fork to remove flesh in long strands. Allow squash to cool slightly.

In a large nonstick skillet, heat oil over medium-high. Add shallots, jalapenos, and ginger and cook, stirring, until softened. Stir in cumin and coriander and cook until fragrant, about 1 minute. Season with salt and pepper. Let cool slightly, about 5 minutes. Transfer to a large bowl and stir in squash, eggs, and flour. Wipe out skillet, then lightly coat skillet with cooking spray; heat over medium. In batches, add batter in 1/4 cupfuls to skillet and cook until pancakes are golden brown, 6 to 8 minutes, flipping halfway through.

adapted from www.marthastewart.com

questions, comments or suggestions?

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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 Jonathon 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.

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