



Veggie Box Newsletter

Week 6 | December 7



Welcome to week 6! With the frost on the horizon, we are surely coming into winter. Lucky for us, we have some excellent farmers with the ability to grow year round to keep our produce year round. It is more difficult to grow in the winter with the shorter days and colder temperatures but we still look forward to the bounty the winter brings. Today we remember Pearl Harbor and all those we have lost; thank you for your service, we will never forget.

What's in the Box?

- Spanish Roja Garlic**, *Green Eagle Farm*, Onondaga
- Leek**, *Titus Farms*, Leslie
- Jonagold Apple**, *Phillips Orchard*, St. Johns
- Easter Egg Radish**, *Monroe Family Organics*, Alma
- Buttercrunch Lettuce**, *Ten Hens Farm*, Bath
- Kennebec Potato**, *Peckham Farm*, Onondaga
- Savoy Cabbage**, *Peckham Farms*, Lansing
- Cilantro**, *MSU Student Organic Farm*, Lansing

Producer Spotlight:



After years of enjoying her mother's fudge recipe on Sunday evenings, Diane Allerding decided to share her legacy for others to enjoy. And so it is with a passion for sharing her labor of love, Glory Bee Sweet Treats offers her peanut butter and chocolate fudge for your pleasure. Additional fudges have come as a result of finding other recipes that would meet her standards for yummy. To broaden the GBST horizon new offerings include but are not limited to breads, cookies, brownies, muffins and cupcakes. GBST has added a couple of gluten free items as well...chocolate scotcheroos and a peanut butter granola bar provide a sweet treat for those who are looking for gluten free items. Our taste is discriminating and made with much love. GBST products are available at many local Lansing area grocery stores year round!

Veggie Box Add-Ons

- Bread**, *Stone Circle Bakehouse*, Holt
- Meat Variety**, *Grazing Fields*, Charlotte
- Sweet Treats**, *Glory Bee Sweet Treats*, Lansing
- Pie**, *Glory Bee Sweet Treats*, Mason
- Beans**, *Ferris Organic Farm*, Eaton Rapids



Add-On Schedule

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



Crop Profile: Easter Egg Radish



Radishes have been enjoyed for thousands of years. Originating in China they eventually made their way to Greece and Egypt where they were used as a means of payment for workers building the ancient pyramids. A newer variety on the market, Easter Egg radish is grown from a combination of different colored radish seeds then upon full maturity bundled to make a multi colored bunch of radishes. A spring variety radish, Easter Egg radishes have a rapid germination cycle and mature fairly quickly. Radishes have their own holiday in Oaxaca, Mexico. "La Noche de Los Rabanos" is a celebration of the radish held yearly on December 23rd. Easter Egg radishes look great as-is on a crudite plate, and their beautiful color palette makes for artistic tartines, just with bread, butter and salt. Chop and add to tacos and sandwiches for added crunch and zing. Roasting Easter Egg radishes will bring out their natural sweetness. Young radish greens are edible as well. Toss both radishes and their greens into stir-fries and salads for a nice burst of flavor. To store keep Easter Egg radishes refrigerated and use within one week.



PLEASE BE SURE TO
RETURN YOUR
BOX WEEKLY!!



Roasted Easter Egg Radish

- 1 share radish
- 1 T olive oil
- Zest of 1/2 lemon
- Salt & Pepper

Preheat your oven to 425 F. Line a rimmed baking sheet with parchment paper. Prepare the radishes, by removing the leafy green tops- save for another recipe (they're great tossed into a mesclun salad). Halve the radishes lengthwise through the root. Combine the olive oil with the lemon zest and toss the radish in the mixture. Arrange the radishes onto the baking sheet.

Roast for about 10-12 minutes, depending on size. Check at the 10 minute mark; insert a paring knife into the center of a radish. If it pulls out easily, they're ready. If not, cook for a little bit longer. To serve, toss with the butter while still warm. If you would like a little more lemony flavor, squeeze a bit of the lemon after they come out of the oven. Crack some fresh pepper and salt and enjoy!

Apple Cake

- 2 cups sifted flour
- 2 tsp. baking soda
- 1 tsp. salt
- 1 tsp. grated nutmeg
- 1 tsp. ground cinnamon
- 2 cups sugar
- 1/2 cup butter, softened
- 2 eggs
- 4 cups peeled chopped jonagold apples
- brown sugar

Preheat oven to 350. In a bowl, sift together flour, baking soda, salt, nutmeg and cinnamon. In another bowl, cream sugar, butter and eggs. Add to dry ingredients. Add apples and stir to mix. Pour batter into a buttered 9"x13" pan. Sprinkle with brown sugar. Bake for 45 to 60 minutes or til a toothpick inserted in center comes out clean.

adapted from www.justapinch.com

Questions, comments,
concerns or suggestions?
Let us know!

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Savoy Cabbage with Almonds

- 1 Savoy cabbage, finely sliced
- 2 Tbsp butter
- 1 Tbsp olive oil
- 1 garlic clove, sliced
- 1 rosemary sprig, leaves finely chopped
- 1/2 cup slivered almond

Steam the cabbage until just cooked. Melt the butter with the oil in a large frying pan or wok, then add the garlic, rosemary and almonds. Cook, stirring the almonds for about 2 mins or until they start to brown. Remove the garlic and almond from the pan, leaving the remaining oil and butter. Add the cabbage to the pan, combining in the leftover buttery juices, then return the almond mixture to the pan. Season well with salt and pepper.

Roasting Garlic (for a sweet and smooth flavor)

To Roast garlic, I wrap the whole head in aluminum foil. Just take a square of foil and gather it at the top to create a parcel. This way the garlic can let a little steam out but not too much. I like to roast it in the oven for about an hour at 300 degrees or less. I usually will put it in my small toaster-style oven with an hour on the timer. When you start to smell the garlic, it is close to being done. Keep an eye on it and when the garlic is soft, it is done. I use a serrated knife to cut it in half as soon as it is cool enough to handle and then I squeeze the contents out into a tupperware and put it in the fridge...or immediately on a nice piece of sourdough bread!



The apple corner

Jonagold apples originated in 1953 at the New York State Agricultural Experiment Station in Geneva, New York. Jonagold apples are a cross between Golden Delicious and the Jonathan, an old American variety from the 1820s.

Jonagold apples tend to be large in size and have excellent dessert flavor. They have a shorter season than many apples, making them a real treat in the fall and winter months.

Although it is in the top 15 apple varieties in the US, it is number 1 in Belgium! Jonagolds are aromatic with honey-like flavor notes and tangy-sweet thanks to moderate acidity. Jonagolds are great as a snack, in a salad, used in baking and for cooking.

