



Veggie Box Newsletter

Week 7 | December 14



Welcome to week 7! Mother nature is finally catching up to the season, casting a beautiful winter blanket on the land. We are fortunate to have such dedicated farmers with hoop houses to provide us with our weekly produce. We only have a couple of weeks to go with the Fall Veggie Box but there are new and exciting projects coming our way- be sure to check your email for exciting news in the next couple of weeks. Until then, enjoy a cupcake for National Cupcake Day on Friday, December 15th.

What's in the Box?

- Red Fingerling Potato**, *Green Eagle Farm, Onondaga*
- Carrot**, *MSU Student Organic Farm, Lansing*
- Ida Red Apple**, *Phillips Orchard & Cider Mill, St. Johns*
- Kossak Kohlrabi**, *Titus Farms, Lansing*
- Lettuce Mix**, *Peckham Farm, Lansing*
- Red/Yellow Onion**, *Titus Farm, Leslie*
- Wolf Moon Garlic**, *Green Eagle Farm, Onondaga*

Producer Spotlight:



Stone Circle Bakehouse, of Holt, Michigan, specializes in the European tradition of artisanal bread that is cut, scaled, and shaped by hand. Owner Kevin Cosgrove allows his dough to slowly ferment before baking it on the deck of his wood-fired oven. The 18,000-pound oven produces quality artisan breads delivered daily to the Lansing area's grocers, restaurants, farmer markets and Michigan State University. At Stone Circle Bakehouse, the innovative deliciousness stems from Cosgrove's desire to preserve traditional baking methods, rather than change them. Organic, local ingredients are prioritized when possible to bring customers fresh, environmentally and community friendly baked goods.

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**, *Stone Circle Bakehouse, Holt*
- Meat Variety**, *Trillium Wood Farm, Williamston*
- Chicken**, *Trillium Wood Farm, Williamston*
- Pork**, *Grazing Fields, Charlotte*
- Beef**, *Grazing Fields, Charlotte*



Add-On Schedule

Bread, Sweet Treats & Meat Variety: 12/21



Crop Profile: Kohlrabi

Kohlrabi is a hardy, annual vegetable that is primarily consumed in some European countries, although it has also become a staple vegetable in northern India. It is actually a cultivar of cabbage and was specifically bred as a hardier version of cruciferous vegetables, which often can't grow in as harsh of conditions. The small or large bulbous vegetable is encased in two harder shells of leaves, which typically do not soften when cooked. However, kohlrabi can be eaten raw or cooked and has been a staple of German cuisine for hundreds of years. You can use the kohlrabi root as well as the leaves in your diet. They both have significant amounts of nutrients and minerals like copper, potassium, manganese, iron, and calcium, as well as vitamins, such as vitamin C, B-complex vitamins, vitamin A, and vitamin K. Kohlrabi tastes somewhat like a broccoli stem, although somewhat more palatable, and is often softer, even taking on the consistency of an apple at times. While the roots/stems are often used in salads in a similar way as carrots or broccoli.



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



Kohlrabi & Carrot Slaw

- 1 large kohlrabi, peeled, stems trimmed off, grated
 - 1/4 head purple cabbage, shredded
 - 2 medium carrots, peeled and grated
 - 1/2 red onion, grated
 - 4 Tbsp chopped cilantro
 - 1/4 c golden raisins (optional)
 - 1/4 c mayonnaise
 - 1 Tbsp cider vinegar
 - 1 Tbsp sugar
 - 1 tsp salt
- Combine the kohlrabi, cabbage, carrots, onion, cilantro, and raisins (if using) in a large bowl. In a smaller bowl, whisk together the mayonnaise, cider vinegar, sugar, and salt. Pour the dressing over the slaw, and mix until fully coated. Chill for several hours before serving.

from www.thekitchn.com

French Vinaigrette

- 1/4 c white-wine vinegar.
 - 2 Tbsp finely chopped shallot
 - 1/2 Tbsp salt (to taste)
 - 1/2 tsp Dijon mustard.
 - 1/4 tsp black pepper.
 - 3/4 c good olive oil.
- In a small bowl, whisk together the shallots & vinegar; let the mixture stand 10 minutes. Whisk in the mustard, then add the oil in a slow, steady stream, whisking constantly until the dressing is emulsified. Season with salt & freshly ground black pepper.

What can I do with the Kohlrabi?

Kohlrabi is a tricky item...many of us have not heard of it or used it in the past. The flavor is similar to the stalk portion of broccoli, making it a nice base for a soup. The layers on the outside are thick and tough so it takes a bit of work to peel and prepare for eating. A sharp knife is a must when peeling but be careful and try and create a flat surface on the kohlrabi to stabilize the bulb. I like to saute the chopped bulb, onion, and celery to create a nice base for a vegetable soup. I add stock, cook it for a bit, and then blend it all together with an immersion blender. If you would like a less fibrous base, you can put it through a strainer (or chinois). I like to have some chunks of vegetable in my soup so I saute additional chopped vegetables (carrot, celery, onion) and add them in after blending.

Easy Apple Strudel

- 1 Ida Red apple (peeled, cored & coarsely shredded)
- 3 Ida Red apples (peeled, cored & sliced)
- 1 c brown sugar
- 1 c golden raisins
- 1 sheet frozen puff pastry, thawed
- 1 egg
- 1/4 c milk

Preheat oven to 400 degrees F. Line a baking sheet with parchment paper. Place apples in a large bowl. Stir in brown sugar and golden raisins; set aside. Place puff pastry on baking sheet. Roll lightly with a rolling pin. Arrange apple filling down the middle of the pastry lengthwise. Fold the pastry lengthwise around the mixture. Seal edges of pastry by using a bit of water on your fingers, and rubbing the pastry edges together. Whisk egg and milk together, and brush onto top of pastry. Bake in preheated oven for 35 to 40 minutes, or until golden brown.

from www.allrecipes.com

Maple Glazed Carrots

- 1 share carrots
 - 2 Tbsp butter
 - 1/4 c maple syrup
- Cook the carrots by steaming or boiling. Drain and set aside. Melt the butter in a small pan and add the syrup. Pour the mixture over the carrots and mix. Season with salt and pepper to taste. You may also add garlic and shallot if you would like, just saute with the butter before adding the syrup to the pan. Create and enjoy!

Look out for a survey coming your way soon! Tell us how we did ;)

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 Ida red 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 apple sauces, pies, and cakes. Ida red 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.

