



Veggie Box Newsletter Week 8 | December 21



Welcome to week 8! The last week of the Fall Veggie Box is here! It has been such a pleasure to gather local, in-season produce for you all, and we are so thankful for your enthusiastic support every week. We've enjoyed our fall with you, and we wish you a wonderful holiday filled with even more amazing food. We are excited about some new changes in the spring bringing Veggie Box to more communities throughout Lansing. We will be sending out information about the next Veggie Boxes in January so be sure to email if your information changes. Thank you so much, and we hope to see you again soon!

What's in the Box?

- Garlic**, *Green Eagle Farm, Onondaga*
- Celeriac**, *Titus Farms, Leslie*
- Fuji Apple**, *Phillips Orchard, St. Johns*
- Breakfast Radish**, *Peckham Farms, Lansing*
- Romaine Lettuce**, *Ten Hens Farm, Bath*
- Yellow Onion**, *Peckham Farm, Onondaga*
- Shallot**, *Ten Hens Farm, Bath*
- Carrot**, *Ten Hens Farm, Bath*

Add-Ons:

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



Crop Profile: Celeriac



Celeriac (*Apium graveolens* var. *rapaceum*), also known as celery root, knob celery, and turnip-rooted celery, descends from the same wild species as stalk celery. Originating in the Mediterranean Basin, celeriac was developed to have a large, bulbous hypocotyl, which is the stem of the germinating seedling. The warty, globular root vegetable had many religious and medicinal uses in ancient Egypt, Greece, and Italy, but it took until the late 1600s for it to be commonly cultivated throughout Europe. There it remains a favorite and is known for its use in the classic cold French salad *célerie rémoulade*. When celeriac's bumpy exterior is peeled, its white flesh looks like that of a turnip and has a taste similar to stalk celery. Celeriac is often used as a low-starch substitute for other root vegetables and can replace potatoes in many recipes, including soups, stews, and gratins. It can also be mashed, boiled, French fried, or grated into salads. Each half cup of raw celeriac contains only four grams of carbohydrates, no fat, and only 30 calories. Like stalk celery, celeriac is a great source of vitamin K. It also provides a good source of dietary fiber, potassium, phosphorus, and vitamin C.

Producer Spotlight:



Since 2007, Ten Hens Farm founders Adam and Dru have been putting their agricultural backgrounds to work. Both Adam and Dru grew up around farming and continued to pursue agriculture through commercial agriculture education, and the Student Organic Farm at Michigan State. Located in Bath, MI, Ten Hens Farm uses sustainable production and business practices to farm about 5 acres of land. Ten Hens believes that the best crops come from healthy soil and work hard to keep theirs in the best shape. In addition, they focus on harvesting and handling their product in a way that ensures freshness and great taste! Between their agricultural knowledge, two daughters, and a great farm crew, Ten Hens Farm is set for success.



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



Caramelized Onion-Maple Jam

<http://www.pomonapectin.com>

2 pounds onions (6 cups sliced)

1 tsp salt

3 c apple cider

1 c plus 2 Tbsp apple cider vinegar (5% acidity)

¼ tsp black pepper

2 tsp calcium water

1 c maple syrup

2 tsp Pomona's pectin powder

Wash and rinse jars, lids, and screw bands. Set screw bands aside until ready to use. Place jars in boiling water bath canner with a rack, fill at least 2/3 of the way full with water, and bring to a boil. Boil jars for 10 minutes to sterilize (add 1 additional minute of sterilizing time for every 1000 feet above sea level), then turn down heat and let jars stand in hot water until ready to use. Place lids in water in a small pan, bring to a low simmer, and hold there until ready to use. Peel the onions and discard the skins. Slice the onions very thinly, and then cut the thin slices into approximately one-inch lengths. Place sliced onions in a sauce pan – ideally, a heavy-bottomed one that conducts heat evenly. Add the salt, then mix. Put the pan on the stove, cover the pan with a lid, and cook the onions over medium to medium-low heat for about 5 minutes. While the onions are cooking, occasionally lift the lid and give the onions a quick stir to be sure that they are not starting to burn. If they are, reduce the heat slightly, replace the lid as quickly as possible, and keep cooking. If the onions are really sticking, you may add a very tiny bit of the apple cider to ease the sticking, but only do this if it's really necessary. After 5 minutes or so, the onions should have caramelized a good bit, and should begin to have a nice golden-brown color. If not, cook the onions for a little bit longer, with the lid still on, to achieve this. At this point, when the onions have really started to brown, they'll probably want to start sticking. So, remove the lid, reduce the heat if necessary, and stir constantly, scraping off and incorporating the brown bits on the bottom of the pot as necessary for a couple more minutes. This will allow the onions to continue to brown and caramelize while preventing burning.

After the onions are caramelized and well-browned, add the apple cider, the vinegar, and the pepper to the onions. Increase the heat and bring the mixture up to a boil. Cook the mixture at a low boil for a couple of minutes, stirring frequently, to allow the liquid to reduce in volume.

Remove the pan from the heat, then measure the mixture. If the quantity of the mixture is more than 4 cups, place the mixture back in the pan and allow it to continue cooking until you have reduced the quantity to 4 cups, measuring as necessary to confirm quantity. If you find that you have less than 4 cups, add a small, additional amount of apple cider to bring the total quantity of the mixture back up to 4 cups. Transfer the onion mixture back into the sauce pan, add calcium water, and then stir to combine.

In a separate bowl, combine the maple syrup and pectin powder. Mix well and set aside. Bring the onion mixture to full boil over high heat. Add the maple syrup-pectin mixture, and then stir vigorously for 1 to 2 minutes, still over the highest heat, to dissolve pectin. Return the jam to a boil, and then remove from heat.

Remove hot jars from canner and fill jars with preserves, leaving ¼ inch of headspace. Remove trapped air bubbles, wipe rims with a damp cloth, and put on lids and screw bands, tightening bands only to "fingertip tight" (until resistance is met, and then just the tiniest bit more).

Place jars in the hot water, on the rack inside the canner. (Make sure jars are upright, not touching each other or the sides of the canner, and are covered with at least 1-2 inches of water). Place the lid on the canner, return the canner to a rolling boil, and boil for 10 minutes. Turn off heat and allow canner and jars to sit for 5 minutes. Then remove jars from canner.

Allow jars to cool undisturbed for 12 to 24 hours. Then confirm that jars have sealed.



Baked Celeriac

Celeriac

Olive oil

Salt

Heat oven to 350. Thoroughly wash whole celeriac and pat dry; brush the outside with olive oil, sprinkle liberally with coarse salt and bake for 1 to 2 hours (for celeriac, longer is better), until the outside is roasted and evenly crisp and the inside is tender. Remove from the oven, cut up if you like (you can also sprinkle with more oil and salt) and serve. (Yes, you can eat the skin.)

from nytimes.com

Summer 2018 Veggie Box:
bit.ly/summerveggiebox2018
available mid-February

Roasted Radishes and Carrots

1 share radish, halved

1 share carrots, sliced diagonally

1 shallot, sliced

1 Tbsp olive oil

1 Tbsp thyme

Kosher salt & freshly ground black pepper

Half Lemon

Preheat the oven to 450 degrees F.

Place the radishes, carrots, and shallot on a baking sheet and toss with the olive oil, thyme, salt, and pepper. Roast until tender yet firm in the center, about 20 minutes. Squeeze with a little lemon juice and serve. Season with salt and pepper.

www.foodnetwork.com



The apple corner

Fuji apples were first developed in the 1930s at the Tohoku Research Station in Morioka, Japan. They quickly became one of the most commonly grown apple varieties in Japan and in the 1960s were made commercially available in the United States. Today, the bulk of Fuji apples are grown in Japan, China, and apple growing regions in the United States such as California, Michigan, and Washington State. Fuji apples unite two apple traditions—old American varieties discovered on farms and homesteads, and the modern way of breeding new apples at research stations. In fact, Virginia Ralls Janet apples, one of the Fuji's parents, was first grown at Thomas Jefferson's Monticello. Fuji made the circuitous route from the early US, to Japan, back to US.

