



Veggie Box Newsletter

Week 16 | September 29

Just because it's National Coffee Day today, doesn't mean you can't celebrate all season. As you begin to get the jitters from the chilly weather, don't forget to get some from our coffee-- all the while staying warm! With our add-ons for our Veggie Box you can receive 1 pound bag of coffee beans from Rust Belt Roastery in Lansing, MI for monthly or bi-weekly distributions. Just a few weeks left, don't forget to sign up for Fall Veggie Box!

WHAT'S IN THE BOX?

Broccoli, MSU Student Organic Farm, East Lansing
Carrots, CBI's Giving Tree Farm, Lansing
Curly Kale, Hunter Park GardenHouse, Lansing
Delicata Squash, Tomac Pumpkin Patch, Chesaning
Paula Red Apples, Phillips Orchards & Cider Mill, Saint John
Sweet red peppers, New Sun Farm, Mason
Yukon Gold Potatoes, Peckham Farms, Lansing
Yellow Moon Dutch Shallots, Green Eagle Farm, Onondeg

Add-Ons:

Bread: Stone Circle Bakery, Holt
Meat Variety: Bacon, Grazing Field, Charlotte



Producer Spotlight:

The MSU Student Organic Farm began in 1999 when a group of interested students teamed up with a horticulture professor to develop an opportunity for on campus experiential agricultural education. The operation was funded by grants written by the students and leaders of the Residential Initiative on the Study of the Environment program. After creating 3 passive solar greenhouses the SOF began its first season of production in the Spring of 2002. The students initiated the first year round CSA in Michigan. Currently the farm serves over 110 weekly produce shares year round and offers formal training programs.



Crop Profile: Delicata Squash

Named Delicata for its **delicate** skin, making it a shorter keeper than other winter squash types, is a trait appreciated by squash enthusiasts as it eases preparation and allows for your delicious meal to be enjoyed that much sooner. Its flavor, when cooked, is sweet, rich, and moist, much like a sweet potato. It does not need to be peeled before consumption. Delicata squash provides vitamin A and vitamin C, some of the B vitamins, potassium, and fiber, while Deep yellow and orange colored squashes offer the most beta carotene.

Weekly Recipes

Dijon Potato Salad

3 pound yukon gold potato
1 shallot, diced
1 red pepper, diced
2 Tbsp Dijon mustard
1/2 tsp honey
2 Tbsp apple cider vinegar
6 Tbsp olive oil
3 Tbsp Italian parsley
salt and freshly ground black pepper
3 each hard boiled egg, if desired

Cut the potatoes into quarters or smaller if the potatoes are large. Cook the potatoes in a pot of water until tender but not falling apart. Drain the potatoes and cool immediately.

While the potatoes are cooking, prepare the vinaigrette. Add the mustard and honey to a bowl with the vinegar and mix well. Stream the olive oil to emulsify and create a vinaigrette. Adjust the salt and pepper but remember the potatoes will soak a lot of seasoning. Toss the chilled potatoes in the vinaigrette and add the shallots, pepper and parsley. Chill until ready to serve. Garnish with hard boiled eggs, if desired.

Stuffed Delicata Squash

1 large delicata squash,
3 tablespoons butter
salt and pepper to taste
1 cup uncooked quinoa
2 cups water
2 shallots, chopped
1 apple, peeled, cored and cubed
1 clove garlic, minced
1/3 cup pine nuts

Preheat oven to 350

Cut the squash in half and take out the seeds. Arrange the squash halves cut side up in a baking dish. Fill dish with about 1/4 inch water. Place 1 tablespoon butter on each half, and season halves with salt and pepper. Cover dish, and bake squash 30 minutes in the preheated oven, or until very tender. Place quinoa in a pot with 2 cups water and bring to a boil. Reduce heat to low, cover, and simmer 15 minutes.

Melt the remaining 1 tablespoon butter in a skillet over medium heat. Stir in shallots, apples, and garlic, and cook until tender. Stir in pine nuts, and cook until golden, be careful to not burn! Gently mix into the pot with the cooked quinoa.

Cut the squash halves in half, and fill each quarter with the quinoa mixture. Serve each stuffed squash quarter on a bed of the remaining quinoa mixture.

Glazed Carrots

1 pound carrots
1/2 tsp cinnamon
1 pod cardamom
pinch nutmeg
pinch salt
3 Tbsp butter
1 Tbsp brown sugar

Peel carrots or scrub them thoroughly. Blanch the carrots in boiling water for just a few minutes until tender. Drain the carrots and melt the butter with the sugar to create the glaze. Allow the sugar to melt with the butter and add the cinnamon, crushed cardamom pod, nutmeg and salt. Toss the carrots in the glaze and serve immediately.

What can I do with that? Veggie Box Q&A

How do I roast a delicata Squash?

It is really simple:

- 1) Preheat oven to 450 degrees F
-Prepare cooking dish with aluminum foil or non-stick spray
- 2) Cut Squash in half (or into quarters if large) and remove seeds
-Use Serrated Knife and Melon Scoop/Spoon
- 3) Coat Squash in Butter and season with Salt/Brown Sugar according to preference.

Do I need to peel carrots?

When I have carrots, I like to keep the skin on. The carrot has a natural sweetness in the skin that is lost when it is peeled. I have a dedicated scrubbie at the kitchen sink that I use to scrub any debris that may be on the outside.



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