



Veggie Box Newsletter

Week 2 | March 15



Welcome to Week 2! We saw a glimpse of spring, but it looks like there is still more winter yet to some. To marry the two seasons, we've got some warm and rich winter foods (like the squash) as well as some crisp and bright spring hints (like a nice Golden Apple)!

Enjoy your week and Happy St. Patrick's Day.

What's in the Box?

- Radish**, *Hunter Park GardenHouse*, Lansing
- Cooking Greens**, *HPGH*, Lansing
- Kennebec Potatoes**, *HPGH*, Lansing
- Dill**, *HPGH*, Lansing
- Butternut Squash**, *MSU SOF*, Lansing
- Carrots**, *MSUSOF*, Lansing
- Shallots**, *Ten Hens Farm*, Bath
- Golden Delicious Apples**, *Phillips Orchards*, St. Johns

Veggie Box Add-Ons

- Bread**, *Stone Circle Bakehouse*, Holt
- Meat Variety**, *Trillium Wood Farm*, Williamston

Add-On Schedule



- Bread & Meat Variety: weekly
- Eggs: 3/22, 4/5, 4/19, 5/3, 5/17
- Cheese: 3/22, 4/5, 4/19, 5/3, 5/17
- Chevre: 3/22, 4/5, 4/19, 5/3, 5/17
- Dry Beans: 4/12, 5/17
- Coffee, Monthly: 4/5, 5/3
- Chicken: 3/22, 4/5, 4/19, 5/3, 5/17
- Pork: 3/22, 4/5, 4/19, 5/3, 5/17
- Beef: 3/22, 4/5, 4/19, 5/3, 5/17

Crop Profile: Dill



Dill (or Dillweed) has been used in kitchens for centuries. In fact, the first written evidence of it is from medical texts in Egypt from 3000 B.C.! Today it is popular in a variety of foods; pickles, dill dip, potato dishes, and sauces for fish. One careful thing to note is that dill weed and dill seed are *very* different in terms of flavor intensity as well as appearance, so be sure to note which one a recipe calls for! For those of you who are interested in gardening, dill is a fairly easy plant to grow. Just be sure to harvest before the plant goes to seed as the seeds are harmful to birds! Of course, if you're wanting the seed, keep a close eye on visiting birds.

Producer Spotlight:

MSU Student Organic Farm



MSU's Student Organic Farm was established in 1999 by a group of students who wanted to learn to sustainably grow food. The aim of the farm was so students had a hands-on opportunity to learn about sustainable food production, which wasn't yet a class offered through MSU. After a few years of hard work to properly set up the farm, they had their first season in 2002. Since then, they have been able to establish and grow their own CSA, which now distributes weekly shares year round. 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.

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Dill-icious Potato Casserole

- 1 share potatoes
- 1 bunch dill
- 3 cloves garlic, minced
- 1 cup heavy cream
- Parmesan
- Salt and White Pepper

Slice the potatoes into thin rounds. Layer the potato slices with a bit of cream to cover, place some dill and parmesan on top of the layer and then repeat until all of the potatoes are used. Top with the remaining cream and some additional parmesan. Bake casserole at 350 degrees for an hour or until golden brown on top.

Butternut Squash Pie!

adapted from Martha

- Pie Crust
- 1 medium butternut squash
- 4 large eggs, room temperature
- 3/4 cup packed light-brown sugar
- 1 tablespoon cornstarch
- 1/2 teaspoon kosher salt
- 1 teaspoon ground cinnamon
- 3/4 teaspoon ground ginger
- 1/4 teaspoon freshly ground nutmeg
- 1/2 teaspoon pure vanilla extract
- 1 can (12 ounces) evaporated milk

Lightly sweetened whipped cream, for serving
Preheat oven to 400 degrees. Cut squash in half lengthwise and scoop out seeds. Place, cut-side down, on a parchment-lined rimmed baking sheet and roast until soft, 45 to 50 minutes. When squash is cool enough to handle, scoop out flesh and transfer to a food processor; process until smooth. Transfer to a cheesecloth-lined colander set over a bowl. Squeeze out excess moisture and let stand, covered with plastic, at least 2 hours or, refrigerated, up to 3 days. Return to room temperature before using. Preheat oven to 400 degrees with racks in lower and upper thirds. Line crust with parchment. Fill with dried beans or pie weights. Bake piecrust on lower rack until edges begin to turn golden and bottom is dry, 22 to 25 minutes. Carefully remove parchment and beans. Reduce oven temperature to 375 degrees and return crust to oven. Bake until golden brown and dry, 10 to 15 minutes more. Let cool slightly on a wire rack. Reduce oven temperature to 325 degrees. Whisk together 1 cup squash puree and remaining 3 eggs. In a separate bowl, whisk together brown sugar, cornstarch, salt, and spices. Whisk dry ingredients into squash mixture, then stir in vanilla and evaporated milk to combine. Pour filling into piecrust; tent rim with foil and bake until center is just set, 50 to 65 minutes. Let cool completely on rack. Serve with dollop of whipped cream.



PLEASE BE SURE TO RETURN YOUR BOX WEEKLY!!



Braised Radishes

- 1 bunch halved radishes without tops
- 1/2 Tbsp butter
- 1 shallot, finely sliced
- 1 Tbsp balsamic vinegar
- 1/4 cup water
- Salt and pepper

On medium heat, melt butter in a wide skillet. Add in radishes with the cut side down in the pan. Cook for 2 to 3 minutes **without stirring**. Add the shallots, stir occasionally for 1 minute. Then add balsamic and water (water should only come up to about half the side of the radish). Cover and then let simmer on low heat for 8 to 10 minutes. Once radishes are tender, remove lid and simmer for an additional 3 to 4 minutes to reduce the sauce. Salt and pepper to taste then serve and enjoy!

ANC Happenings

Soil Care: March 17, 2018 12:00 – 2:00 pm

Learn how to create healthy soil! Workshop facilitated by Brian Allnut of Detroit Farm and Garden. Generously sponsored by Hammond Farms Landscape Supply! Event location: Hunter Park GardenHouse.

Vermicompost: March 31, 2018 10:00am - 12:00pm

Learn about vermicomposting and how to start your own outdoor worm composting bin at home. Workshop facilitated by Brooke Comer, graduate research assistant at MSU's Department of Horticulture and Donny Comer, Program and Education Coordinator at the Greater Lansing Food Bank.

Apple Corner

This week we have the Golden Delicious Apple! This apple was actually an accident, believe it or not, and is suspected to be a mix of Golden Reinette and Grimes Golden. It was first discovered in West Virginia, on the Mullin's family farm. For a while, it was known near them as the Mullin's Yellow Seedling. The family eventually sold the tree and the propagation rights to Stark Brother's Nurseries. They then partnered the apple with their Red Delicious, hence its well known name, Golden Delicious. West Virginia is very fond of their apple, so much so that they've made Golden Delicious their state fruit! Clay County, where the Mullin's farm was, even has their very own Golden Delicious Festival held in September!

