



# Veggie Box Newsletter

## Week 3 | March 22



Welcome to Week 3! We hope you've enjoyed the first two weeks of Veggie Box, there's still plenty to come! Today is World Water Day, and as Michiganders, we all have a special love for water. Take a moment today to appreciate all of the water resources in your life, and if you can, go spend some time at your favorite Michigan water body (you could take a stroll down the River Walk)!

### What's in the Box?

- Carrots**, *Hunter Park GardenHouse*, Lansing
- Beet Greens**, *HPGH*, Lansing
- Salad Mix**, *HPGH*, Lansing
- Celeriac**, *Titus Farms*, Leslie
- Fuji Apples**, *Phillips Orchards*, St. Johns
- Garlic**, *Ten Hens Farm*, Bath
- Onion**, *Ten Hens Farm*, Bath
- Acorn Squash**, *MSU SOF*, Lansing

### Producer Spotlight: TITUS FARMS

Titus Farms was originally started in 1982 by Paul and Rose Titus. At the beginning, Titus was focused on traditional field crops, but something just wasn't right with that approach. They decided to switch their traditional methods over to organic only methods, and to start growing some vegetables as well. Fast forward to 2006; Rebecca (Paul and Rose's daughter) jumps on board and their CSA begins. Today, Rebecca heads the farm and now has over 300 distributions of her CSA! Titus is proud to say that they practice sustainable, organic growing methods with the focus being on quality and taste of their produce.

### Crop Profile: Celeriac

While you're probably familiar with its close cousin celery, this week's featured item is actually the



root; celeriac! While its green top may look similar to celery, they are actually not the same plant! Celeriac is a bit more uncommon here in the US, but has been enjoyed for centuries throughout Europe. Initially, celeriac was used for religious and medicinal purposes throughout Italy, Greece, and Egypt. While the plant had been known of and used for so many years, it wasn't until 1623 that it was actually recorded as a food. That record brought a new popularity to celeriac, which was then widely cultivated throughout Europe by the end of the 1600s. Today, celeriac is great when paired with potatoes, used in stews, featured in a salad...actually there are a lot of great uses for celeriac! With a few more weeks left of winter weather, it's the perfect time to try out a nice and warm celeriac recipe (hint: look for it on the back page!). We hope you enjoy this unsung hero!

### Veggie Box Add-Ons

- Bread**, *Stone Circle Bakehouse*, Holt
- Eggs**, *Grazing Fields*, Charlotte
- Cheese**, *Hickory Knoll*, Onondaga
- Chevre**, *Hickory Knoll*, Onondaga
- Chicken**, *Stone E. River Ranch*, Eagle
- Pork**, *Grazing Fields*, Charlotte
- Beef**, *Heffron*, Belding
- Meat Variety**, *Heffron*, Belding

#### 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



AMP 1629 E. Kalamazoo Lansing 48912  
517.999.3923

ANC 1611 E. Kalamazoo Lansing 48912  
exchange@allenneighborhoodcenter.org





### Celeriac, Potato, and Rosemary Gratin

*adapted from bbcgoodfood.com*

- 6 pieces of bacon, chopped
- 1 3/4 cups heavy cream
- 1 1/2 cups milk
- 2 garlic cloves, sliced
- 1 Tbsp rosemary, finely chopped
- 1 red chilli, deseeded and sliced
- 1 Tbsp dijon mustard
- 1 celeriac, peeled and thinly sliced
- 1 lb potatoes, peeled and thinly sliced

Preheat oven to 350F. Cook the bacon until slightly brown but fully cooked. Set aside. In a medium saucepan, bring to a boil the milk, cream, garlic, rosemary, chilli, and mustard. Once boiling, turn off the burner. Pour some of the mixture into the bottom of a gratin dish. Lay down a layer of celeriac and sprinkle with bacon, salt, and pepper. Pour a little of the cream mixture on top. Repeat this process (alternating with celeriac and potato) until pan is full, preferably with a potato layer on top. Pour remaining cream mixture over top. Bake for 1 hour to 1 hour 15 minutes. Vegetables should be tender and top should be golden. Let the gratin rest for 5 minutes then enjoy!

### Beet Greens and Feta Pasta

*adapted from chowhound.com*

- 1 Tbsp olive oil
- 1/4 white onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 lb beet greens, coarsley chopped
- 1/2 lb penne pasta
- 1/3 cup feta, crumbled
- Salt and pepper

In large pot, bring salted water to a boil. At the same time, heat olive oil in a large pan on medium heat. Then add both garlic and onion. Season with salt and pepper. Cook until the onion is translucent (about 3 minutes). Add beet greens (as many that will fit) and cook until wilted (about 3 minutes). Once wilted, season with salt and pepper, then remove from heat. Once water boils, cook pasta as directed on package. Drain when done, reserving 1 cup of water. Place pasta back in pot with the reserved water. Add in beet green mixture. Toss in feta. Stir until uniformly combined and heated. Salt and pepper to taste, then enjoy!

**Veggie Box**

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

## ANC Happenings

**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.

**Gardening 101: April 14, 2018 10:00am - 12:00pm**

New to gardening? Learn the basics and skills to become a successful gardener. This is the place where it is okay to be embarrassed and have a lot of questions! Workshop sponsored by Van Atta's Greenhouse & Flower Shop, and facilitated by Hunter Park GardenHouse Manager, Egypt Krohn.

Loving your Veggie Box?  
Sign up for our Summer 2018 distribution;  
14 Weeks June 7 - Sept 6!  
\$20 per week (\$280 for the season) plus  
the cost of add ons.

For more information, pricing, and  
registration go to:

[bit.ly/summerveggiebox2018](http://bit.ly/summerveggiebox2018)

## Apple Corner

This week we have the Fuji Apple! While this lovely apple was developed in the late 1930s, it wasn't until 1962 that it came to market. Interestingly enough, this apple was developed in Japan but is actually a cross of two American apples; Red Delicious and Virginia Ralls Genet. These apples store quite well, so if you want to keep some for lunches the coming weeks, just pop them in the fridge! As for eating with something else, Fuji apples pair great with cheeses. Try warming some brie and replacing the cracker that you usually eat it with with your Fuji apples from this week!

