



# Veggie Box Newsletter

## Week 4 | March 29



Welcome to Week 4! You may notice that there are some more adventurous items in the box today. If there are any you're unfamiliar with, check out our recipes on the back to help you plan a meal! Today is National Mom and Pop Business Owners Day. In support of all things local, take a night to visit your favorite Mom and Pop restaurant (or try out a new one)!

### What's in the Box?

- Scallions**, *Hunter Park GardenHouse*, Lansing
- Radish**, *HPGH*, Lansing
- Salad Mix**, *HPGH*, Lansing
- Kohlrabi**, *Titus Farms*, Leslie
- McIntosh Apples**, *Phillips Orchards*, St. Johns
- Dino Kale**, *Ten Hens Farm*, Bath
- Garlic**, *Ten Hens Farm*, Bath
- Head Lettuce**, *Peckham Farms*, Lansing
- Sunflower Shoots**, *Half Barn Farm*, Lansing

### Producer Spotlight: halfbarnfarm



Located just a few blocks away, on Clemens, is this week's producer spotlight; Half Barn Farm! In 2011, Ben Linsemier started the farm as a solo act. He now has over 20 volunteers, with a handful of them being so consistent that they could be considered core members. Half Barn Farm runs a farm stand, and offers a CSA for the nearby community.

One great option they like to offer is a share of their CSA in exchange for work on the farm. This allows their locally and sustainably grown, fresh produce to reach those that may not have been able to afford the share outright. Having this option available also allows for a more accessible community space where people can both learn about farming and build connections as a community.

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)

### Crop Profile: Kohlrabi



When you look back into Kohlrabi's history, you'll find that it stemmed from wild cabbage. Hence it's German name, Kohlrübe, translating to cabbage-turnip. In fact, Kohlrabi, Cabbage, Broccoli, Collard Greens, Cauliflower, Kale, and Brussel Sprouts **ALL** stem from that same wild cabbage (amazing since they look so different!). Being incredibly common in Germany, it's not too surprising that Kohlrabi is also fairly common in the states with strong German ancestry (like Wisconsin for example). What's more interesting is that Kohlrabi is also fairly popular in northern Vietnam, eastern India, and Bangladesh. With such wide spread popularity, there are now a nice variety of Kohlrabi recipes to pick from! Check out some of them on the back page!

### Veggie Box Add-Ons

- Bread**, *Stone Circle Bakehouse*, Holt
- Meat Variety**, *Grazing Fields*, Charlotte

#### Add-On Schedule

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

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## Glazed Radishes and Kohlrabi

Adapted from Martha Stewart

1 cup vegetable stock  
1 bunch radishes, halved  
Handful of kale leaves  
1 large kohlrabi, peeled, cut into 1/2" wedges  
3/4 cup water  
3 Tbsp unsalted butter  
Salt and Pepper

In a large skillet, melt butter on medium to high heat. Once boiling, lower to medium heat. Simmer until butter is foamy, then continue to heat, stir occasionally. Be sure to scrape the bottom of the pan to prevent burning. Once butter is a golden-brown and foam subsides (2 to 7 minutes), remove from heat. Add radishes, kohlrabi, stock, and water. Season with salt and pepper. Return to boil, stir occasionally. Once veggies are crisp-tender and liquid has a glaze consistency, remove from heat (~15 minutes). Transfer to bowl, let rest for 5 minutes. Toss with radish greens and kale. Serve and enjoy!

## Apple Crisp

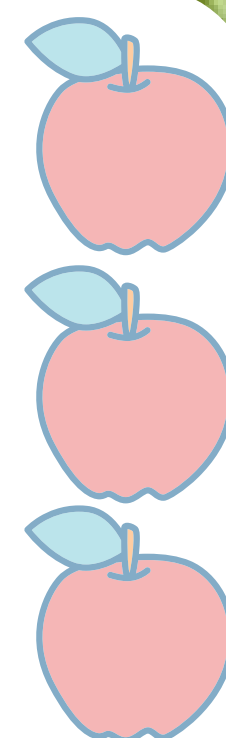
### **Topping:**

1/4 cup brown sugar  
1/4 cup all purpose flour  
1/3 cup softened, unsalted butter  
1 1/4 cups quick cooking rolled oats

### **Filling:**

1/2 tsp ground cinnamon  
1 Tbsp lemon juice  
1/2 cup brown sugar  
6 McIntosh apples, peeled and sliced

Preheat the oven to 350F. For the **topping**; put oats, flour, brown sugar, and butter in a bowl. Stir until combined, then set aside. For the **filling**; combine brown sugar and cinnamon in a bowl. Add apples and lemon juice. Stir to combine. Spoon into an 8" square baking dish, then cover with topping. Bake for about 50 minutes on lowest rack. Serve warm with vanilla ice cream, enjoy!



## Sunflower Shoot Pesto

1/2 cup sunflower seeds (or pine nuts)  
1 bunch sunflower shoots  
1 garlic clove  
1/2 cup parmesan cheese  
1/2 Tbsp lemon juice

With an immersion blender or food processor, mix together. Add olive oil intermittently until a desired consistency is reached (should be smooth and creamy). Salt and pepper to taste.

adapted from endlesssummer.com

**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.

## Apple Corner

This week we have the McIntosh Apple. Many of you may remember when Apple Inc. had their colorful desktop computers, called the Macintosh. Did you know that they were in fact named after this apple? The resemblance isn't quite noticeable, but the computers were colorful, much like the McIntosh apple! While it is a commonly enjoyed apple here in the US, it is actually the national apple of Canada! In either country, McIntosh apples are consumed in a multitude of ways; raw, in pies, for desserts, and to make juice. Try the apple crisp recipe above!

