Welcome to Week 3 of the Fall Veggie Box! This fall season has been off to a cold (and very wet) start, so how do our farmers keep growing our fresh, delicious produce right here in Mid Michigan? The answer is simple: hoophouses and greenhouses! A hoophouse is a series of large hoops or bows—made of metal, plastic pipe or wood—covered with a layer of heavy greenhouse plastic. The plastic is stretched tight and fastened to baseboards with strips of wood, metal or wire. A hoophouse is heated by the sun and cooled by the wind. Greenhouses tend to be similar in size to hoophouses or larger, often with more structural strength. They may or may not have a permanent foundation. They are covered with one or two layers of greenhouse plastic, rigid polycarbonate, or glass. Greenhouses often have supplemental heat from a furnace or boiler, and automated ventilation with fans!

**Producer Spotlight**

**MSU Student Organic Farm**

The Student Organic Farm was started in 1999 by a group of MSU students who were interested in learning to grow food sustainably. At the time there were no classes in organic agriculture at MSU and students were looking to acquire knowledge in a hands-on, experiential format. They wanted to apply what they were learning in their classes in the context of a working farm. From the beginning, the aim of the farm was to provide a place where students could come and volunteer, work, visit, and have input on the development of the land and farm.

**Crop Profile**

**Ginger**

Ginger likely originated from the Indian subcontinent to southern Asia. Ginger is a flowering plant whose rhizome, ginger root, or simply ginger, is widely used as a spice or a folk medicine. Ginger originated in the tropical rainforests from the Indian subcontinent to Southern Asia. Ginger produces a hot, fragrant kitchen spice. They are often pickled in vinegar or sherry as a snack or cooked as an ingredient in many dishes. They can be steeped in boiling water to make ginger herb tea, to which honey may be added. Used historically as a natural remedy for seasickness and morning sickness, ginger is perhaps most well-known for its ability to treat nausea and vomiting.
**Cabbage Soup**

- 3 tablespoons olive oil
- 1/2 onion, chopped
- 2 Veggie Box garlic cloves, chopped
- 2 quarts water
- 4 teaspoons chicken bouillon granules
- 1 teaspoon salt, or to taste
- 1/2 teaspoon black pepper, or to taste
- 1/2 head Veggie Box cabbage, cored and coarsely chopped
- 2-3 Veggie Box tomatoes slices

In large pot, heat olive oil over medium heat. Stir in onion and garlic; cook until onion is transparent - about 5 min.

Stir in water, bouillon, salt, and pepper. Bring to a boil, then stir in cabbage. Simmer until cabbage wilts, about 10 min.

Stir in tomatoes. Return to a boil, then simmer 15 to 30 minutes, stirring often.

**Black Bean, Sweet Potato, and Kale Tacos**

- 1 teaspoon salt
- One bunch of Veggie Box kale, sliced
- 1 Veggie Box sweet potato, peeled, cut in 1/2 in cubes
- 1 tablespoon olive oil
- 1/2 cup onion, chopped
- 1 medium jalapeño, seeded and finely chopped
- 2 Veggie Box garlic cloves, finely chopped
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano leaves
- 2 cans of black beans
- Tortillas

In saucepan mix salt with 1 quart water. Bring to a boil. Add kale; cook 1-2 min. or until tender. Remove with slotted spoon to large bowl of ice water to cool. Drain on paper towel and set aside. Add sweet potato to same boiling water. Cook 3-4 min. or until tender, drain well. In pan heat oil over medium heat. Cook onion and jalapeño 3 min. Stir in garlic, cumin, and oregano. Cook 2 min. stirring occasionally. Stir in beans, Cook 5 min or until thoroughly heated, adding cooked sweet potato during last minute of cooking. Serve in tortilla, top with kale.

**Ginger Hot Chocolate**

- 2 cups milk
- 1 cup water
- Sweetener to taste
- 1/4-1/2 teaspoon of fresh Veggie Box grated ginger
- 1/4 cup cocoa or cocoa powder
- 1 pinch sea salt
- 1 teaspoon pure vanilla extract

Heat milk and water in medium saucepan. Once it comes to a simmer, reduce heat slightly and whisk in cocoa powder, sea salt, and ginger. Once cocoa is hot enough for liking, 2-5 minutes, remove from heat and add vanilla extract. Stir once more.