

Veggie Box Newsletter

Week 3: October 4

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 sea sickness and morning sickness, ginger is perhaps most well-known for its ability to treat nausea and vomiting.



What's in the Box?

Blondee Apples, *Phillips Orchards and Cider Mill, St. Johns*

Thyme, *Hunter Park GardenHouse, Lansing*

Sweet Potatoes, *Monroe Family Organics, Alma*

Kale, *Bourne Fraiche Farms, Mason*

Red Slicing Tomatoes, *Ten Hens Farm, Bath*

Garlic, *Owosso Organics, Owosso*

Cabbage, *Pekham Farms, Lansing*

Ginger, *MSU Student Organic Farm, Holt*

Butterkin Squash, *Tomac Pumpkin Patch, Chesaning*

Snap Peas, *Bourne Fraiche Farms, Mason*

Add-Ons

Eggs, *Grazing Fields Cooperative, Charlotte*

Bread, *Stone Circle Bakehouse, Holt*

Meat, *Trillium Wood Farm, Williamston*

Chicken, *Trillium Wood Farm, Williamston*

Pork, *Berkshire Farms, Mason*

Beef, *Heffron Farms Market, Belding*

Cheese, *Hickory Knoll Farms Creamery, Onondaga*

Chevre, *Hickory Knoll Farms Creamery, Onondaga*

Sweet Treats, *Rooted Home Farm and Goods, Lansing*

Coffee & Cold Brew, *Rust Belt Roastery, Lansing*

Recipes

Veggie Potstickers

3 tablespoons vegetable oil, divided
1 cup diced shiitake mushrooms
1/3 cup of minced onion (from last week's box!)
3 cups shredded Veggie Box cabbage
2 carrots, peeled and grated
1/2 cup diced water chestnuts
1/2 cup chopped fresh cilantro leaves
1 large egg
3 cloves Veggie Box garlic, minced
1 tablespoon freshly grated Veggie Box ginger
1 1/2 tablespoons reduced sodium soy sauce
1 tablespoon rice wine vinegar
2 teaspoons sesame oil
Kosher salt and freshly ground black pepper, to taste
32 (3-inch) round wonton wrappers

Heat 1 tablespoon vegetable oil in a medium skillet over medium high heat. Add mushrooms and shallots, and cook, stirring occasionally, until tender, about 3-4 minutes. Stir in cabbage and carrots until tender, about 3-5 minutes. Let cool completely. In a large bowl, combine mushroom mixture, water chestnuts, cilantro, egg, garlic, ginger, soy sauce, rice wine vinegar and sesame oil; season with salt and pepper, to taste.

To assemble the potstickers, place wrappers on a work surface. Spoon 1 tablespoon of the mushroom mixture into the center of each wrapper. Using your finger, rub the edges of the wrappers with water. Fold the dough over the filling to create a half-moon shape, pinching the edges to seal. Heat remaining 2 tablespoons vegetable oil in a large skillet over medium high heat. Working in batches, add potstickers in a single layer and cook until beginning to crisp on the bottom, about 2-3 minutes. Working quickly, add 1/4 cup water; cover and cook until liquid has evaporated and bottoms of dumplings are crisp and golden, about 3-5 minutes.

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.

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 sauce pan 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.