

Veggie Box Newsletter

Week 6: October 25

Welcome to Week 6 of the Fall Veggie Box! Did you know that in Ingham county alone, there are over 940 farms, and we support nearly 40 of them through the Veggie Box program? Even more, Michigan ranks third in the nation for number of farmers markets!

Michigan is home to over 300 farmers markets, including our very own Allen Farmer Market, which is every Wednesday year-round! Fun fact: our market was the first in the state to accept EBT/SNAP payments! Stop by from 2:30-7:00 pm to pick up some more fresh, local produce to supplement your Veggie Box!

A note to remember for the week of Thanksgiving: the week of the 19th, Veggie Box pickup and delivery will take place on Tuesday November 20th rather than Thursday November 22nd. Thank you for supporting local food!

Producer Spotlight

Bourne Fraiche Farms

Bourne Fraiche Farms started in 2017 in Mason, Michigan. The name of the farm stems from a combination of the owner's middle name, 'Chadbourne', and 'Fraiche', which is the French word for fresh. After 14 years of specializing in culinary business, Chad Kaliher switched from cooking to growing fresh produce. Embracing the "seed to table" movement, Bourne Fraiche Farms specializes in unique items and exotic vegetables for local restaurants, and are a pesticide, and artificial fertilizer free operation.

Crop Profile

Lemongrass

Lemongrass is cultivated around the world for a variety of reasons. It's mainly grown for its oils, which have a number of uses including for vitamin A, perfumes, insect spray, cosmetics, perfumes and food and drink. Lemongrass is also enjoyed as a tea throughout the world. The lemongrass stalk is too tough to eat on its own so has to be finely crushed or chopped - try using a mortar and pestle to crush it into a paste! It is essential in many Asian cuisines, especially Thai dishes, giving them a subtle citrus flavour.



What's in the Box?

Tatsoi, Hunter Park GardenHouse, Lansing
Onions, Hunter Park GardenHouse, Lansing
Hakurei Turnips, Peckham Farms, Lansing
Cabbage, Titus Farms, Leslie
Hot Pepper Mix, Bourne Fraiche Farms, Mason
Rutabaga, CBI's Giving Tree Farm, Lansing
Lemongrass, Bourne Fraiche Farms, Mason
Butternut Squash, Tomac Pumpkin Patch, Chesaning

Add-Ons

Bread, Stone Circle Bakehouse, Holt
Meat, Grazing Fields Cooperative, Charlotte
Sweet Treats, Teff-Rific, Lansing

ANC Happenings

Market Moves begins Saturday, October 6 with Components of Karate. Focusing on balance and strength this class is appropriate for nearly everyone. This class meets from 9 - 10 am in the Allen Neighborhood Center's Great Room. Mondays we will be holding Stretch & Strength classes. This class meets from 6 - 7 pm in the Allen Neighborhood Center Greatroom. For each full hour session that you attend you will receive a \$5 token to our Allen Farmers Market. Hope to see you there!

Recipes

Tatsoi and Lemongrass Stir Fry

3 tbsp. peanut oil (or, use a combination of 2 tbsp of another neutral flavored high-heat oil such as canola oil and 1 tbsp. sesame oil)
8 oz. tofu (cut into small cubes, about 3/4-inch thick)
Veggie Box tatsoi, stalks removed and sliced
3/4 cup carrots (thinly sliced)
1 cup broccoli (chopped)
1 bell pepper (red, sliced)
1 Veggie Box onion
2 Veggie Box chiles (or less if you prefer it more mild)
4 cloves garlic (minced)
2 tbsp. Veggie Box lemongrass (fresh, sliced very thin, or mashed with a mortar and pestle)
2 tbsp. lime (juice)
1 dash of salt (to taste)

Saute the tofu in peanut or canola oil until lightly golden, about 5 minutes. Add the onions, carrots, broccoli, red bell pepper and chilies, and stir-fry for a few more minutes, until veggies are cooked. Add the the garlic, tatsoi, and lemongrass and cook for another two or three minutes, stirring well. Once the garlic is well incorporated, add in the lime juice and a dash of salt and remove the pan from heat. Serve over plain white or brown steamed rice if you'd like, and enjoy!



Greek Style Oven Roasted Rutabaga

Veggie Box rutabaga
2 tbs. extra-virgin olive oil
1 tbs. Dijon mustard
1 tbsp lime juice
2 tsp. fresh thyme, finely chopped
1 tsp Himalayan salt
1 tsp garlic powder
1 tsp onion powder
1 tsp dried oregano
½ tsp smoked paprika
½ tsp chili pepper flakes

Preheat the oven to 400°F. Peel the rutabagas and cut them into roughly 2" chunks; place them in a large mixing bowl. Add the rest of the ingredients to a separate bowl and mix vigorously with a whisk until well combined. Pour that sauce over the rutabagas and toss with a spoon until all the pieces are evenly coated. Spread the rutabaga in a single layer across a broiler pan, making sure there is plenty of room between the pieces of rutabaga to allow air to circulate freely. Cover with aluminum foil and bake in the oven for 30 minutes, then remove the foil, lower the heat to 375°F and continue baking, stirring 2 or 3 times during the process, until the rutabaga is fork tender and starts to caramelize around the edges, about 25 minutes. Once the rutabaga has reached the desired color and doneness, remove it from the oven and immediately hit it with a light sprinkle of salt. Let it cool for a few minutes and then serve, garnished with fresh herbs and a drizzle of extra-virgin olive oil, if desired.

Butternut Squash Soup

2 tablespoons butter
1 Veggie Box onion, chopped
1 stalk celery, chopped
1 medium carrot, chopped
2 medium potatoes, chopped
1 Veggie Box butternut squash peeled, seeded, and cubed
1 container of vegetable stock
Salt & black pepper to taste

Melt the butter in a large pot, and cook the onion, celery, carrot, potatoes, and squash 5 minutes, or until lightly browned. Pour in enough of the chicken stock to cover vegetables. Bring to a boil. Reduce heat to low, cover pot, and simmer 40 minutes. Transfer the soup to a blender, and blend until smooth. Return to pot, and mix in any remaining stock to attain desired consistency, and season with salt and pepper!

