

Veggie Box Newsletter

Week 10: November 20

Welcome to Week 10 of the Fall Veggie Box, and happy Thanksgiving! Thanksgiving is the easiest and best time of year to "eat local," for the simple reason that this holiday dates back to a time when "fresh and local" were not marketing terms, but just the way it was. This means that most of what you find on a traditional Thanksgiving menu has its roots in local, seasonal foods. Yet too often we feel obliged to follow more recent traditions. We fill a Thanksgiving menu with an industrially raised turkey that's been injected with saline to make it seem juicy, or Jell-O salad with canned fruit cocktail, or green bean casserole with canned mushroom soup, or sweet potatoes from a can, baked with butter and brown sugar with marshmallows on top. There's nothing wrong with family traditions, but it's easy and fun to give those old favorites new life with fresh, locally raised foods. Thanksgiving is the perfect time to choose from autumn's bountiful cornucopia of locally grown foods. And there's even more to be thankful for, because local foods, when grown without synthetic chemicals, enhance our personal health, the health of our farmers, their farms, and our communities. There is just no better way to express gratitude for good food, local farmers, and their active stewardship of the land than to buy one or more local items for the big meal on the day we join together and give thanks. Thank you for supporting local food!

Producer Spotlight

Hunter Park GardenHouse

The Hunter Park GardenHouse, a project of Allen Neighborhood Center, is a hub for year-round farm & garden education, where neighbors volunteer to grow food, flowers, and community, and youth develop job and life skills in service to the neighborhood. Since 2008, the Hunter Park GardenHouse has empowered neighbors to grow, prepare, and eat healthy food to better their health and become better connected with the community.

Crop Profile

Swiss Chard

Our featured crop for this week is not hard to spot because it's so beautifully and brightly colored; Swiss Chard! Believe it or not, chard has been around for ages. In fact, there's even a mention of red chard from Aristotle in 350 BCE! For quite some time, it was believed to be a kind of beet than its own plant. There are many uses for chard; salads, simply being sautéed, added to sauces and soups, and mixed in with eggs and frittatas! For an easy way to incorporate your chard into things you might be making already, try adding some chard to your salad. Try it sautéed for Thanksgiving dinner or in a salad with your salad mix this week!



What's in the Box?

Ida Red Apples, *Phillips Orchards and Cider Mill, St. Johns*

Yellow Onions, *Hunter Park GardenHouse, Lansing*

Potatoes, *Hunter Park GardenHouse, Lansing*

Butternut Squash, *Tomac Pumpkin Patch, Chesaning*

Salad Mix, *Hunter Park GardenHouse, Lansing*

Sage, *Hunter Park GardenHouse, Lansing*

Garlic, *Titus Farms, Leslie*

Turnips, *Ten Hens Farm, Bath*

Swiss Chard, *Ten Hens Farm, Bath*

Add-Ons

Meat, *Grazing Fields, Charlotte*

Bread, *Stone Circle Bakehouse, Holt*

Sweet Treats, *Teff-Rific, Lansing*



Recipes

Sauteéd Swiss Chard with Garlic and Lemon

Veggie Box Swiss Chard, inner ribs removed and cut into 2-inch lengths, leaves cut into 2-inch ribbons

3 cloves Veggie Box Garlic, thinly sliced

1/2 cup extra-virgin olive oil

1/2 teaspoon finely grated lemon zest

Salt and freshly ground black pepper to taste

In a large pot, heat 1/4 cup plus 2 tablespoons of the olive oil. Stir in the garlic and cook over moderately high heat until lightly golden, about 1 minute. Add the chard leaves in large handfuls, allowing each batch to wilt slightly before adding more. Season the chard with salt and pepper and cook, stirring, until the leaves are softened and most of the liquid has evaporated, about 8 minutes. Transfer the chard to a bowl. Wipe out the pot. Add the remaining 2 tablespoons of olive oil to the pot. Add the chard ribs and cook over moderately high heat, stirring occasionally, until crisp-tender, about 5 minutes. Stir in the wilted chard leaves and season with salt and pepper. Transfer to a bowl, sprinkle with the lemon zest and serve right away.



Veggie Box Stuffing

1 Veggie Box butternut squash

3 Veggie Box apples, cored

½ cup butter, softened (1 stick)

Veggie Box Onions, finely chopped

3 stalks celery, finely chopped (about 1 cup)

Veggie Box Swiss Chard, chopped

1 tbsp Veggie Box fresh sage, finely chopped

1 tbsp fresh thyme, finely chopped

2 cloves of Veggie Box Garlic

3 cups vegetable stock

2 eggs

¼ cup fresh parsley, chopped

16 cups day-old, cubed French or Italian bread

Preheat the oven to 375°F (190°C). Peel and cube the butternut squash, and then roast for about 30 minutes. Cube the cored apple as well. Melt the butter in the All-Purpose Pot over medium heat. Add the onions, garlic, celery, swiss chard, sage, and thyme and cook for 3 minutes. Add in the butternut squash and apple. Cook and stir occasionally for 5-7 minutes or until softened. Add the broth, bring to a simmer, then remove from the heat. Beat the eggs in a 6-qt. (6-L) Stainless Steel Mixing Bowl and add the chopped parsley. Stir in the cubed bread and the broth mixture. Transfer the mixture to a buttered baking dish. Cover and bake for 30 minutes. Uncover and bake for 15-20 minutes or until the top is golden brown.

French Apple Tart

1 Refrigerated pie crust, softened

Veggie Box Apples peeled, cored, and thinly sliced

1/4 cup white sugar

1/2 teaspoon ground cinnamon

2 tablespoons honey

1/2 teaspoon vanilla

Preheat oven to 425°F. Remove pie crust from pouch; unroll on lightly floured surface. Roll into 12-inch round; place in 12-inch pizza pan. In small bowl, mix sugar and cinnamon. Sprinkle 1 tablespoon cinnamon-sugar over crust. Arrange apple slices spoke-like on crust, working from outside edge to center. Sprinkle apple slices with remaining cinnamon-sugar. Bake 30 minutes or until apples are tender and crust is lightly browned. In small microwavable bowl, mix honey and vanilla. Microwave uncovered on High 40 seconds. Brush honey mixture over tart. Serve warm.

