

# Veggie Box Newsletter

Week 9: November 15

Welcome to Week 9 of the Fall Veggie Box! Do you know why local food is better for your family? To begin with, local foods often retain more nutrients. Local produce is allowed to ripen naturally, while food that travels long distances is often picked before it's ripe. And food picked fresh and in season doesn't have far to travel before being sold. Choosing fruits and vegetables grown in season may also be healthier. When researchers at Montclair State University compared the vitamin C content of broccoli grown in season with broccoli imported out of season, they found the latter had only half the vitamin C. In addition, locally grown produce is typically safer. When they are imported and out of season, fruits and vegetables are often picked unripe. And then, they are artificially "ripened" with ethylene gas, and have many different types of chemicals to help preserve them. By being a part of the Veggie Box program, you're choosing more nutritious, healthy, and safe food for your family. Thank you for supporting local food!

## Producer Spotlight

### *Swallowtail Farms*

Anne, also known as 'Farmer Anne' is a plant geek who has the pleasure of managing Swallowtail Farm along with help from her family and an awesome employee or two. It brings her joy to know that she's growing veggies, fruit and flowers in a sustainable way for folks in her community to enjoy. She wasn't always a plant geek. When she was in college she took a practical botany class because it sounded like a great way to 'blow off' her science requirements. Little did she know then, she was beginning a lifelong journey of learning and awe with all things green.

## Crop Profile

### *Daikon Radish*

Also known as Japanese horseradish or mooli, daikon looks like a bigger, uglier, knobbier parsnip and, if its flavor can be likened to anything, it is reminiscent of a finer, less fiery radish. Originally native to Southeast or continental East Asia, daikon is harvested and consumed throughout the region, as well as in South Asia. Daikon radishes are a staple in Asian cuisine, the name daikon is actually Japanese for "great root." They're a prolific vegetable and can often grow up to 20" in length with a diameter of 4".



## What's in the Box?

**Fuji Apples**, *Phillips Orchards and Cider Mill, St. Johns*  
**Daikon Raddish**, *Hunter Park GardenHouse, Lansing*  
**Carrots**, *Monroe Family Organics, Alma*  
**Fennel**, *Ten Hens Farm, Bath*  
**Lettuce Mix**, *Swallowtail Farm, Mason*  
**Kale**, *Bourne Fraiche Farm, Mason*  
**Garlic**, *CBI's Giving Tree Farm, Lansing*  
**Onions**, *Peckham Farms, Lansing*  
**Cabbage**, *Peckham Farms, Lansing*

## Add-Ons

**Eggs**, *Grazing Fields Cooperative, Charlotte*  
**Bread**, *Stone Circle Bakehouse, Holt*  
**Meat**, *Trillium Wood Farm, Williamston*  
**Chicken**, *Trillium Wood Farm, Williamston*  
**Pork**, *Grazing Fields Cooperative, Charlotte*  
**Beef**, *Heffron Farms Market, Belding*  
**Beans**, *Ferris Organic Farm, Onondaga*  
**Cheese**, *Hickory Knoll Farms Creamery, Onondaga*  
**Chevre**, *Hickory Knoll Farms Creamery, Onondaga*  
**Sweet Treats**, *Glory Bee Sweet Treats, Mason*  
**Pie**, *Glory Bee Sweet Treats, Mason*

# Recipes

## Carrot & Radish Kimchi (Kkagdugi)

Veggie Box daikon radishes  
Half of Veggie Box carrots  
1/2 tbsp & 1/2 tsp sea salt  
3 cloves of Veggie Box garlic, minced  
1/2 inch ginger, finely grated  
2 1/2 tbsp preservative & MSG-free fish sauce  
(can sub for coconut aminos or tamari sauce)  
1/4 cup Korean coarse red pepper flakes (Add more or less depending on your spice level)  
2 stalks green onions, chopped

**Rinse the radishes and carrots and cut off any small hairs on the skin. (You can also peel the skin, I leave it on.) Cut the radishes and carrots into bite sized cubes and put them in a large bowl. Coat the mixture with sea salt evenly. Let it rest for 30 minutes so they have time to sweat. Drain out most of the juice but leave about 2 tbsp to 1/4 cup in the mixture. Add minced garlic, grated ginger, fish sauce, red pepper flakes, and chopped onions. Mix everything well so the seasonings are evenly coated. Transfer to a glass jar with an airtight lid, pressing down the mixture gently as you pour it in. Close the lid and let it sit outside the fridge at room temperature out of sunlight for 24-48 hours while it ferments. It's ready when you open the lid and you see small bubbles escaping off the top and the kkadugi has a strong, sour smell. Store in the fridge and eat it with EVERYTHING.**



## Vegetarian Kale Soup

2 tablespoons olive oil  
2 cups of Veggie Box onion, chopped  
3 cloves of Veggie Box garlic, chopped  
1 bunch Veggie Box kale, stems removed and leaves chopped  
8 cups vegetable stock  
1 15oz can diced tomato  
2 15oz cans cannellini beans  
3 cups of potatoes, cubed  
1 bay leaf  
1 sprig of thyme  
2 tablespoons dried parsley  
Salt and pepper to taste

**Heat the olive oil in a large soup pot; cook the onion and garlic until soft. Stir in the kale and cook until wilted, about 2 minutes. Stir in the water, vegetable bouillon, tomatoes, potatoes, beans, , and parsley. Simmer soup on medium heat for 25 minutes, or until potatoes are cooked through. Season with salt and pepper to taste.**

## Apple Crisp with Oat Topping

5-6 Veggie Box Apples, peeled, cored, and sliced  
2 tablespoons white sugar  
1/2 teaspoon ground cinnamon  
1 cup brown sugar  
3/4 cup old-fashioned oats  
3/4 cup all-purposed flour  
1 teaspoon ground cinnamon  
1/2 cup cold butter

**Preheat oven to 350 degrees F (175 degrees C). Toss apples with white sugar and 1/2 teaspoon cinnamon in a medium bowl to coat; pour into a 9-inch square baking dish. Mix brown sugar, oats, flour, and 1 teaspoon cinnamon in a separate bowl. Use a pastry cutter or 2 forks to mash cold butter into the oats mixture until the mixture resembles coarse crumbs; spread over the apples to the edges of the baking dish. Pat the topping gently until even. Bake in preheated oven until golden brown and sides are bubbling, about 40 minutes.**