

Veggie Box Newsletter

Week 7: November 1

Welcome to Week 7 of the Fall Veggie Box, the official half-way point of the season! There is still plenty of fresh fall produce to come, but we are already preparing for next year's Spring Veggie Box. The Spring Season of Allen Neighborhood Center's Veggie Box program runs for 12 weeks, March 7 - May 23, with registration closing on February 21st. A subscription to our 12-week CSA is \$270, with add-on items available for an additional cost. The Spring Veggie Box includes a seasonal assortment of fresh, locally grown vegetables & fruits. Projected items include: asparagus, cooking greens, lettuce, peas, radish, herbs, beets, carrots, onions, winter squash, potatoes, garlic, rhubarb, strawberries, & more. If you would like to learn more and sign up for a subscription to local, fresh produce, please go to bit.ly/springveggiebox2019. Thank you for supporting local food!

Producer Spotlight

Titus Farms

Titus Farms was founded by Rose and Paul Titus in 1982. Growing up, both farmers worked at their respective family farms until they got married and purchased a small 20 acre land. Paul and Rose both dedicated their lives into farming so that they can pass on ownership of the farm to their daughter Rebecca Titus. Titus farms is dedicated to producing the highest quality vegetables using sustainable organic farming methods, as well as producing unique varieties of vegetables that capitalize on great taste.

Crop Profile

Kohlrabi

Kohlrabi, also known as the German Turnip, is a biennial vegetable - a low, stout cultivator of wild cabbage. It is in the same genus as cabbage, broccoli, cauliflower, kale, brussel sprouts, and other vegetables. What kohlrabi lacks in beauty, it makes up for in flavor. It's described to have a "sweet flavor that's somewhere between a turnip and a water chestnut, with a crisp, crunchy texture. Kohlrabi is one of the most versatile vegetables around. It can be cooked as you would carrots or turnips, and tastes great in salads, pies, or simply grilled or roasted. Kohlrabi can also be eaten raw (and this may be the best way of all to enjoy them) - try using it in a coleslaw!



What's in the Box?

Gala Apples, *Phillips Orchards and Cider Mill*, St. Johns
Rosemary, *Hunter Park GardenHouse*, Lansing
Sweet Potatoes, *Monroe Family Organics*, Alma
Collard Greens, *Ten Hens Farm*, Bath
Kohlrabi, *Titus Farms*, Leslie
Garlic, *Peckham Farms*, Lansing
Asian Pears, *MSU Student Organic Farm*, Holt
Heart of Gold Squash, *Tomac Pumpkin Patch*, Chesaning

Add-Ons

Eggs, *Grazing Fields Cooperative*, Charlotte
Bread, *Stone Circle Bakehouse*, Holt
Meat, *Heffron Farms Market*, Belding
Chicken, *Trillium Wood Farm*, Williamston
Pork, *Grazing Fields Cooperative*, Charlotte
Beef, *Heffron Farms Market*, Belding
Honey, *Bee Wise Farms*, Lansing
Coffee, *Rust Belt Roastery*, Lansing
Cold Brew Coffee, *Rust Belt Roastery*, Lansing
Cheese, *Hickory Knoll Farms Creamery*, Onondaga
Chevre, *Hickory Knoll Farms Creamery*, Onondaga
Sweet Treats, *Rooted Home Farm and Goods*, Lansing

Recipes

Crispy Apple and Kohlrabi Salad

Veggie Box kohlrabi cut into matchsticks about ¼ wide

2 Veggie Box apples cored and cut into matchsticks about ¼ wide

⅓ cup grated gouda cheese

¼ cup fresh tarragon leaves

4 tablespoons toasted sunflower seeds*

Lemon zest, to taste

2 tablespoons olive oil, to taste

2 tablespoons lemon juice, to taste

Flaky sea salt and freshly ground black pepper, to taste

In a large serving bowl, combine the kohlrabi and apple matchsticks. Add the cheese, if using, and the tarragon leaves and sunflower seeds. Shave lemon zest liberally over the bowl (I probably used about half of a small lemon's worth or more). Drizzle in 1 tablespoon olive oil and 1 tablespoon lemon juice, then sprinkle lightly with salt and black pepper. Use your hands to gently toss the salad, then add another drizzle of olive oil and lemon juice if the salad seems dry. Finish with another light sprinkle of salt and pepper and serve immediately.



Sweet Potato and Apple Casserole

Veggie Box sweet potatoes, peeled and quartered

1/2 cup firmly packed brown sugar

1 teaspoon ground cinnamon

1 teaspoon ground nutmeg

Veggie Box apples - peeled, cored and cut into 1/4 inch rings

1/4 cup all-purpose flour

1/4 cup firmly packed brown sugar

1/4 cup butter

1/4 cup chopped pecans

Place sweet potatoes in a large saucepan with enough water to cover. Bring to a boil and cook 25 minutes, or until tender but firm. Drain, cool and cut into 1/4 inch slices. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 7x11 inch baking dish. In a small bowl, mix brown sugar, cinnamon and nutmeg. Layer sweet potatoes, brown sugar mixture and apples in the prepared baking dish. In a medium bowl, mix flour, brown sugar, butter and pecans. Sprinkle over the sweet potatoes. Bake in the preheated oven 30 minutes, or until lightly browned.

Sautéed Collard Greens and Garlic

Kosher salt and black pepper

Veggie Box collard greens, stems discarded and leaves cut into 1-inch strips

1/2 cup olive oil

3 cloves of Veggie Box garlic, thinly sliced

Bring a large pot of salted water to a boil. Add the collard greens in batches and cook until just tender, about 10 minutes. Drain the greens in a colander and rinse under cold water to cool; squeeze to remove any excess water. Heat the oil in a large saucepan over medium heat. Add the garlic and cook, stirring, for 1 minute. Add the greens, 1 teaspoon salt, and ½ teaspoon pepper. Cook, tossing often, until wilted and tender, 3 to 4 minutes.