

Veggie Box Newsletter

Week 8: November 8

Welcome to Week 8 of the Fall Veggie Box! Just a reminder that the the week of the 19th, Veggie Box pickup and delivery will take place on Tuesday November 20th rather than Thursday November 22nd (Thanksgiving). Also, 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

Green Eagle Farm

Steve and Chela of Green Eagle Farm are 20 year veteran farmers and stewards of the land. They take great joy in growing a wide variety of crops and experimenting with new and unique products, all while being earth friendly in their practices. You know they care about what they do when you see the lemon and mature fig tree carefully protected from the Michigan winters in one of their hoop houses. Not long after Steve and Chela met, the two knew they were destined to be together as life partners and land stewards. Now they grow a large selection of vegetables, flowers, and herbs, including heirloom and open-pollinated varieties. But their specialties are greens, garlic, and potatoes. Keeping the health of the land as their top priority, all of Green Eagle Farm's produce is ecologically-grown and follows organic standards.

Crop Profile

Celeriac

Celeriac, also known as celery root, is a type of celery cultivated for its root. It is most commonly found in England, Europe, Asia and India. The short stem and upper part of the roots grow into a cream colored, round shape with rough, textured skin. The inside flesh is creamy white and firm. It is a great source of vitamin K, vitamin C, fiber, and potassium. Celeriac has a unique flavor and can be eaten raw or lightly cooked. It is delicious when cooked and mashed with other root vegetables, sliced in salads, or baked with olive oil. Try it in a dish for dinner tonight!



What's in the Box?

Celeriac, *Titus Farms, Leslie*
Red Onions, *Hunter Park GardenHouse, Lansing*
Radicchio, *Hunter Park GardenHouse, Lansing*
Spinach, *Ten Hens Farm, Bath*
Winter Savory, *Hunter Park GardenHouse, Lansing*
Microgreens, *Peckham Farms, Lansing*
Potatoes, *Green Eagle Farm, Onondaga*
Mini Spaghetti Squash, *Tomac Pumpkin Patch, Chesaning*

Add-Ons

Bread, *Stone Circle Bakehouse, Holt*
Meat, *Grazing Fields Cooperative, Charlotte*
Sweet Treats, *Stone Circle Bakehouse, Holt*

ANC Happenings

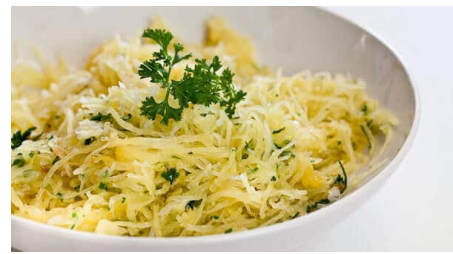
Do you know how Thanksgiving came about? Like making crafts? Come to the market Wednesday, November 14! One of our interns, Iyana, will facilitate a discussion between neighbors about family traditions, the beginning of Thanksgiving, and will teach a fun craft for kids and adults alike. The perfect holiday event for the whole family! This event will be hosted in the mezzanine at the Farmers Market from 4:30-6:00 pm, and will include snacks. See you there!

Recipes

Celeriac Soup with Thyme

- 1 Veggie Box celeriac
- 2 carrots
- 2 medium russet potatoes
- 1 Veggie Box onion
- 2 cloves garlic (from last week's box!)
- 2 tablespoons olive oil
- 1/4 teaspoon salt
- 3 to 4 cups of vegetable broth
- 5 sprigs thyme
- 2 tablespoon olive oil
- 10 fresh sage leaves
- 1 to 2 tablespoons heavy cream (optional)

Preheat oven to 425° F. Cut off skin and roots of celeriac. Dice celeriac, carrots, and potatoes into 1/2 inch cubes. Place on a baking sheet or in roasting pan. Roughly mince onion and garlic. Add to diced vegetables. Drizzle with olive oil and sprinkle with salt. Toss until all the vegetables are well coated. Roast in the oven 35 to 40 minutes or until the vegetables are beginning to caramelize and brown. While vegetables are roasting, heat 2 tablespoons olive oil over medium-high heat until hot. Fry sage, 3 to 4 leaves at a time until crisp. Remove from heat and set aside. When vegetables are done roasting, transfer them into a blender. Add thyme leaves from 5 sprigs into blender with 3 1/2 cups vegetable broth. Puree until smooth. Add more vegetable broth to achieve the consistency you desire. Transfer soup to a medium pot. Bring to boil over medium heat. Serve with crispy sage, extra thyme and a drizzle of heavy cream.



Baked Spaghetti Squash with Garlic and Butter

- 1 Veggie Box spaghetti squash
- 2 tablespoons butter
- 2 cloves garlic finely minced
- 1/4 cup finely minced parsley or other fresh herb (Veggie Box winter savory!)
- 1/2 teaspoon salt or to taste
- 1/4 cup shredded parmesan cheese

Preheat oven to 375F. Cut squash in half, lengthwise and remove the seeds and membranes. Add a little water to a baking dish, and bake the squash cut-side down for about 45 minutes, or when it can be pierced easily with a knife. Use a fork to scrape the squash to get long, lovely strands. If the squash seem difficult to scrape, place squash halves cut side down, and bake for an additional 10 minutes. Heat a large saute pan with the butter and the garlic over medium-low heat. When garlic becomes fragrant, add parsley, salt and spaghetti squash strands. Toss well, sprinkle in the parmesan cheese and taste to see if you need additional salt. The spaghetti squash should have a slight crunch - but if you like it softer, cover the pan and cook 2 more minutes

Sautéed Radicchio with Honey & Balsamic Vinegar

- Veggie Box radicchio, cored and torn into bite-size pieces
- Coarse salt and ground pepper
- 1 tablespoon honey
- 1 tablespoon extra virgin olive oil
- 2 tablespoons balsamic vinegar

Rinse radicchio (leave some water still clinging to leaves). In a large skillet, heat oil over medium-high. Add radicchio and season with salt and pepper. Cook, tossing, until tender, about 4 minutes. Add vinegar and honey and stir to combine.