

Veggie Box Newsletter

Week 13: December 13

Welcome to Week 13 of the Fall Veggie Box! Can you believe there is only 1 more week of the Fall Veggie Box? Never fear, registration for the Summer Veggie Box program is officially open! A subscription to the Summer Veggie Box is a great present to give away during the holidays - the gift that keeps on giving all throughout 2019! For the 2019 Summer Veggie Box, there will be two different distribution days: for those who would like to pick up their box from the Allen Market Place, their distribution day is Tuesday; for those who would like their box delivered to their workplace, their box will be delivered on Thursdays; the season will run for 14 weeks from June 4 to September 3, with registration closing May 16. Projected items include: asparagus, cooking greens, salad mix, lettuce, peas, radish, okra, herbs, beets, carrots, cabbage, green beans, peppers, kohlrabi, tomatoes, summer squash, cucumbers, sweet corn, onions, potatoes, garlic, rhubarb, strawberries, blueberries, apples, peaches, & more! To register or find out more information, visit bit.ly/summerveggiebox2019. Spots are filling up fast so sign up soon! Thank you for supporting local food!

Producer Spotlight

Stone Circle Bakehouse

Stone Circle Bakehouse, of Holt, Michigan, specializes in the European tradition of artisanal bread that is cut, scaled, and shaped by hand. Owner Kevin Cosgrove allows his dough to slowly ferment before baking it on the deck of his wood-fired oven. At Stone Circle Bakehouse, the innovative deliciousness stems from Cosgrove's desire to preserve traditional baking methods, rather than change them. Organic, local ingredients are prioritized when possible to bring customers fresh, environmentally and community friendly baked goods.

Crop Profile

Kale

Though you may have only become familiar with Kale in the recent years with its rise in popularity, kale is actually a very old leafy green. In fact, it was commonly used in Greece as long ago as 400 B.C.! It actually was one of the most popular green throughout Europe until the end of the middle ages when other crops began to rival it. In addition to being a leafy green staple, Kale was also used medicinally to help alleviate intestinal ailments. Fast forward to modern times; Kale was given a new role due to World War II. Because so many countries were forced to ration, causing people to lack key nutrients, Kale production increased to help fill in some of the nutritional gaps.



What's in the Box?

Organic Carrots, *MSU Student Organic Farm, Holt*
Red Radishes, *Ten Hens Farm, Bath*
Jonagold Apples, *Phillips Orchards and Cider Mill, St. Johns*
Kale, *Ten Hens Farm, Bath*
Organic Carnival Squash, *MSU Student Organic Farm, Holt*
Organic Garlic, *CBI's Giving Tree Farm, Lansing*
Organic Celeriac, *MSU Student Organic Farm, Holt*
Parsley, *Ten Hens Farm, Bath*

Add-Ons

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

Recipes

Kale Chips

1 bunch of Veggie Box kale
1.5 tablespoons of olive oil
1.5 teaspoon of garlic salt
Parmesan Cheese (Optional)

Preheat oven to 325. Tear kale leaves into bitesize pieces, and remove the stems. Drizzle kale with olive oil and sprinkle with salt and cheese. Place on a cookie sheet so they do not overlap, and bake for 10-15 minutes (watch it so it doesn't burn!)



Maple Roasted Apples & Celeriac

1 Veggie Box celeriac peeled and cut into 1-inch pieces
1 medium sweet potato cut into 1-inch pieces
2 teaspoons extra-virgin olive oil
½ teaspoon freshly ground pepper
¼ teaspoon salt
2 apples, cut into 1-inch pieces
¼ cup pure maple syrup
1 tbs. butter
1 teaspoon chopped fresh thyme or rosemary or ¼ teaspoon dried

Preheat oven to 450°F. Toss celeriac and sweet potato with oil, pepper and salt and spread on a rimmed baking sheet. Roast until starting to brown, 10 to 12 minutes. Add apples, toss gently and continue roasting until all are tender, 6 to 10 minutes more. Add maple syrup and butter to pan and bring to a boil. Add the thyme (or rosemary). When the celeriac, apples, and sweet potato are tender, gently toss them with the maple glaze and roast for about 5 minutes more.



Radish Toast

Veggie Box Red Radishes
Sea Salt
Salted Butter
Baguette

Preheat the oven to 350 degrees. Place the slices of baguette on a baking sheet and bake for 5-7 minutes, until hot and crisp. Spread butter on one side of each baguette slice. Top with thin slices of radishes and sprinkle with sea salt.

Garlic Kale and Brown Rice Salad with Lemon Dressing

for the dressing:

juice of one lemon
juice of one orange
1/2 cup olive oil
1 Veggie Box garlic clove
1/2 cup fresh Veggie box parsley
1/4 teaspoon salt (more to taste)
1-2 teaspoons honey

for the salad

1 tablespoon olive oil (garlic infused is yummy)
1 bunch Veggie Box kale - chopped to about 4 cups
2 cups cooked brown rice
dried cranberries for topping

Pulse all the dressing ingredients in a food processor until smooth.

Heat the oil in a large skillet over medium high heat. Add the kale and saute until wilted to about half of the original volume. Add the brown rice and stir-fry for a few minutes together with the kale until everything is heated through. Add the dressing into the pan (start with about half of it) and toss to combine. Top with dried cranberries.