

Veggie Box Newsletter

Week 14: December 20

Welcome to week 14, the final week of the Fall Veggie Box! We are so glad that all of you decided to join this community of local food supporters; over the past 14 weeks, the Veggie Box program has sourced over 15,000 pounds - 7.5 tons - of fresh, in-season produce from Mid-Michigan farmers. This has not only lead to improved health and culinary knowledge for you and your family, but has also resulted in impressive economic impacts: you have helped to make small-scale, family farming a more viable way of life, and have put thousands of dollars back into our local economy! We hope you've enjoyed trying an array of produce that you may not have tried before: black Spanish radishes, kohlrabi, celeriac, rutabaga, and more! If you or your family members really enjoyed a specific type of produce or recipe, we would love to know: email us at exchange@allenneighborhoodcenter.org! We've loved providing fresh, local produce for you and your families, and hope to see you in the Summer of 2019 - sign up for the Summer Veggie Box at bit.ly/summerveggiebox2019. As always, thank you for supporting local food!

Producer Spotlight

Teff-Rific

Rahel Musa is the owner and operator of her family business Teff-Rific. Teff-Rific is an Ethiopian food stand inside the Allen Market Place consisting of healthy vegan and vegetarian dishes. Teff, a tiny gluten-free whole grain that has high nutritional value. Musa's native country Eritrea, located just north of Ethiopia, is well known for growing teff and has been a staple of traditional Ethiopian cooking for thousands of years. Musa is bringing that tradition to Lansing. Musa moved to Lansing, MI with her family and began her cooking business in a warehouse. In June of 2015, she moved her business into the Allen Market Place and continues to serve her amazing and healthy food every week at the Farmers Market.

Crop Profile

Butternut Squash

The butternut squash is a member of the gourd family in the *Curcubita moschata* species and related to the pumpkin. Butternut squash is a winter squash that originated in Mexico. Today it is used all around the world from Africa to Australia (where they call it Butternut Pumpkin). The flavor is nutty and sweet similar to pumpkin, and can work as both a savory or sweet dish. Low in fat, butternut squash delivers an ample dose of dietary fiber, making it an exceptionally heart-friendly choice. It provides significant amounts of potassium, important for bone health, and vitamin B6, essential for the proper functioning of both the nervous and immune systems.



What's in the Box?

Organic Butternut Squash, *MSU Student Organic Farm, Holt*
Lettuce, *Ten Hens Farm, Bath*
Empire Apples, *Phillips Orchards and Cider Mill, St. Johns*
Garlic, *Ten Hens Farm, Bath*
Potatoes, *Hillcrest Farms, Eaton Rapids*
Onions, *Hunter Park GardenHouse & CBI's Giving Tree Farm, Lansing*
Cabbage, *Peckham Farms, Lansing*
Organic Rosemary, *CBI's Giving Tree Farm, Lansing*

Add-Ons

Bread, *Stone Circle Bakehouse, Holt*
Meat Variety, *Grazing Fields Cooperative, Charlotte*
Sweet Treats, *Teff-Rific, Mason*



Recipes

Sesame Cabbage Slaw

1/2 cup slivered almonds
2 tbs sesame seeds
1/3 cup sesame oil
3 tbs rice vinegar (or apple cider vinegar)
2 tbs soy sauce
1 tbs sugar
1/4 tsp black pepper
1/2 Veggie Box cabbage, cored and shredded
1/3 cup minced Veggie Box onion

If using almonds and sesame seeds roast in oven at 300°F for about 10 minutes. Let cool. For dressing: in a screw top jar, combine remaining ingredients, except cabbage. Shake up to combine ingredients. Chill at least 30 minutes or up to 4 hours. If desired you can also break ramen noodles into this salad with the cabbage for an added crunch.



Roasted Potatoes

Veggie Box potatoes
1/8 cup good olive oil
3/4 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
2 Veggie Box garlic cloves
2 tablespoons minced Veggie Box rosemary leaves

Preheat the oven to 400 degrees F. Cut the potatoes in half or quarters and place in a bowl with the olive oil, salt, pepper, garlic and rosemary; toss until the potatoes are well coated. Dump the potatoes on a baking sheet and spread out into 1 layer; roast in the oven for at least 1 hour, or until browned and crisp. Flip twice with a spatula during cooking to ensure even browning. Remove the potatoes from the oven, season to taste, and serve.



Butternut Squash Bisque

1 Veggie Box yellow onion, diced
1 tablespoon extra virgin olive oil
pinch of sea salt
4 cups Veggie Box butternut squash, peeled and cubed
2 tablespoons Veggie Box rosemary, minced, divided
sea salt, to taste
vegetable broth
4 tablespoons coconut milk (optional for garnish)

In large soup pot, sauté onion in olive oil and a pinch of sea salt until translucent. Add butternut squash and 1 tablespoon rosemary and coat with onion mixture. Add enough broth to barely cover the squash, cover, and bring to a boil. Turn heat to low and cover. Simmer until squash is soft, about 10-15 minutes. Purée with food mill, blender, or immersion blender. Season to taste with sea salt. Simmer for another 5 minutes to let salt incorporate into the dish. Serve in bowls and garnish with chopped fresh rosemary and a drizzle of coconut milk.

