

Veggie Box Newsletter

Week 11: November 29

Welcome to Week 11 of the Fall Veggie Box! Registration for the Summer Veggie Box is now open!! 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 Summer Season of Allen Neighborhood Center's Veggie Box program runs for 14 weeks, June 4 - September 3, with registration closing on May 16th. A subscription to our 14-week CSA is \$315, with add-on items available for an additional cost. The Summer Veggie Box includes a seasonal assortment of fresh, locally grown vegetables & fruits. 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 qualify for complimentary delivery within Lansing, at least six subscriptions from a single workplace are necessary. To qualify for complimentary delivery outside of Lansing, at least ten subscriptions from a single workplace are necessary, and your workplace will need pre-approval by Kat Logan, the Exchange Food Hub Manager. This is not only a great opportunity to keep the fresh, local food coming, but **a subscription to the Summer Veggie Box is a great gift for the holidays! Visit bit.ly/summerveggiebox2019**

Thanks for supporting local farmers and food producers!

Producer Spotlight

Grazing Fields

Grazing Fields is a Michigan, multi-farm cooperative and wholesaler of natural free-range brown eggs, meats and dairy. Based out of Charlotte, they've been delivering great products to Mid and Southeast Michigan Grocery stores and restaurants every week since 1997. With a focus on being local, natural, and sustainable, Grazing Fields offers zero antibiotic hand harvested eggs, and hormone and antibiotic free meats and dairy products.

Crop Profile

Watermelon Radish

This extremely vibrant and colorful vegetable is available year-round- but has its peak season in the spring and the late fall. The Watermelon radish, also known as Roseheart or Red Meat, is an heirloom Chinese Daikon radish. It is a member of the Brassica (mustard) family along with arugula, broccoli and turnips. Something pretty cool about this vegetable is that it produces it's own chemical that acts as a natural pest repellent. Both the roots and the greens in the vegetable act as a wonderful source of Vitamin C, even more so when eaten raw.



What's in the Box?

Arugula, Ten Hens Farm, Bath
Beets, Titus Farms, Leslie
Leeks, Titus Farms, Leslie
Salanova Lettuce, Peckham Farms, Lansing
Ginger, Farm & Forest, Mason
Rutabaga, Titus Farms, Leslie
Watermelon Radishes, MSU Student Organic Farm, Holt
Carrots, Ten Hens Farm, Bath

Add-Ons

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

Recipes

Watermelon Radish Salad

Veggie Box radishes, sliced paper thin
2 oranges, peel removed and sliced into segments

Veggie Box arugula, washed
1/2 cup crumbled feta
1/2 cup chopped walnuts
2 T. chopped chives
Olive oil and balsamic vinegar

Place the arugula on a platter, and layer in this order: radish, oranges, feta, walnuts and chives. Serve up individually and top with a drizzle of balsamic and olive oil.



Beet Fries

1/4 cup reduced-fat mayonnaise
1 1/4 teaspoon pepper
1 tablespoons olive oil
1/2 teaspoon sea salt
Veggie Box beets

In a small bowl, combine the mayonnaise and pepper. Cover and refrigerate until serving. Peel and cut beets in half; cut into 1/2-in. strips. Add 1 tablespoon oil, 1/2 teaspoon salt and 1/4 teaspoon pepper; toss to coat. Spread onto a parchment paper-lined baking sheet. Bake beets, uncovered, at 425° for 20-30 minutes or until tender, turning once. Serve with mayonnaise dipping sauce.



Roasted Rutabaga with Brown Butter

Veggie Box rutabaga
3 tablespoons unsalted butter
Flaky salt and freshly ground black pepper
Juice of 1/2 lemon
2 tablespoons finely chopped parsley

Heat the oven to 450°F. Peel the rutabaga with a vegetable peeler and cut into 1/2-inch to 3/4-inch cubes. Melt the butter in a saucepan over medium heat and cook for about 5 minutes, until the butter foams then browns into a nutty, toasty-smelling liquid. Toss the rutabaga with the browned butter and season with salt and pepper. Transfer the rutabaga to a large baking sheet and spread into a single layer. Roast for 25 to 40 minutes or until browned and tender. Remove from the baking sheet and toss with lemon juice and parsley.

Scalloped Potatoes with Leeks and Thyme

2 tablespoons butter plus more for baking dish
1 cup finely chopped Veggie Box leeks
2 cloves garlic, grated/minced
1 teaspoon dried thyme
1 cup whole milk
1 cup heavy cream
2 teaspoons kosher salt
1/2 teaspoon ground black pepper
2 1/2 pounds yellow/golden potatoes, peeled and sliced thin

Preheat the oven to 350-degrees F. Coat an 8x8-inch (or approximate) baking dish with butter. Heat a medium saucepan over medium-high heat. Add butter. When butter has melted, add leeks; cook, stirring for 2 minutes. Add garlic, thyme, continue to cook, stirring for 30 seconds. Stir in milk, heavy cream, salt, and pepper. Bring to a boil, lower heat to a simmer, cook, stirring occasionally, until mixture has slightly thickened, about 5 minutes. Add potatoes; stir to coat potatoes. Transfer mixture to prepared dish, spreading potatoes evenly in dish. Bake until potatoes are done, lightly brown and bubbly, about 1 hour. If time permits, baste potatoes with sauce halfway through cooking. Let cool slightly before serving.

