

Veggie Box Newsletter

Week 3: March 21

Welcome to third week of the Spring Veggie Box, and the second day of spring!

Michigan is widely recognized for its Great Lakes, the five largest lakes in the United States. But it's not commonly known that Michigan's agricultural sector is just as great as its bodies of water. Michigan ranks number one, nationally, in the production of blueberries, tart cherries, squash, and pickling cucumbers, and is second in diversity only to California. Furthermore, Michigan is home to 51,600 farms that operate nearly 10 million acres of farmland - and in Ingham county alone, there are over 950 farms! Michigan agriculture employs 932,000 people, which is 22 percent of the state's workforce; the food and agriculture sector contributes more than \$101 billion to the state's economy. Thanks 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

Celeriac

Celeriac may look like it belongs back in the ground where it came from, but these root plants actually have a lot to offer. While it's green top may look similar to celery, they are actually not the same plant! Celeriac is a bit more uncommon here in the US, but has been enjoyed for centuries throughout Europe. Initially, celeriac was used for religious and medicinal purposes throughout Italy, Greece, and Egypt. While the plant had been known and used for so many years, it wasn't until 1623 that it was actually recorded as a food. That record brought a new popularity to celeriac, which was then widely cultivated throughout Europe by the end of the 1600s. Today, celeriac is great when paired with potatoes, used in stews, featured in a salad! With a few more weeks left of winter weather, it's the perfect time to try out a nice and warm celeriac recipe (hint: look for it on the back page!). We hope you enjoy this unsung hero.

ALLEN
FARMERS MARKET CENTER

Veggie Box

What's in the Box?

Dill, *Hunter Park GardenHouse*, Lansing
Beets, *Hillcrest Farms*, Eaton Rapids
Enchilada Sauce, *Zumo Eco Farm*, Williamston
Organic Garlic, *CBI's Giving Tree Farm*, Lansing
Onions, *Peckham Farms*, Lansing
Potatoes, *Hillcrest Farms*, Eaton Rapids
Organic Spinach, *MSU Student Organic Farm*, Holt
Celeriac, *Titus Farms*, Leslie

Add-Ons

Bread, *Stone Circle Bakehouse*, Holt
Eggs, *Grazing Fields Cooperative*, Charlotte
Meat, *Grazing Fields Cooperative*, Charlotte
Pork, *Grazing Fields Cooperative*, Charlotte
Beef, *Heffron Farms Market*, Belding
Chicken, *Trillium Wood Farm*, Williamston
Sweet Treats, *Teff-Rific*, Lansing
Cold Brew, *Rust Belt Roastery*, Lansing
Cheese, *Hickory Knoll Farms*, Onondaga
Chevre, *Hickory Knoll Farms*, Onondaga

ANC Happenings

Did you know that in addition to the Veggie Box program, ANC offers the Allen Farmers Market every Wednesday? Featuring locally grown, raised, and prepared foods, as well as live entertainment and food samples, this SNAP-friendly, year-long, community-minded market is a staple in the community!

Recipes

Dill and Celeriac Mashed Potatoes

Veggie Box potatoes, cubed
Veggie Box celeriac, peeled and cubed
2 cloves Veggie Box garlic
1/3 cup sour cream
1/4 cup milk
2 Tablespoons butter
salt and pepper
1 Tablespoon Veggie Box dill, chopped

Add potatoes, celeriac and garlic cloves to a large pot of cold, salted water. Bring to a boil then cook until tender. Drain, then add potatoes and celeriac back to the hot pot and stir to make sure all the water has evaporated. Add sour cream, milk, butter, salt, and pepper then mash until smooth. Stir in fresh dill then serve.

Celeriac Soup

Veggie Box celeriac
2 carrots
Half of the Veggie Box potatoes
1 medium Veggie Box onion
2 Veggie Box garlic cloves
2 tablespoons olive oil
1/4 teaspoon salt
3 to 4 cups 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. Dice celeriac, carrots, and potatoes into 1/2 inch cubes. Place on a baking sheet or in roasting pan. 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.

Black Bean Potato Enchiladas

1 cup of Veggie Box potatoes, finely cubed
2 tsp olive oil
1/2 cup of Veggie Box onion diced
1 bell pepper diced
Veggie Box spinach
1 can black beans drained and rinsed OR 1/2 heaping cup of dried beans that have soaked and have been cooked
2 cloves of Veggie Box garlic, minced
1/2 cup of sharp cheddar cheese
1 1/2 teaspoon of chili powder
1 teaspoon of paprika
salt to taste
Veggie Box red enchilada sauce separated
8 corn/flour tortillas

Heat olive oil in a pan over medium heat, and add the potatoes. After a few minutes, add the onion, bell pepper, black beans, garlic, spinach, chili powder, paprika, and salt. After a few more minutes, add a few tablespoons of the enchilada sauce to the pan. Cook until the onion and pepper are soft. Preheat the oven to 350 degrees. Wrap tortillas in a damp paper towel and steam in the microwave for 20 seconds. Oil the bottom of a baking dish. Fill each tortilla with approx. 1/4 cup of filling and roll up to contain the filling. Place each filled tortilla seam side down in the baking dish. Top with remaining enchilada sauce, your choice of cheese (optional) and place in the oven for 20 minutes. Top with avocado and jalapenos for an extra zing!

