

Veggie Box Newsletter

Week 2: June 11

Now that you have all this fresh produce, you may be left wondering how to properly store it all. We are here to help with some tips and tricks! Most fruits and veggies can be stored in the refrigerator, specifically in the crisper drawer; this will help protect your produce and keep the moisture in to maintain freshness for longer. Plastic bags help keep produce fresh longer by lessening the exposure to the air, and therefore, retaining moisture. Tomatoes and eggplant should be stored in a cool place, but never in the fridge - extreme heat and temperatures below 50 degrees can negatively impact the taste and texture. If you find that you have a lot of herbs leftover, there are a number of ways to store them so you can enjoy them for longer! For items like thyme, oregano, rosemary, and parsley, hang them upside down to dry (I have a piece of twine/string hanging up by command hooks in my kitchen, and then use clothespins to clip the bunches up by their twist-tie/rubber band). Basil can be stored on your counter in water (don't put basil in the fridge!), but you could also chop it up and place it in an ice cube tray; pour olive oil over it and freeze to have ready-to-go herbs for sauces and cooking! I dump these cubes into a ziplock bag and just have them at hand throughout the year - you can do this with other herbs as well! To store chives, cut them up with scissors into a mason jar, and then just put it straight in the freezer. What are other useful tips for storing produce so that none goes wasted? Thank you for supporting local food!

Producer Spotlight

Ten Hens Farm

Adam and Dru Montri have been farming in Bath, Michigan since 2007 with their two daughters and three employees. Their produce is grown on three acres, in six hoopouses totaling over 17,000 sq ft and in one heated greenhouse. Dru and Adam both went to Michigan State and Penn State to study horticulture and worked together on numerous farms before starting Ten Hens Farm. They grow produce for the ANC Veggie Box program, Bath Farmers market, numerous Lansing area restaurants as well as CSA boxes in the greater Flint area. They are proud to have provided produce for the Veggie Box since the program started.

Crop Profile

Kohlrabi

Kohlrabi is a hardy, annual vegetable that is primarily consumed in some European countries, although it has also become a staple vegetable in northern India. It is actually a cultivar of cabbage and was specifically bred as a hardier version of cruciferous vegetables, which often can't grow in as harsh of conditions. The small or large bulbous vegetable is encased in two harder shells of leaves, which typically do not soften when cooked. However, kohlrabi can be eaten raw or cooked and has been a staple of German cuisine for hundreds of years. You can use the kohlrabi root as well as the leaves in your diet. They both have significant amounts of nutrients and minerals like copper, potassium, manganese, iron, and calcium, as well as vitamins, such as vitamin C, B-complex vitamins, vitamin A, and vitamin K. Kohlrabi tastes somewhat like a broccoli stem, although somewhat more palatable, and is often softer, even taking on the consistency of an apple at times. While the roots/stems are often used in salads in a similar way as carrots or broccoli.



What's in the Box?

Organic Kohlrabi, *CBI's Giving Tree Farm, Lansing*

Cabbage Greens, *Ten Hens Farm, Bath*

Cucumbers, *Ten Hens Farm, Bath*

Organic Green Garlic, *MSU Student Organic Farm, Holt*

Organic Lettuce, *Monroe Family Organics, Alma*

Red Enchilada Sauce, *Zumo Eco Farm, Williamston*

Organic Scallions, *MSU Student Organic Farm, Holt*

Add-Ons

Sweet Treats, *Teff-Rific, Lansing*

Bread, *Stone Circle Bakehouse, Holt*

Meat, *Grazing Fields Cooperative, Charlotte*

Cold Brew, *Rust Belt Roastery, Lansing*

Recipes and Tips!

Veggie Box Fritters

Veggie Box Kohlrabi
Shredded Veggie Box kohlrabi greens
2 stalks of Veggie Box green garlic (the white and very light green portion)
2 tablespoons of Veggie Box scallions
1 egg
¼ teaspoon kosher salt
¼ teaspoon cayenne
½ cup vegetable oil (enough for ¼-inch depth in a large skillet)

Cut the leaves off the kohlrabi and peel the bulb. Shred the vegetables in a food processor, or by hand using a grater. Squeeze the shredded vegetables in a tea cloth (or with your hands) to remove moisture, then add to a medium bowl with the egg, kosher salt, chives, and cayenne. Mix to combine. Place the oil in a large skillet (enough for 1/4-inch depth). Heat the oil over medium high heat, then place small patties of the fritter mixture into the oil. Fry on one side until browned, then fry on the other side. Remove and place on a plate lined with a paper towel to drain excess oil. Serve with sour cream or an aioli sauce, and sprinkle with the green part of scallions!

Veggie Box Enchiladas

Veggie Box kohlrabi, peeled and cubed
2 tsp olive oil
Veggie Box scallions, diced (the white portion)
1/2 of Veggie Box caraflex cabbage leaves, shredded
1 can black beans drained and rinsed
2 stalks of Veggie Box green garlic, minced (the white and lightest green part)
2 tbsp. of Veggie Box scallions (green portion), diced
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
8 corn/flour tortillas

Heat olive oil in a pan over medium heat, and add the kohlrabi. After a few minutes, add the scallions and cabbage greens, and a small splash of water. After a few more minutes, add the black beans, green garlic, chili powder, paprika, and salt. After a few more minutes, add a few tablespoons of the enchilada sauce to the pan. Cook until the kohlrabi 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 the greens of the scallions, and optional avocado and jalapenos!

Kohlrabi and Cucumber Salad

Veggie Box kohlrabi, cut into bite sized pieces
Veggie Box cucumbers, cubed
4 radishes, ends trimmed, cut into bite sized pieces
2 stalks of Veggie Box green garlic (the white and lightest green portion), minced into a paste
generous pinch of salt
generous pinch of cracked black pepper
1 tablespoon of fresh mint, finely chopped
4 tbsp plain Greek yogurt
2 tbsp Mexican crema, or sour cream
1/2 lemon, juiced
1/2 tbsp olive oil

Mix all ingredients together, cover, and refrigerate for at least two hours before eating!

Deconstructed Cabbage Rolls

1 tablespoon olive oil, plus more for the casserole dish and for drizzling
Veggie Box scallions, chopped
Veggie Box green garlic (the white and lightest green portion), finely chopped
1 teaspoon Spanish smoked paprika
Veggie Box cabbage leaves and kohlrabi leaves, thinly sliced
1/2 teaspoon fine sea salt, plus more as needed
1/2 teaspoon freshly ground black pepper, plus more as needed
2 cups cooked white rice
3 cups cooked green or brown lentils, drained
1 tablespoon za'atar spice (may substitute your favorite savory spice blend)
1 15oz can of crushed tomatoes
1/4 cup plain dried bread crumbs (optional)

Preheat the oven to 350 degrees. Lightly grease a large, deep-sided casserole dish with oil. Pour the tablespoon of oil into a large skillet over medium heat, and add the scallions and green garlic to the skillet and cook, stirring occasionally, about 2 minutes. Sprinkle in the paprika, and add the cabbage and kohlrabi greens and cook, stirring occasionally, until it is tender enough to be easily pierced with a fork, 5 minutes. Add the 1/2 teaspoon each of salt and pepper, and remove from the heat. Mix the rice and lentils with the za'atar, plus a pinch each of salt and pepper. Spread half of the lentil-rice mixture in an even layer in the casserole dish. Spread half of the cabbage mixture on top. As evenly as possible, spoon half of the pureed tomatoes over everything. Repeat the layers and sprinkle with more salt, pepper and/or za'atar, if desired. Sprinkle the bread crumbs on top, if using, and drizzle with a little oil. Bake until the casserole is hot and bubbly, about 30 minutes. Serve warm.