

# Veggie Box Newsletter

Week 13: August 29

Welcome to Week 13 of the Summer Veggie Box! Registration is starting to fill up for the Fall Veggie Box - **we've extended the sign up deadline to September 5th!** You know that farmers face a wide variety of obstacles, such as climate change and competing with large agribusiness, but did you know another major obstacle is finding consistent, loyal buyers throughout the year - not just in the peak of summer. In fact, the majority of farmers who participate in the Veggie Box program need support in the fall and winter more than any other time of year! Being part of our multi-farm CSA is an effective way of supporting local farmers, and helping them overcome these obstacles, so don't miss out on the Fall Veggie Box! We have some exciting new add-ons to look forward to (maple syrup and kombucha!) in addition to the rest of the add-ons we already offer. You can also look forward to the seasonal, fresh, locally grown fruits and vegetables that come with the fall season! Some expected crops are sweet corn, apples, sweet potatoes, winter squash, cabbage, and much more. Our fall season runs for 14 weeks, from September to December. The cost of the box is \$315, plus an additional cost for desired add-ons. To reserve your spot for the fall, visit [bit.ly/fallveggiebox2019](http://bit.ly/fallveggiebox2019) and fill out the short Google form. Thank you for supporting local food!

## Producer Spotlight

### Green Eagle Farm

Steve and Chela of Green Eagle Farm are 30 year veteran farmers and stewards of the land. They take great joy in growing a wide variety of crops and experimenting with new and unique products, all while being earth friendly in their practices and their care for the environment. You know they care about what they do when you see the mature lemon and fig trees carefully protected from the Michigan winters in one of their hoop houses. Not long after Steve and Chela met, the two knew that they were destined to be together as life partners and land stewards.

## Crop Profile

### Turnips

Enjoyed since ancient times, the turnip is a round, apple-sized root vegetable from the Brassicaceae family. It's white at the bottom with a light purple blush around the top, which appears when the plant has been exposed to sunlight. Native to northern Europe, turnip was a staple of ancient Greek and Roman diets. Roman author and philosopher Pliny the Elder described it as "one of the most important vegetables" of his time. Turnip root is a great source of minerals, antioxidants and dietary fiber. Cook turnips the same way you would a potato. A simple and traditional method is to boil and mash them.

ALLEN  
Michigan Center

Veggie Box

## What's in the Box?

**Organic Kale**, *Monroe Family Organics*, Alma  
**Organic Turnips**, *MSU Student Organic Farm*, Holt  
**Rosemary**, *Hunter Park GardenHouse*, Lansing  
**Tomatoes**, *Hunter Park GardenHouse*, Lansing  
**White Onions**, *Green Eagle Farm*, Onondaga  
**Organic Lettuce**, *MSU Student Organic Farm*, Holt  
**Organic Sweet Peppers**, *Peckham Farms*, Lansing  
**Organic Cherry Tomatoes**, *Monroe Family Organics*, Alma  
**Organic Zucchini**, *Owosso Organics*, Alma

## Add-Ons

**Eggs**, *Grazing Fields Cooperative*, Charlotte  
**Chevre**, *Hickory Knoll Farms Creamery*, Onondaga  
**Cheese**, *Hickory Knoll Farms Creamery*, Onondaga  
**Cold Brew Coffee**, *Rust Belt Roastery*, Lansing  
**Coffee**, *Rust Belt Roastery*, Lansing  
**Bread**, *Stone Circle Bake House*, Holt  
**Meat Variety**, *Grazing Fields Cooperative*, Charlotte  
**Sweet Treats**, *Stone Circle Bake House*, Holt  
**Chicken**, *Trillium Wood Farm*, Williamston  
**Beef**, *Heffron Farms Markets*, Belding  
**Pork**, *Grazing Fields Cooperative*, Charlotte  
**Organic Black Beans**, *Ferris Organic Farm*, Eaton Rapids  
**Honey**, *Bee Wise Farms*, Lansing

# Recipes and Tips!

## Potato and Turnip Latkes

1 1/2 pounds of potatoes, coarsely shredded on a box grater  
Veggie Box turnips, coarsely shredded on a box grater  
1 cup Veggie Box onion, coarsely shredded on a box grater  
2 large eggs, beaten  
1/4 cup matzo meal or flour  
3 tablespoons unsalted butter, melted and cooled slightly  
2 teaspoons kosher salt  
1/2 teaspoon black pepper  
1/2 teaspoon baking powder  
Vegetable oil, for frying  
Applesauce, sour cream, smoked salmon and salmon roe, for serving

**Shred potatoes and place in a bowl of water and let sit for 1 hour. A layer of potato starch will form in the bottom of the bowl - you will want to remove potatoes and pour off water, but reserve the starch. Shred the turnips. Wrap shredded potatoes and turnips in a cheesecloth or tea-towel. Twist bundle until water flows out, and squeeze all potatoes until dry. Transfer potatoes and turnips to a large mixing bowl along with diced onion. Mix starch into potato and onion mixture with your hands. Mix in egg, salt and matzo meal/flour, and baking powder until latke mix can be formed into patties that just stick together in your hands. Heat 1/2 inch oil in a cast iron skillet over medium-high heat until a shred of potato immediately bubbles when added to pan. Form latke mix into patties and slide into pan, cooking no more than 4 at a time. Fry until a golden-brown crust forms on bottom, then flip with a slotted spatula and fork until same color is achieved on other side. Serve with either sour cream or applesauce on top.**



## Savory Southern Turnips and Kale

1/2 Veggie Box turnips  
1 bunch Veggie Box kale  
1 Veggie Box onion, chopped  
1 clove garlic, finely diced (from last week's box!)  
1/4 cup fresh cilantro  
4 tablespoon liquid smoke  
2 tablespoon canola oil (or 1T canola and 1T red pepper infused olive oil)  
red pepper flakes (if you use straight canola)  
dash paprika  
fresh ground pepper  
sea salt

**Cube turnips into .Prepare kale by chopping off thick end stems and slicing into large sections. Sautee onion in oil until slightly wilted. Add garlic and stir around until both are more wilted. Add 2 teaspoons of liquid smoke. Immediately add turnips. Stir fry for about 5 to 10 minutes, while adding paprika, cilantro, red pepper flakes, sea salt, black pepper. Add 2 more teaspoons of liquid smoke, 1/4 cup of water, stir a bit. Immediately place kale in the pan. Don't stir. Just lower the heat, cover, and let them steam on top of the turnips for about 30 minutes, or until turnips are tender.**

## Squash, Pepper, and Tomato Gratin

3 tbsp. olive oil  
2 Veggie Box onions  
2 garlic cloves (from last week's box!)  
Veggie Box zucchini  
Veggie Box peppers  
3/4 tsp. Kosher salt  
1/4 c. finely chopped fresh basil leaves  
1/2 c. grated Parmesan cheese  
2 tbsp. grated Parmesan cheese  
1/2 of Veggie Box tomatoes  
1/2 c. panko bread crumbs

**Preheat oven to 375 degrees. In a large skillet, heat 2 tablespoons oil over medium heat. Add onion and garlic and cook 5 minutes, stirring occasionally, until onion is tender. Add squash and bell pepper, sprinkle with 1/2 teaspoon salt, and cook 7 to 10 minutes, stirring occasionally, until squash is tender. Stir in basil and 2 tablespoons Parmesan. Spoon mixture into an 11- by 7-inch baking dish. Top with tomato slices and sprinkle with remaining 1/4 teaspoon salt. Scatter panko and remaining 1/2 cup Parmesan over the top and drizzle with remaining 1 tablespoon oil. Bake 20 minutes, or until topping is crisp and vegetables are hot**