

# Veggie Box Newsletter

Week 14: September 5th

Welcome to the final week of the Summer 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 foods that you may not have tried before. We've loved providing fresh, local produce for you and your families, and hope to see you in the Fall! If you would like to continue being a part of this program, we have extended the registration date for the Fall Veggie Box to this Thursday, September 5th. To keep the delicious produce coming, and for more information, please visit: [bit.ly/fallveggiebox2019](http://bit.ly/fallveggiebox2019). Thank you for supporting local food!

## Producer Spotlight

### *Stone Circle Bake House*

Stone Circle Bakehouse, of Holt, Michigan, specializes in the European tradition of artisanal bread that is cut, scaled, and shaped by hand. Owner Kevin Cosgrove allows his dough to slowly ferment before baking it on the deck of his wood-fired oven. At Stone Circle Bakehouse, the innovative deliciousness stems from Cosgrove's desire to preserve traditional baking methods, rather than change them. Organic, local ingredients are prioritized when possible to bring customers fresh, environmentally and community friendly baked goods.

## Crop Profile

### *Daikon Radish (Green Luobo Variety)*

Also known as Japanese horseradish or mooli, daikon looks like a bigger, uglier, knobbier parsnip and, if its flavor can be likened to anything, it is reminiscent of a finer radish that is both sweet and spicy. Originally native to Southeast or continental East Asia, daikon is harvested and consumed throughout the region, as well as in South Asia. Daikon radishes are a staple in Asian cuisine, the name daikon is actually Japanese for "great root." They're a prolific vegetable and can often grow up to 20" in length with a diameter of 4". Green Luobo has traditionally been preserved through fermentation, which cools the spice and transforms the flavor from spicy to amazing! Cooking also reduces the spice.



## What's in the Box?

**Organic Celery**, *MSU Student Organic Farm, Holt (A VARIETY DEVELOPED FOR SOUP)*

**Organic Potatoes**, *Monroe Family Organics, Alma*

**Salad Mix**, *Hunter Park GardenHouse, Lansing*

**Poblanos**, *Ten Hens Farm, Bath*

**Cabbage**, *Titus Farms, Leslie or CBI's Giving Tree Farm, Lansing*

**Organic Daikon Radish**, *MSU Student Organic Farm, Holt*

**Basil**, *Ten Hens Farm, Bath*

**Muskmelon**, *Titus Farms, Leslie*

## Add-Ons

**Bread**, *Stone Circle Bake House, Holt*

**Meat Variety**, *Grazing Fields Cooperative, Charlotte*

**Sweet Treats**, *Teff-Rific, Lansing*

# Recipes and Tips!

## Blackberry Muskmelon Salad

- 2 cups blackberries
- Veggie Box muskmelon, cut into 1-inch cubes
- 1 teaspoon sugar
- 1 teaspoon grated peeled fresh ginger
- 1/2 teaspoon grated lime zest plus 1 tablespoon juice
- 2 tablespoons thinly sliced fresh mint leaves

**In a large bowl, combine all ingredients except mint. Cover and let stand 30 minutes. Stir in mint just before serving.**



## Cabbage Stir Fry

- 2 teaspoons canola oil
- 1 small onion, sliced
- 1 clove garlic, minced
- 1 teaspoon minced ginger
- 1 head Veggie Box cabbage, cleaned and sliced
- 2 tablespoons soy sauce
- 1 tablespoon rice vinegar
- 2 teaspoons toasted sesame oil

**In a large saute pan over medium-high heat, add the canola oil and heat. Add the onion, garlic and ginger and saute, stirring, for 1 minute. Add the cabbage and cook until just starting to wilt, about 2 minutes. Add the soy sauce and rice vinegar and stir well and cook just until cabbage is wilted, about 3 minutes. Remove from heat and drizzle with the sesame oil.**

## Potato Celery Soup

- 2 cloves garlic (finely chopped)
- 1 medium size onion (finely chopped)
- 2 tablespoon extra virgin olive oil
- Veggie Box potatoes (roughly chopped)
- Veggie Box celery (chopped bite size pieces)
- 6 cups vegetable broth
- 1 1/2 cup milk
- 4 scallions (thinly chopped)
- salt and pepper to taste

**Bring a medium pot of water to boil and add potatoes. Boil the potatoes until cooked through. Meanwhile, in a large pot over high heat, add olive oil, garlic and onions. Cook for 2-3 minutes, until onions are translucent. Add celery stalks and cook for another 3 minutes. Add vegetable broth, stir and bring to boil. Cover and simmer on low (should still be slightly bubbling) for 30 minutes. Turn the heat off, add potatoes to broth and blend until smooth. Add milk and stir well. Season with salt and pepper, and serve topped with a few scallions**

## Daikon Radish Chips

- Veggie Box daikon radishes, sliced into thin rounds
- 2 Tbsp of olive oil
- 1 tsp of dried dill
- 1/4 tsp of kosher salt

**Preheat your oven to 400 degrees and prepare a cookie sheet with a layer of parchment paper. Slice your purple daikon into thin rounds; Spread out your sliced daikon on your prepared cookie sheet and drizzle with olive oil. Then sprinkle on your dill and salt. Cook in the oven at 400 degrees for about 15 minutes, depending on the thickness of your daikon. You can cook them for 10 minutes, make sure they are not burning, and then flip them over for the last 4 or 5 minutes. You'll know when they are done because they will get brown around the thin edges and they'll shrink a bit.**

