

# Veggie Box Newsletter

Week 13: August 27

Welcome to Week 13 of the Summer Veggie Box! Registration is starting to fill up for the Fall Veggie Box - there are only a few days left to sign up! 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

Veggie Box

## What's in the Box?

- Onions**, *Green Eagle Farm*, Onondaga
- Basil**, *Magnolia Farms*, Lansing
- Salad Mix**, *Hunter Park Gardenhouse*, Lansing
- Organic Potatoes**, *Monroe Family Organics*, Alma
- Heirloom Tomatoes**, *Ten Hens Farm*, Bath
- Organic Collard Greens**, *MSU Student Organic Farm*, Holt
- Organic Turnips**, *MSU Student Organic Farm*, Holt
- Sweet Banana Peppers**, *Hillcrest Farms*, Eaton Rapids
- Organic Zucchini**, *Owosso Organics*, Owosso

## 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 Turtle Beans**, *Ferris Organic Farm*, Eaton Rapids
- Honey**, *Bee Wise Farms*, Lansing

# Recipes and Tips!

## Garlic-Mashed Turnips and Potatoes

1 pound Veggie Box turnips, peeled and cut into 1/2-inch pieces  
1 pound Veggie Box potatoes (2/3 of total amount), cut into 1/2-inch pieces  
4 cloves garlic, peeled (from last week's Veggie Box!)  
3 tablespoons butter  
2 tablespoons sour cream or plain yogurt  
Salt and pepper

**In a large pot of salted boiling water, cook the turnip, potato, and garlic for 10 minutes, or until the vegetables are tender. Drain and mash the vegetables and garlic with a masher (A food processor is not recommended, as it can turn potatoes very starchy.) Mix in the butter and sour cream and season with salt and pepper.**



## Potato and Turnip Latkes

Veggie Box 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  
1/2 cup finely chopped scallions  
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.**



## Veggie Box Pizza

Crust:  
2 cups flour  
1 tablespoon yeast  
1/4 teaspoon salt  
1 tablespoon sugar  
3/8 cup lukewarm water (plus an additional 2 tbsp)

**Mix 1 cup of flour with all other ingredients. Gradually add 2nd cup of flour until it forms a ball. Use your hands to form and knead the dough. Let the dough rest 30 minutes in a bowl covered with a dish towel or saran to keep it warm. Spread out onto greased pizza pan and top with thinly sliced Veggie Box tomatoes, Veggie Box basil, crushed Veggie Box garlic from last week, thinly sliced Veggie Box onion, thinly sliced Veggie Box zucchini, and thinly sliced Veggie Box banana pepper! Top with mozzarella, and bake at 400 degrees for approximately 15 -20 minutes. Enjoy!**