

# Veggie Box Newsletter

Week 14: September 3rd

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

### *Eggplant*

Eggplant is grown for its edible spongy absorbent fruit widely used in cooking. Most people consider it a vegetable despite its botanical definition as a berry fruit, a member of the genus *Solanum*, and is part of the nightshade family, related to the tomato and the potato. Like the tomato, its skin and seeds can be eaten, but like the potato it is not to be eaten raw. Raw eggplant can have a bitter taste, with an astringent quality, but it becomes tender when cooked and develops a rich, complex flavor. The fruit is capable of absorbing large amounts of cooking fats and sauces, which may enrich dishes. In addition to the antioxidants, nutrients, and fiber eggplants provide, they may offer protection against the top killer of men and women in the U.S.: heart disease. Eggplant anthocyanins have been shown to help reduce artery stiffness and central blood pressure in women. Enjoy!

ALLEN

Veggie Box

## What's in the Box?

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

**Tomatoes**, *Hunter Park Gardenhouse, Lansing*

**Organic Carrots**, *Monroe Family Organics, Alma*

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

**Napa Cabbage**, *Titus Farms, Leslie*

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

**Organic Eggplant**, *Owosso Organics, Owosso*

**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.**



## Spicy Roasted Eggplant Frittata

2 tbsp olive oil  
Veggie Box eggplant diced  
1/2 of Veggie Box tomatoes  
salt and black pepper, to taste  
6 large eggs  
1 cup milk  
Veggie Box poblanos  
1 lb ricotta

**Heat oven to 450F. In a large bowl, toss together the olive oil, eggplant cubes, and tomatoes. Season to taste with salt and black pepper. Spread on a parchment-lined baking sheet and roast for 20-30 minutes, or until eggplant is tender and tomatoes are bursting. Lower oven to 375F. In a second bowl, whisk together the eggs, milk, and red pepper flakes. Grease a 9-inch pie or tart pan. Stir together the egg mixture with the vegetable mixture. Pour into the prepared pan. Top with the ricotta. Bake for 30-35 minutes, or until set. Let cool for 5 minutes before serving.**

## Eggplant Stirfry

Sauce:  
2/3 cup of broth, heated  
3 tablespoons rice wine vinegar  
3 tablespoons soy sauce  
1 tablespoon brown sugar

Stir-fry:  
2 tablespoons sesame oil  
3 garlic cloves, peeled and minced  
1 large onion, diced (from last week's Veggie Box!)  
1 (16 oz) package extra firm tofu, cubed  
1/2 of Veggie Box napa cabbage, thinly sliced  
1/3 of Veggie Box carrots, sliced.  
Veggie Box eggplant, cubed

**In a bowl, prepare the sauce by combining heated broth with rice vinegar, soy sauce, and brown sugar. Set aside. Heat sesame oil in a large skillet or wok on stovetop. Add minced garlic and diced onion and fry until onion becomes golden or translucent. Add cubed tofu and continue to cook 1-2 minutes until tofu starts to brown slightly. Add carrots and napa cabbage, stirring gently for about 2 minutes, adding more oil or broth if veggies begin to stick to pan. Add eggplant and keep sautéing for 4-5 minutes, stirring to keep from sticking to pan bottom. Turn heat down to medium or a simmer. Stir the sauce you've prepared, and pour it into the pan. Continue to cook until the sauce thickens nicely. Serve over a bed of brown or white jasmine rice and enjoy**

## Daikon Radish Chips

Veggie Box daikon radishes, sliced into thin rounds  
2 Tbsp of olive oil  
1 1/2 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.**