

Veggie Box Newsletter

Week 2: September 26

Welcome to the second week of the Fall Veggie Box, and the fourth day of autumn! The term 'Harvest' originates from the Old English word *hærfest*, meaning 'Autumn'. It then came to refer to the season for reaping and gathering grain and other grown products from the land. The time of Harvest is one of the most important phases of the agricultural calendar, since it marks a point in time when the crops have grown into maturity and are ready to be gathered in. The period in late summer, just before the Harvest, was traditionally a time of limited food supply and often famine, due to poor harvests the preceding season or an inability to store food from the last harvest. With this in mind, it is not surprising that Harvest became a time of celebration and festivals, for they heralded the end of seasonal famine and ushered in a time of plenty. Before the days of refrigerators and freezers being the norm, jarring, drying and preserving food was more than just a delightful hobby, it was one of the few ways of storing food during the cold season or a long journey by sea or land. Thank you for supporting local food!

Producer Spotlight

MSU Student Organic Farm

The MSU Student Organic Farm is a 15 acre year-round educational, organic farm located in Holt, MI about 3 miles south of the Michigan State University campus. Started in 1999 by students who desired a more hands-on learning experience, the farm now offers a nearly year-long intensive program for those interested in learning everything they can about organic farming. Not only do the students tend to the fields, but the program also involves caring for the farm's livestock. MSU's multiple cafeterias source as much produce as they can from the MSUSOF and they also offer a weekly farm stand in the middle of campus for students and public alike.

Crop Profile

Tomatillos

Tomatillos, also known as the Mexican husk tomato, is a plant of the nightshade family bearing small, spherical and green or green-purple fruit. Tomatillos have a slightly more acidic, slightly less sweet flavor than ripe and unripe tomatoes. Overall, the flavor is more vegetal and bright, and the interior texture is denser and less watery. Prepping a tomatillo is pretty straight forward. The husks can be easily removed with your hands and discarded. From here, you decide what you want to do with them. If you want to keep the flavor bright and play up their bracing acidity, use them raw. If you want to mellow out that acidity a bit and access the fruit's deeper, more savory qualities, then try cooking them! Tomatillos have diverse uses in salsas, stews, soups, salads, curries, stirfries, baking, cooking with meats, marmalade, and desserts.



What's in the Box?

- Arugula**, *Ten Hens Farm, Bath*
- Organic Jalapeños**, *Owosso Organics, Owosso*
- Fingerling Potatoes**, *Green Eagle Farm, Onondaga*
- Microgreens**, *Ten Hens Farm, Bath*
- Mini Spaghetti Squash**, *Tomac Pumpkin Patch, Chesaning*
- Organic Tomatillos**, *MSU Student Organic Farm, Holt*
- Tomatoes**, *Hunter Park GardenHouse, Lansing*
- Onions**, *Ten Hens Farm, Bath*

Add-Ons

- Bread**, *Stone Circle Bakehouse, Holt*
- Honey**, *Bee Wise Farms, Lansing*
- Meat Variety**, *Grazing Fields Cooperative, Charlotte*
- Sweet Treats**, *Hobie's Catering, Lansing*

Recipes and Tips!

Arugula + Micro Green Salad

1 bag of Veggie Box arugula
1 bag Veggie Box microgreens
1 Veggie Box Tomato
1/2 Avocado (optional)
1/2 tbsp. olive oil, divided
Juice of 1/2 lemon, or 1 tbsp.
Salt & pepper to taste

Mix half the olive oil with salt, pepper, and lemon juice until well integrated. Mix in arugula and microgreens until all leaves are coated evenly. Dice tomato and avocado (if desired) and add to separate bowl. Mix in remaining 1/2 of olive oil and salt & pepper to taste. Place tomato avocado mix on top of greens, serve and enjoy!



Roasted Tomatillo and Tomato Salsa

Veggie Box tomatillos, husked and halved
1 Veggie Box onion, peeled and quartered
2 cloves garlic, peeled (from last week's box!)
Half of your Veggie Box tomatoes, quartered
1-2 Veggie Box jalapeños, halved
1/2 cup fresh lime juice
1/4 cup fresh chopped cilantro
2 TBS olive oil
salt, to taste

Mix the peppers, olive oil, tomatillos, onion, garlic, and tomatoes. Pour the veggies out onto a baking sheet, and roast in a 400 to 425 degree oven until they are "wilted" with dark brown flecks. (Alternatively, place them in a grill basket and grill them, keeping the kitchen cool!) Puree the veggies in a blender or food processor with the cilantro and lime juice. Taste, and add salt as desired. The salsa can be served immediately, but if you want to store it, it will have better keeping quality if simmered (in a stainless steel, not aluminum!) pan for about 20 minutes. Then it can be cooled and refrigerated.

Goat Cheese & Arugula over Spaghetti Squash

1 Veggie box Spaghetti Squash
3 Oz Goat Cheese
1 Cup Veggie Box Arugula
1/2 cup Quartered Cherry Tomatoes
2 tbsp. Olive Oil
1 clove of minced garlic
1/2 teaspoon ground black pepper
1/2 teaspoon salt

Preheat oven to 350 degrees. Lightly grease a baking sheet. Place spaghetti squash with cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven. Remove squash from oven and set aside to cool enough to be easily handled. Use a large spoon to scoop the stringy pulp from the squash and place in a medium bowl. Mix with goat cheese, arugula, cherry tomatoes, olive oil, garlic, and salt and pepper.

Veggie Box Shakshuka

For the Salsa:

Veggie Box tomatillos
1/2 lime
3 cloves garlic
1 Veggie Box onion
1 t oil
1/4 cup cilantro
salt and pepper to taste

For the Shakshuka:

1 Veggie Box onion
Veggie Box microgreens
1 red bell pepper
3-4 cloves garlic (minced)
Veggie Box tomatoes
1/2 Veggie Box jalapeno
1 tsp curry powder
1 tsp turmeric
1 tsp paprika
5-6 eggs
salt and pepper to taste

Start by mixing the tomatillos, onion and garlic and broil for about 5 minutes. Put in a blender, with lime juice, oil, cilantro, powder and salt and pepper to taste. Set aside and cool. In the meantime, heat a pan with olive oil and diced onion and garlic and let it sweat out about 5 minutes. Add in your bell pepper, jalapeno, salt, pepper, curry powder, turmeric and paprika. Let sauté for another 5 minutes. Add in your diced tomatoes and let simmer and cook through about 15-20 minutes. Once bubbling, make little wells and add in your eggs and let cook on low until cooked all the way through. Top with microgreens and enjoy!

