

# Veggie Box Newsletter

Week 3: October 3

Welcome to the third week of the Fall Veggie Box! Many of you are wondering how do our farmers keep growing our fresh, delicious produce right here in Mid Michigan even when the weather gets frigid? The answer is simple: hoophouses and greenhouses! A hoophouse is a series of large hoops or bows - made of metal, plastic pipe or wood - covered with a layer of heavy greenhouse plastic. The plastic is stretched tight & fastened to baseboards with strips of wood, metal or wire. A hoophouse is heated by the sun and cooled by the wind. Greenhouses tend to be similar in size to hoophouses or larger, often with more structural strength. They may or may not have a permanent foundation. They are covered with one or two layers of greenhouse plastic, rigid polycarbonate, or glass. Greenhouses often have supplemental heat from a furnace or boiler, and automated ventilation with fans! Plus, a number of our farmers grow different crops, harvest in the early fall, and are able then store these crops for months - examples include potatoes, onions, garlic, winter squash, rutabaga, turnips, etc. Thank you for supporting local food!

## Producer Spotlight

### *Magnolia Farms*

Magnolia Farms is a three quarter acre urban farm located on Lansing's Eastside. Founded in 2016 by Egypt Krohn, Magnolia Farms now serves as an incubator farm—providing space for emerging local farmers to develop their farm business. This year, the farm is being managed by Aliza Ghaffari and Nathaniel Kermiet. They have both completed organic farming certification programs at MSU and worked on a diverse array of small farms in Georgia, Kentucky and Michigan. They believe that health disparities must be addressed through an approach that centers food justice and racial equity. When they are not farming you can find Nathaniel coordinating the Garden Project's Resource Center and Aliza coordinating a school-garden based nutrition education program with four local elementary schools.

## Crop Profile

### *Hakurei Turnips*

Like all turnips, the Hakurei, or Tokyo, turnip is a member of the Brassica family. This Japanese variety was developed in Japan in the '50s when the country was suffering from severe food shortages due to World War II, and is sometimes referred to as a salad turnip, due to its crisp, delicious raw flavor. Eat them raw (just whole, or chopped/grated in salads), make a quick pickle, or when cooked, they develop a buttery flavor and when roasted at high temperatures, their sweetness increases. Turnips are an excellent source of vitamin C, folic acid, and fiber, as well as thiamine, potassium, and vitamins B6 and E.



## What's in the Box?

- Organic Garlic**, *Owosso Organics*, Owosso
- Escamillo Pepper**, *Ten Hens Farm*, Bath
- Organic Carrots**, *MSU Student Organic Farm*, Holt
- Organic Parsley**, *CBI's Giving Tree Farm*, Lansing
- Hakurei Turnips**, *Ten Hens Farm*, Bath
- Organic Kohlrabi**, *CBI's Giving Tree Farm*, Lansing
- Organic Broccoli**, *MSU Student Organic Farm*, Holt
- Organic Eggplant**, *Owosso Organics*, Owosso

## Add-Ons

- Bread**, *Stone Circle Bakehouse*, Holt
- Meat Variety**, *Trillium Wood Farm*, Williamston
- Chicken**, *Trillium Wood Farm*, Williamston
- Beef**, *Heffron Farms Market*, Belding
- Pork**, *Grazing Fields Cooperative*, Charlotte
- Eggs**, *Grazing Fields Cooperative*, Charlotte
- Cheese**, *MSU Dairy Store*, East Lansing
- Chevre**, *Hickory Knoll Farms Creamery*, Onondaga
- Kombucha**, *Apple Blossom Kombucha*, Lansing
- Cold Brew**, *Rust Belt Roastery*, Lansing
- Sweet Treats**, *Teff-Rific*, Lansing

# Recipes and Tips!

## Hakurei Turnip Farro Salad

1 bunch of Veggie box hakurei turnips with greens (or turnips and 1 bunch swiss chard, mustard greens, or kale)

1 cup farro, cooked (about 3 cups when cooked)

1/4 cup olive oil, divided

1 tablespoon fresh minced thyme or 1 teaspoon dried

2 tablespoons chopped Veggie Box parsley

1 tablespoon red wine vinegar

1 teaspoon dijon mustard

Sea Salt and Freshly ground black pepper

**Separate greens and turnips. Wash turnips, and cut into one inch cubes. Wash turnip greens and cut into bite size pieces. Heat 2 tablespoons of olive oil in a large sauté pan over medium heat. Add turnips, thyme, and a pinch of salt. Cook, stirring occasionally for about ten minutes until turnips start to brown. Add turnip greens, another pinch of salt and some pepper. Cook stirring frequently until greens wilt. Cover pan and cook for an additional 5 minutes until greens are tender. Stir in the vinegar and parsley. Place farro in a large bowl. Add turnips and greens, leaving any excess liquid behind in the pan. Add remaining olive oil and dijon mustard. Taste and adjust salt and pepper if necessary.**

## Maple Glazed Turnips and Carrots

1 bunch Veggie Box Hakurei Turnips

1 bunch Veggie Box Carrots

1/4 cup vegetable stock

2 tablespoons butter

1 tablespoon maple syrup

salt and freshly ground black pepper

**Scrub the turnips and cut into quarters or sixths, depending on their size. Slice the carrot at an angle into ½ inch-thick pieces. Put the vegetables and stock in a medium saucepan and bring to a boil. Cover and cook until the turnips are barely tender, about 7 minutes. Reduce the heat to medium-high and add the butter and maple syrup. Stir to coat the vegetables and continue to cook uncovered until the vegetables are glazed and beginning to caramelize around the edges, about 2 minutes. Season with salt and pepper and serve.**

## Carrots in Lemon-Parsley Butter

Veggie Box carrots, sliced

1/4 cup butter, cubed

2 tablespoons minced Veggie Box parsley

2 tablespoons lemon juice

1/4 teaspoon salt

**Place 1/2 in. of water in a large saucepan; add carrots. Bring to a boil. Reduce heat; cover and simmer for 7-9 minutes or until crisp-tender. Drain; set carrots aside. In the same pan, melt butter over medium heat. Stir in the parsley, lemon juice and salt. Return carrots to the pan and heat through.**

## Eggplant, Broccoli, and Tofu Stir-Fry

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 Veggie Box garlic cloves, peeled and minced

1 onion, diced

1 (16 oz) package extra firm tofu, cubed

Veggie Box broccoli, with the stem removed, peeled and diced

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 broccoli and stir-fry, 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.**