

# Veggie Box Newsletter

Week 4: October 8

Welcome to the fourth week of the Fall Veggie Box! We're so thrilled to be sourcing local food for you that we have officially opened registration for the Spring Veggie Box! A subscription to the Spring Veggie Box For the 2019 Summer Veggie Box, there will be two different distribution days: for those who would like to pick up their box from the Allen Market Place, their distribution day is Tuesday; for those who would like their box delivered to their workplace, their box will be delivered on Thursdays. The Spring Season of Allen Neighborhood Center's Veggie Box program runs every Tuesday (for pickup) for 12 weeks, March 3 - May 19, with registration closing on February 21st. A subscription to our 12-week CSA is \$270, with add-on items available for an additional cost. The Spring Veggie Box includes a seasonal assortment of fresh, locally grown vegetables & fruits. Projected items include: asparagus, cooking greens, lettuce, peas, radish, herbs, beets, carrots, onions, winter squash, potatoes, garlic, rhubarb, strawberries, & more. To register or find out more information, visit [bit.ly/2020springpickup](https://bit.ly/2020springpickup). Spots are filling up fast so sign up soon! Thank you for supporting local food!

## Producer Spotlight

### *Hunter Park GardenHouse*

The Hunter Park GardenHouse, a project of Allen Neighborhood Center, is a hub for year-round farm & garden education, where neighbors volunteer to grow food, flowers, and community, and youth develop job and life skills in service to the neighborhood. Since 2008, the Hunter Park GardenHouse has empowered neighbors to grow, prepare, and eat healthy food to better their health and become better connected with the community.

## Crop Profile

### *Shishito Peppers*

The shishito pepper is a sweet, East Asian variety of the species *Capsicum annuum*. The pepper is small and finger-long, slender, and thin-walled. Although it turns from green to red upon ripening, it is usually harvested while green. The name refers to the fact that the tip of the chili pepper looks like the head of a lion (獅子 shishi). About one out of every ten peppers is spicy - we like to call this pepper roulette! For cooking, a hole is poked in the pepper beforehand to keep expanding hot air from bursting the pepper. It may be skewered then broiled (grilled), or pan-fried in oil, stewed in a soy sauce- and dashi-based liquid, or simply eaten raw in a salad or as a condiment. It is thin-skinned and will blister and char easily compared with thicker-skinned varieties of peppers.



## What's in the Box?

**Thyme**, *Hunter Park GardenHouse*, Lansing  
**Organic Kale**, *Monroe Family Organics*, Alma  
**Festival Squash**, *Tomac Pumpkin Patch*, Chesaning  
**Asian Scallions**, *Hillcrest Farms*, Eaton Rapids  
**Sweet Potatoes**, *Green Eagle Farm*, Onondaga  
**Kossak Kohlrabi**, *Titus Farms*, Leslie  
**Organic Red Onions**, *Monroe Family Organics*, Alma  
**Shishito Peppers**, *Titus Farms*, Leslie

## Add-Ons

**Bread**, *Stone Circle Bakehouse*, Holt  
**Meat Variety**, *Grazing Fields Cooperative*, Charlotte  
**Sweet Treats**, *Rooted Home Farm & Goods*, Lansing  
**Maple Syrup**, *Tomac Pumpkin Patch*, Chesaning

# Recipes and Tips!

## Sauteed Shishito Peppers

2 tablespoons olive oil  
Veggie Box shishito peppers  
Lemon juice  
Sea salt

**Heat oil in a large saute pan until hot. Carefully place peppers into heated pan (watch out for oil splatter) and cook a few minutes on each side until you hear the peppers make a slight popping sound and the peppers begin to blister. Shake the pan to ensure both sides get slightly blistered and peppers are tender, but not completely soft. Remove from heat. Squeeze fresh lemon juice and sea salt over the peppers before serving.**



## Asian Kohlrabi Slaw

3 cups peeled kohlrabi, cut into matchsticks  
1/2 cup grated carrots  
1/3 Veggie Box scallions, diced  
4 tbsp rice vinegar  
1 tsp toasted sesame oil  
1 tbsp Thai sweet chili sauce (I used Mae Ploy brand)  
1 dash salt  
1 tsp sesame seeds (optional for garnish)

**Cut the kohlrabi into matchsticks, and combine with the shredded carrots and chives in a large bowl. In a mixing bowl, whisk together the vinegar, oil, chili sauce and salt. Pour dressing over vegetables, and stir to combine. Refrigerate for several hours to let flavors develop. Serve chilled, and top with sesame seeds for garnish.**

## Roasted Festival Squash and Sweet Potato Soup

Veggie Box festival squash, sliced lengthwise in half and seeds removed  
Veggie Box sweet potatoes  
2-3 tablespoons extra virgin olive oil, divided  
1/2 cup Veggie Box onion, finely chopped  
1 teaspoon garam masala  
3/4 teaspoon ground ginger  
2 3/4 cups vegetable broth  
2/3 cup full fat (or light) coconut milk  
kosher salt freshly ground black pepper

**Preheat oven to 400 degrees (Fahrenheit). Slice the acorn squash in half (lengthwise) and remove the seeds and guts—place cut side up on a large baking sheet, drizzle with 1-2 tablespoons of olive oil and season with salt and pepper. Slice the sweet potatoes in half lengthwise, drizzle and rub the cut side with olive oil and season with salt and pepper. Place cut side down on the baking sheet along with the acorn squash. Roast for 45 minutes to an hour, or until both the potato and acorn squash are fork tender and very soft. Remove from oven and when cool enough to handle, remove the squash and sweet potato flesh from their skin and set aside in a large bowl. Discard the skin. Meanwhile, heat the remaining tablespoon of olive oil in medium-sized soup pot. Add the onion and saute over low heat until soft and completely translucent. Add the ground ginger and garam masala and cook for an additional minute or two, stirring constantly, until fragrant. Add the vegetable broth, roasted squash, and sweet potato. Bring to low simmer, cover, and cook for an additional for 10-15 minutes. Puree in a blender (in batches, if necessary) and return to heat. Add the coconut milk and stir until well combined. Season with salt and pepper to taste (at this point, you can also add an additional pinch of ginger or garam masala, if you so desire). Serve hot and drizzle with a spoonful of coconut milk and touch of extra virgin olive oil.**