

Veggie Box Newsletter

Week 10: November 21

Welcome to week 10 of the Fall Veggie Box! By being a member of our multi-farm CSA, you are a major part of our local food system. A local food system is a collaborative network that integrates sustainable food production, processing, distribution, consumption, and waste management in order to enhance the environmental, economic, and social health of an area. Increasingly, communities are organizing "food hubs" around co-ops or other community wealth building enterprises to anchor local food systems. Food hubs help provide wider access to markets for small to mid-sized producers, and increased access to fresh healthy food for consumers, including underserved areas and food deserts. In 2011, ANC committed to create a multi-functional food resource center and food hub: the Allen Market Place. As envisioned, this would build upon our previous decade of food-related initiatives and allow creative bundling of additional programs to strengthen the food system of the Eastside and, indeed, the mid-Michigan region. It is through our Food Hub that the Veggie Box is possible, and in return, our local food system is strengthened. Thank you for supporting local food!

Producer Spotlight

Titus Farms

Titus Farms was founded by Rose and Paul Titus in 1982. Growing up, both farmers worked at their respective family farms until they got married and purchased a small 20 acre land. Paul and Rose both dedicated their lives into farming so that they can pass on ownership of the farm to their daughter Rebecca Titus. Titus farms is dedicated to producing the highest quality vegetables using sustainable organic farming methods, as well as producing unique varieties of vegetables that capitalize on great taste.

Crop Profile

Microgreens

This week's microgreens are a spicy micro mix - a colorful blend of red and green mustards! Microgreens are essentially seedlings of edible vegetables and herbs, and though miniscule in size, concentrated in nutrients. Studies have shown that microgreens are loaded with nutrients - up to 40 time more than the mature leaves of the same plants. Of course, mature vegetables could never be replaced, providing you with the necessary fiber and calories that your body needs, but microgreens fill in all of the other gaps in your dietary needs. Microgreens are great on salads, sandwiches, and in smoothies!



What's in the Box?

Kale, *Ten Hens Farms, Bath*

Organic Komatsuna, *MSU Student Organic Farm, Holt*

Winter Squash, *Tomac Pumpkin Patch, Chesaning*

Yellow Onions, *Hunter Park GardenHouse, Lansing*

Organic Red Skin Potatoes, *Monroe Family Organics, Alma*

Korean Daikon Radishes, *Titus Farms, Leslie*

Microgreens, *Hunter Park GardenHouse, Lansing*

Add-Ons

Bread, *Stone Circle Bakehouse, Holt*

Meat Variety, *Grazing Fields Cooperative, Charlotte*

Sweet Treats, *Hobie's Catering, Lansing*

Recipes and Tips!

Winter Squash Soup

2 tablespoons butter
1/2 cup of Veggie Box onion, chopped
1/2 of Veggie Box potatoes, chopped
Veggie Box winter squash peeled, seeded, and cubed
2 cloves of Veggie Box garlic (from last week!), minced
4 cups of vegetable broth
1/2 tsp of curry powder
1/4 tsp of cinnamon
1 tablespoon of maple syrup
Dash of red pepper flakes
Salt & black pepper to taste
Veggie Box microgreens

Melt the butter in a large pot, and cook the potatoes and squash 5 minutes, covered, or until lightly browned. Add the onion, garlic, curry powder, cinnamon, maple syrup, and red pepper flakes and cook a few more minutes. Pour in enough of the vegetable broth to cover vegetables. Bring to a boil. Reduce heat to low, cover pot, and simmer 40 minutes. Transfer the soup to a blender - or use an immersion blender - and blend until smooth. Return to pot, and mix in any remaining stock to attain desired consistency, and season with salt and pepper! Sprinkle microgreens over the top, and enjoy!

Roasted Daikon Radish

Veggie Box daikon radishes, scrubbed and sliced into coins
1 Veggie Box onion, thinly sliced
1 clove of garlic (from last week!)
2 tbs. olive oil
salt and pepper, to taste
1/4 c. balsamic vinegar

Preheat oven to 400 F. Place daikon radishes, onions, and garlic on a baking sheet lined with parchment paper; toss with olive oil and sprinkle salt and pepper. Roast until crisp-tender, about 25-30 minutes, stirring once halfway through. Remove from oven and drizzle with balsamic vinegar, tossing to coat, Return to oven for an additional 5-10 minutes. Add additional salt and pepper before serving, if needed.

Komatsuna with Creamy Polenta

Veggie Box Komatsuna
Veggie Box Kale
2 cloves garlic, peeled & sliced
1 Veggie Box onion, sliced
2 Tb. olive oil (or coconut oil, butter, or bacon fat)
1/2 tsp. kosher salt
1/2 c. walnuts (toasted or not)
Polenta
1 c. vegetable stock
1 c. whole milk
1 bay leaf
1 c. yellow cornmeal
1/2 c. Gruyere, shredded
2 Tb. unsalted butter
1/2 tsp. kosher salt
1/4 tsp. freshly ground black pepper
Veggie Box microgreens

Wash komatsuna and kale, and trim stem ends. Cut into 2" pieces; set aside until ready to use. Fill a large saucepan with water and 1 tsp. salt and bring to a boil. Prepare a bowl filled with ice water; set aside. While waiting for the water to boil, start the polenta: combine broth, milk and bay leaf in a medium saucepan; bring to boil then turn off heat, cover and let sit for 10 minutes. Once the water for the greens boils, drop in greens to blanch for about 2 minutes, then remove with a slotted spoon and drop into the ice water to stop the cooking process. Remove pieces with slotted spoon and pat dry with paper towel or a salad spinner. In a saute pan, heat olive oil with onions over medium heat. Add greens to oil and sprinkle with kosher salt. Increase heat to medium/high to saute the greens for about 6-8 minutes, and then add the garlic and cook for a few minutes more. Turn off heat and leave uncovered while you prepare polenta. Remove bay leaf from milk. Bring back to boil, then reduce to medium heat and slowly sprinkle in cornmeal, whisking vigorously at each pour. Keep whisking until the cornmeal has absorbed the liquid and it's smooth. Remove from heat and stir in cheese, butter, salt and pepper. Transfer polenta to serving dishes, top with greens, walnuts and a few grinds of fresh black pepper (to taste). Sprinkle microgreens on top.