

Veggie Box Newsletter

Week 7: October 31

Welcome to the seventh week of the Fall Veggie Box, and happy Halloween! Halloween's origins date back to the ancient Celtic festival of Samhain (pronounced sow-in). The Celts, who lived 2,000 years ago, mostly in the area that is now Ireland, the United Kingdom and northern France, celebrated their new year on November 1. This day marked the end of summer and the harvest and the beginning of the dark, cold winter, a time of year that was often associated with human death. Celts believed that on the night before the new year, the boundary between the worlds of the living and the dead became blurred. On the night of October 31 they celebrated Samhain, when it was believed that the ghosts of the dead returned to earth. To commemorate the event, Druids built huge sacred bonfires, where the people gathered to burn crops and animals as sacrifices to the Celtic deities. However, it was the Irish who brought the concept of Jack-o'-Lanterns to the United States - the name is tied to the Irish legend of Stingy Jack, a drunkard who bargains with Satan and is doomed to roam the Earth with only a hollowed turnip to light his way. So hollow out your turnips (or eat them), and have a happy Halloween. Thank you for supporting local food!

Producer Spotlight

Owosso Organics

Owosso Organics is a family owned, certified organic vegetable and cut flower farm located four miles west of Owosso. Starting from a small postage stamp garden in 1978, Richard Bowie, Pooh Stevenson and their daughters Cody and Taylor now farm over seven acres of their eighty acre farm, along with eight greenhouses of over 15,000 square feet. They have been certified organic since 1994, and are currently certified with Global Organic Alliance. Their mission is to provide specialty artisan produce and flowers grown with great care and impeccable service available locally to enrich the lives and palates of all people who seek their business assisting in bridging urban and rural communities together.

Crop Profile

Black Spanish Radishes

Different from traditional spring radishes, the ones that are pink and purple, these Spanish radishes have a black exterior (hence the name). The textured, matte-black exterior of the Black Spanish gives way to a smooth, bright cream-colored interior that is high in Vitamin C, and has a spicy bite to it. The meat of this radish is firm, yet also tender: this a toothsome, almost velvety radish -- not a crisp, juicy winter radish like the watermelon or daikon. These black radishes were first cultivated in the eastern Mediterranean and were even grown in Egypt before the pyramids were built as remains of them have been found in excavations.

ALLEN
NEIGHBORHOOD CENTER

Veggie Box

What's in the Box?

Organic Red Russian Kale, *MSU Student Organic Farm, Holt*
Organic Leeks, *Owosso Organics, Owosso*
Garlic, *Ten Hens Farms, Bath*
Organic Black Spanish Radishes, *MSU Student Organic Farm, Holt*
Organic Jalapeños, *Owosso Organics, Owosso*
Carrots, *Ten Hens Farms, Bath*
Komatsuna, *Hunter Park GardenHouse, Lansing*
Organic Turnips, *MSU Student Organic Farm, Holt*

Add-Ons

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

Recipes and Tips!

Radish Chips

Veggie Box Black Spanish Radishes
2 Tbsp olive oil
Salt and pepper to taste
Parmesan (optional)

Preheat the oven to 375 degrees. Scrub the black radishes well, then slice them thinly (a mandoline works best). Toss them in a bowl with the olive oil and salt so that all the slices are coated. Spread the radish slices in a single layer on two baking sheets. Bake the radish chips about 15-20 minutes, until they are brown in spots and getting dry and crisp. Remove from the baking sheets and sprinkle on more salt if desired. Serve immediately.



Roasted Root Vegetables

1-1/2 Tbs. olive oil,
1-1/2 Tbs. unsalted butter
2 cups of sliced Veggie Box leeks (whites and lightest part of the greens)
Veggie Box turnips, peeled and cubed
Veggie Box carrots sliced
Salt and freshly ground black pepper
2 tsp. chopped fresh flat-leaf parsley

Set a heavy 9- to 10-inch skillet over high heat with the olive oil and butter. When the butter has melted, stir in the leeks, turnips, and carrots, and cook for 1 minute, stirring once or twice. Season with salt, cover, reduce the heat to medium low, and cook for 5 minutes. Uncover and cook at a low sizzle, stirring occasionally, until the carrots and turnips are almost completely tender, about 25 minutes. (After about 15 minutes, the vegetables should be just starting to brown, so lower the heat if they're cooking too quickly.) Reduce the heat to very low and continue cooking until tender, about 5 minutes more. Turn off heat, season to taste with pepper and salt if necessary, and add parsley!

Komatsuna Nibitashi

Veggie Box Komatsuna
1 package of Aburaage
1/2 cup Dashi (or Vegetable stock)
1 tsp sugar
1 1/2 Tbsp Soy Sauce
2 Tbsp Sake
2 Tbsp Mirin

Wash Komatsuna well and cut into 1 1/2" long pieces. Cut Aburaage into 1/2" width strips. In a pot, heat Dashi, sugar, Soy Sauce, Mirin, and Sake. Add Komatsuna and Aburaage and cook for a couple of minutes, until softened. Cover and let it cool completely. Serve at room temperature or heat up. If you cannot find aburaage, it is made by cutting tofu into thin slices and deep fried two times, once at lower temperature first and then at high temperature last.

What to do with Greens?

Pasta: Sauté chopped greens in olive oil or butter, and add to any pasta dish.

Soup: Toss washed and chopped greens into any soup, home made or store bought.

Eggs: Add greens into scrambled eggs or make a frittata.

Freeze: To freeze greens for later use, remove stems, clean and chop greens. Bring a large pot of salted water to boil. Blanch greens by cooking for one minute, then use tongs or a slotted spoon to transfer to a bowl of ice water. Freeze cooled greens in one and two cup containers to use later in the week. Thaw and use in soups, stews, and sautés.

Really, try them in just about anything - Quesadillas, Burritos, Curries, Stir-Fry, Pizza and Smoothies!

