

# Veggie Box Newsletter

Week 8: November 7

Welcome to Week 8 of the Fall Veggie Box! Chefs, health experts, and Veggie Box staff encourage eating seasonally and locally, when produce is at the peak of its freshness, flavor, and nutrition. Among the many benefits of buying locally, it means that your veggies haven't had a chance to lose flavor or health benefits by sitting in a shipping container for a trip across the country or ocean. Buying seasonal produce also means you are buying it at its peak supply, so it will be cheaper than at other times of the year. Before farming advancements and grocery stores, seasonal eating was the norm - our bodies actually naturally crave these seasonal foods! In the fall and winter, our bodies begin to crave heavier, warm foods; the cold dries out the earth and our bodies, and to counteract these drying effects, we rely on warm, heavy, oily foods to replenish our moisture reserves (stews with potatoes, and rutabagas, roasted root vegetables, etc.). The spring brings bitter greens, which helps detox our liver from the fatty foods from winter. In the summer, since we are more active and are outdoors more often, our bodies crave added energy from sugars and carbohydrates in the summer's bounty (ex. corn, peas, peaches, cantaloupe, strawberries). We also need a higher water intake due to heat in the summer, so foods like watermelon and cucumbers help to sustain us. What are other benefits to eating seasonally? Thank you for supporting local food!

## Producer Spotlight

### *Ten Hens*

Adam and Dru Montri have been farming in Bath, Michigan since 2007 with their two daughters and three employees. Their produce is grown on three acres, in six hoopouses totaling over 17,000 sq ft and in one heated greenhouse. Dru and Adam both went to Michigan State and Penn State to study horticulture and worked together on numerous farms before starting Ten Hens Farm. They grow produce for the ANC Veggie Box program, Bath Farmers market, numerous Lansing area restaurants as well as CSA boxes in the greater Flint area. They are proud to have provided produce for the Veggie Box since the program started.

## Crop Profile

### *Brussels Sprouts*

One interesting characteristic of Brussels Sprouts is the way they grow. Although they resemble the structure of a head of cabbage, the sprouts grow on large stalks. Brussels sprouts are named after the fact that they were cultivated in Belgium in the 16th century. Knowing this little fact will also help you remember that it's *Brussels* sprouts, not *Brussel* sprouts. Let's face it: Brussels sprouts have always had a bad rap, mainly because they used to be boiled to death, which made them sulfurous and just unpleasant to eat - don't overcook them! They are one of the better green vegetable sources of protein, and just one serving meets the daily vitamin C and vitamin K requirements.

ALLEN  
COMMUNITY MARKET

Veggie Box

## What's in the Box?

**Red Onions**, *Hunter Park GardenHouse*,  
Lansing

**Potatoes**, *Titus Farms*, Leslie

**Organic Cabbage**, *Owosso Organics*, Owosso

**Brussels Sprouts**, *Hillcrest Farms*, Eaton  
Rapids

**Sweet Potatoes**, *Titus Farms*, Leslie

**Heart of Gold Squash**, *Tomac Pumpkin Patch*,  
Chesaning

**Romaine Lettuce**, *Ten Hens Farm*, Bath

**Organic Apples**, *Owosso Organics*, Owosso

## Add-Ons

**Bread**, *Stone Circle Bakehouse*, Holt

**Meat Variety**, *Overland Lamb and Wool*,  
Jonesville

**Sweet Treats**, *Rooted Home Farm & Goods*,  
Lansing

# Recipes and Tips!

## Brussels Sprouts Salad

Veggie Box Brussels Sprouts sliced thin  
1 cup of cooked wild rice  
1/2 cup of sliced Veggie Box onion  
3 tbsp of salted butter  
salt & pepper  
1/2 c balsamic vinegar  
1/4c sugar  
1/3 c dried cranberries  
1/4 c toasted walnuts  
4oz goat cheese

**Prepare a cup of cooked wild rice. Slice your Brussels Sprouts thin. Place 2 tbsp of butter in a large skillet and melt, and then add your brussels sprouts. Cook, covered for about 5 minutes, stirring occasionally. Meanwhile put vinegar and sugar in small saucepan and bring to boil over medium high heat. Lower to simmer until thickened - about 10 minutes (keep eye on it though). Uncover sprouts and add onions. Cook a bit longer before adding the cooked rice. Add more butter if needed, and season with salt and pepper. Cook until brussels sprouts are tender, and just starting to brown. Serve with goat cheese, toasted walnuts, cranberries, and the balsamic glaze.**



## Maple-Glazed Heart of Gold Squash

Veggie Box Heart of Gold squash, halved  
1/4 cup maple syrup  
2 tablespoons brown sugar  
1/2 teaspoon ground cinnamon  
1/4 teaspoon ground ginger  
1/4 teaspoon salt  
1 tbsp of butter

**Preheat oven to 375°. Scoop out and discard seeds from squash. Place cut side down in a 13x9-in. baking dish. Bake, uncovered, for 45 minutes. Combine syrup, brown sugar, cinnamon, ginger and salt; pour into squash halves and split the butter between the two halves. Bake, uncovered, 10 minutes or until glaze is heated through.**

## Cinnamon Roasted Sweet Potatoes, Squash, and Apples

Veggie Box sweet potatoes cut into 1" cubes  
Veggie Box apples cut into 1" cubes  
Veggie Box Heart of Gold squash, sliced into 1" slices.  
3 TBS coconut oil melted & divided  
1 tsp sea salt  
2 TBS pure maple syrup  
1 tsp ground cinnamon

**Preheat oven to 415 degrees F. Grease a large baking pan, set aside. In a large bowl, toss cubed sweet potatoes and sliced squash with 2 TBS of melted coconut oil. Stir until coated. Add sea salt and stir until evenly distributed. Bake in the preheated oven for 20 min, stirring halfway through, until sweet potatoes and squash just barely start to brown. While the sweet potatoes and squash are baking: stir the remaining 1 TBS of coconut oil into the apples. Add maple syrup and cinnamon and stir to combined. After 20 minutes, or the sweet potatoes and squash have begun to brown, remove them from oven and add the apple mixture and stir to combine. Return to the oven and bake for 20 more minutes, stirring halfway through. Once the sweet potatoes and apples are browned and the maple syrup has caramelized on them remove them from the oven and serve immediately!**

