

Veggie Box Newsletter

Week 9: November 14

Welcome to week 9 of the Fall Veggie Box! This week you will have the opportunity to experiment with more delicious meals using the fresh, locally grown and produced foods in your box. For most people, shopping at the grocery store is such a routine part of life that it has become a weekly chore. In the supermarket setting, it is easy to feel overwhelmed by the variety and quantity of options available to you. It is common to repeatedly buy what we know until the foods we eat become part of a routine and the cooking of those foods, a chore. The Veggie Box breaks up this monotony and challenges us to try new foods, get creative in the kitchen with seasonal produce, and put our trust in others to "shop" for us. This week, the Veggie Box team thanks you for taking a risk and changing how you relate to food and the environment, one week at a time. Thank you for supporting local food!

Producer Spotlight

Ferris Organic Farm

The Ferris family farm was established more than one hundred sixty years ago and was farmed organically until the early 1950's. After that, the land was more often than not rented out, farmed chemically in a corn/bean rotation. By the early 1970's the soil was lifeless and had the texture like concrete – except one field! Too small and irregular for modern farming operations at the time, it remained a grassy 'self seeded' clover field. It was teeming with life and the most remarkable thing; a rustling sound of huge worms pulling pieces dry leaves into their holes. This experience of seeing the wealth of life in and above the soil had such an impact, that from that point on, Ferris Organic Farm has strived to create and nurture life in the soil, 'and above it'. Of course this obliged using organic methods. They got into organic farming in the 1970's not for their own health reasons but for reasons of soil health. It turns out, unhealthy soils grow unhealthy plants that "scream out"* to disease and pests to take them. Their 200 acre farm consists of about 150 tillable acres and has been certified organic since certification began.

Crop Profile

Popcorn

Corn was domesticated about 10,000 years ago in what is now Mexico. Archaeologists discovered that people have known about popcorn for thousands of years. In Mexico, for example, remnants of popcorn have been found that date to around 3600 BC. A popcorn kernel's strong hull contains the seed's hard, starchy shell endosperm with 14–20% moisture, which turns to steam as the kernel is heated. Pressure from the steam continues to build until the hull ruptures, allowing the kernel to forcefully expand from 20 to 50 times its original size—and finally, cool. Air-popped popcorn is naturally high in dietary fiber and antioxidants, low in calories and fat, and free of sugar and sodium.



What's in the Box?

- Garlic**, *Half Barn Farm*, Lansing
- Green Onions**, *Ten Hens Farms*, Bath
- Organic Spinach**, *MSU Student Organic Farm*, Holt
- Organic Popcorn**, *Ferris Organic Farm*, Eaton Rapids
- Hakurei Turnips**, *Ten Hens Farms*, Bath
- Organic Salad Mix**, *MSU Student Organic Farm*, Holt
- Collards**, *Ten Hens Farms*, Bath
- Organic Carrots**, *MSU Student Organic Farm*, Holt

Add-Ons

- Bread**, *Stone Circle Bakehouse*, Holt
- Cheese**, *MSU Dairy Store*, East Lansing
- Chevre**, *Hickory Knoll Farms Creamery*, Onondaga
- Eggs**, *Grazing Fields Cooperative*, Charlotte
- Coffee**, *Rust Belt Roastery*, Lansing
- Kombucha**, *Apple Blossom Kombucha*, Lansing
- Meat Variety**, *Heffron Farms*, Belding
- Pork**, *Grazing Fields Cooperative*, Charlotte
- Chicken**, *Trillium Wood Farm*, Williamston
- Beef**, *Heffron Farms*, Belding
- Honey**, *Bee Wise Farms*, Lansing
- Sweet Treats**, *Stone Circle Bakehouse*, Holt
- Organic Black Turtle Beans**, *Ferris Organic Farm*, Eaton Rapids
- Cold Brew**, *Rust Belt Roastery*, Lansing

Recipes and Tips!

Stovetop Popcorn

2 tablespoons canola oil
1/4 cup + 3 kernels popping corn kernels, divided
Salt, to taste

Pour oil into the bottom of a heavy-bottomed large saucepan or soup pot. Add 3 kernels corn, cover and place over medium-high heat. When the three kernels pop, add the remaining 1/4 cup kernels. Cover the pot and swirl to coat the kernels with oil. Return to the heat and cook, shaking the pan occasionally to redistribute the un-popped kernels to the bottom of the pot. Continue cooking until the popping slows to less than one pop in 4 seconds. Immediately pour the popcorn to a bowl and add salt.



Garlicky Collard Greens

Veggie Box Collard Greens, chopped
1 tablespoon olive oil
2 cloves Veggie Box Garlic, minced
Splash of Apple Cider Vinegar

Bring a large pot of water to a boil. Add collard greens, and simmer 5 minutes. Drain. Heat olive oil in same pot over medium heat. Add garlic, and sauté 1 to 2 minutes, or until golden brown and fragrant. Add greens, and sauté 5 minutes, or until tender. Add a splash of apple cider vinegar. Season with salt and pepper, and serve warm.



Sautéed Turnips with Egg

Veggie Box green onions, chopped
Veggie Box turnips, sliced
Veggie Box collard greens, chopped
2 clove of Veggie Box garlic, minced
2 eggs
salt and pepper to taste

Slice the turnip, and chop the greens. Chop the green onions, stem and all. Sautee the turnips in butter, covered, for a few minutes until they begin to soften. Then add the collards and cook for a few more minutes. Finally, add the green onions and garlic, cooking for a few minutes more. Fry two eggs and place on top, and season with salt and pepper. Enjoy!

Honey Garlic Carrots

Veggie box carrots diagonally cut into about 2 to 3-inch pieces
3 tablespoons butter
2 Veggie box garlic cloves minced
1 tablespoons honey
1/8 teaspoon salt
1/8 teaspoon fresh ground pepper
chopped fresh parsley for garnish

Preheat oven to 425F. Grease a rimmed baking sheet with cooking spray and set aside. Cut up the carrots and set aside. Melt butter over medium-heat in a large nonstick skillet. Add garlic and cook for 3 minutes, or until lightly browned, stirring very frequently. Remove from heat and stir in the honey; stir until thoroughly combined. Toss the carrots with the prepared sauce either in the skillet, or pour the sauce over the carrots in a mixing bowl. Season with salt and pepper, and mix until well combined. Transfer carrots to previously prepared baking sheet. Arrange in one layer and bake for 22 to 25 minutes, or until carrots are browned and tender. Remove from oven and transfer to a serving plate. Taste for seasonings and adjust accordingly. Garnish with fresh chopped parsley. Serve.