

Veggie Box Newsletter

Week 7: October 29

Welcome to the seventh week of the Fall Veggie Box! ANC has officially opened registration for the Spring Veggie Box! For the 2020 Spring 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 for 12 weeks, from March until May, with registration closing on February 21st. A subscription to our 12-week, multi-farm 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/springveggiebox2020. Spots are filling up fast so sign up soon! 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.



What's in the Box?

Organic Turnips, *MSU Student Organic Farm*, Holt

Carrots, *Ten Hens Farms*, Bath

Organic Black Spanish Radishes, *MSU Student Organic Farm*, Holt

Bok Choi, *Hunter Park GardenHouse*, Lansing

Organic Jalapeños, *Owosso Organics*, Owosso

Organic Red Russian Kale, *MSU Student Organic Farm*, Holt

Parsley, *Magnolia Farms*, Lansing

Organic Garlic, *Owosso Organics*, Owosso

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, *Trillium Wood Farm*, Williamston

Pork, *Grazing Fields Cooperative*, Charlotte

Chicken, *Trillium Wood Farm*, Williamston

Beef, *Heffron Farms*, Belding

Sweet Treats, *Teff-Rific*, Lansing

Cold Brew, *Rust Belt Roastery*, 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 Veggie Box onions from last week
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 onions, 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 the heat, season to taste with pepper and more salt, if necessary, and stir in the parsley

Veggie Box Stir-Fry

For the Sauce:

2 tablespoons honey
1/2 teaspoon freshly grated ginger
2 cloves of Veggie Box garlic grated
2 tablespoons soy sauce
1 tablespoon rice wine vinegar

For the Stir-Fry:

1 teaspoon sesame oil
1 pound of tofu, cut 1 inch chunks
1 head of Veggie Box bok choy washed and cut into 1 inch strips
2 large Veggie Box carrots peeled in strips or 1/2 cup matchstick carrots
5-6 green onions diced
1 tablespoon sesame seeds
1 tablespoon Veggie Box parsley

Stir together all the ingredients for the sauce and set aside. Heat sesame oil in a large wok or skillet over medium-high heat. Add in tofu and cook for 5-7 minutes. Add in bok choy, carrots, green onions, and sesame seeds. Stir continuously for 3 minutes and then add in sauce. Cook until sauce has coated the tofu and vegetables and heated through. Serve with a sprinkle of parsley.



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