

# Veggie Box Newsletter

Week 8: November 5

Welcome to Week 8 of the Fall Veggie Box! Today is Election Day, so be sure to go vote! If you need to view your sample ballot for the upcoming election, track the status of your absentee ballot, verify your voter registration information, or check your polling location, visit [mvic.sos.state.mi.us](http://mvic.sos.state.mi.us) Also, if you need a ride to the polls, Capital Area Transportation Authority (CATA) will offer system-wide free rides to the polls. A valid voter registration card must be presented upon boarding. Do you know why election day is on a Tuesday in November? It is in part due to the importance of farming! In the 1800s, so many folks were farmers and lived far away from their polling place. For many, it took at least a day to travel to the polls, Sunday was meant for church, Wednesday was market day, and farmers weren't able to travel easily until the harvest was over. So it was decided that Tuesday would be the day that Americans would vote in elections, and in 1845, Congress passed a law that election day would be the first Tuesday after November 1. 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. Your sprouts this week are on stalks - not only look grand but help to prolong freshness as the stalks nourish the sprouts post-harvest and help to retain their moisture longer than loose sprouts.

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Veggie Box

## What's in the Box?

**Organic Brussels Sprouts**, *MSU Student Organic Farm, Holt*

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

**Baby Iceberg Lettuce**, *Ten Hens Farms, Bath*

**Red Onions**, *Hunter Park*

*GardenHouse, Lansing*

**Red Savoy Cabbage**, *Titus Farms, Leslie*

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

**Red and White Potatoes**, *Titus Farms, Leslie*

**Baby Curles Endive**, *Hunter Park GardenHouse, Lansing*

## 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

2 cups of Veggie Box Brussels Sprouts sliced thin  
1.5 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 1.5 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.**



## Curlesi Potato Salad

1/2 of Veggie box potatoes  
2 tablespoons mustard seeds  
1/2 cup extra-virgin olive oil  
1/4 cup of sliced Veggie Box red onions  
2 teaspoons minced garlic  
2 tablespoons sherry vinegar  
1 teaspoon Dijon mustard  
Salt Pepper  
2 teaspoons nutritional yeast  
Veggie Box curlsei endive torn into bite-size pieces  
Veggie box iceberg salad torn into bite-size pieces  
2 tablespoons chopped chives  
1/2 cup finely grated cauliflower

**In a medium saucepan of boiling water, cook the mustard seeds for 5 minutes. Remove from the heat and let stand for 5 minutes. Drain well. Wipe out the saucepan and heat 2 tablespoons of the olive oil in it. Add the potatoes and cook, covered, for about 8 minutes (stirring occasionally). Add the onions and garlic and cook over moderately high heat, stirring, until lightly browned, about 3 more minutes. Season with salt and pepper and sprinkle with the nutritional yeast. Whisk 1/4 cup of the olive oil with the vinegar, mustard and mustard seeds. Season with salt and pepper. In a large bowl, toss the potato with the curlesi, iceberg, chives and half of the dressing; season with salt and pepper. Transfer the salad to a platter and sprinkle the cauliflower on top. Serve the remaining dressing on the side.**

## 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.**