

# Veggie Box Newsletter

Week 2: March 10

Welcome to the second week of the Spring Veggie Box!

Food traditions that have been passed through your family are more than just recipes – they're windows into the culture and history of those who came before you. For most people, there are specific foods and recipes that help to connect us to a culture or history that has been handed down for generations. The intersection of food with culture and history is understood through the study of foodways.

Foodways are all of the traditional activities, attitudes, beliefs and behaviors associated with the food in your daily life. Foodways include customs of food production, preservation, preparation, presentation, gathering, marketing (both buying and selling), uses of food products other than for eating and food folklore. Foodways connect people to a geographic region, a climate, a period of time, an ethnic or religious group, and a family. New foodways are being created or revived all the time - for example, there is a renewed interest in canning and preserving as a result of foodways being rediscovered. Considering how foodways are alive in your life can help create an appreciation for the role and importance that food plays in our lives. What role do you think Veggie Box play in foodways? Thank you for supporting local food!

## Producer Spotlight

### *Magnolia Farms*

Magnolia Farms is a three quarter acre urban farm located on Lansing's Eastside. Founded in 2016 by Egypt Mapes Krohn, Magnolia Farms now serves as an incubator farm—providing space for emerging local farmers to develop their farm business. This year, the farm is being managed by Aliza Ghaffari and Nathaniel Kermiet. Aliza and Nathaniel have a combined 20 years of experience growing fruits and vegetables in urban and rural settings. They believe that health disparities must be addressed through an approach that centers food justice and racial equity and they carry that belief with them in their work as farmers and small business managers. When they are not farming you can find Nathaniel coordinating the Garden Project's Resource Center and Aliza coordinating a school-garden based nutrition education program with four local elementary schools.

## Crop Profile

### *Rutabaga*

Rutabaga (also called swede) is in the Brassica family, that of turnips and cabbage, and when you cut one open you get a very definite whiff of the cruciferous. Technically, rutabaga is actually a direct cross between cabbage and turnips, and it shares turnips' slightly bitter flavor. Raw rutabaga tastes milder than turnips though, almost like a carrot without sweetness. It's crisp, juicy, and just a tiny bit piquant. The root can be prepared in a variety of ways, and the leaves can be eaten as a leaf vegetable. Various European countries have a tradition of carving them into lanterns at halloween, similar to the way we carve pumpkins! and as the major ingredient in the popular Christmas dish lanttulaatikko (swede casserole). Rutabagas, which are high in vitamin C and fiber, make a great alternative to potatoes in a low-carb diet.



## What's in the Box?

**Salad Mix**, *CBI's Giving Tree Farm and Magnolia Farms, Lansing*

**Onions**, *Titus Farms, Leslie*

**Organic Spinach**, *Monroe Family Organics, Alma*

**Rutabaga**, *Titus Farms, Leslie*

**Organic Carrots**, *Monroe Family Organics, Alma*

**Organic Popcorn**, *Ferris Organic Farm, Eaton Rapids*

**Watermelon Radish**, *Titus Farms, Leslie*

## Add-Ons

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

**Meat Variety**, *Grazing Fields Cooperative, Charlotte*

**Sweet Treats**, *Stone Circle Bakehouse, Holt*

# Recipes and Tips!

## Rutabaga-Carrot Ginger Soup

2 Tbsp. vegetable or coconut oil  
Veggie Box carrots, thinly sliced  
1 cup diced Veggie Box onion  
1 1/2 cups chopped celery  
2 cups peeled and diced potatoes  
Veggie Box rutabaga, peeled and diced  
2 large cloves garlic, minced  
salt & freshly ground pepper  
6 cups vegetable broth  
2 Tbsp. freshly grated ginger

**In a large soup pot, warm the oil over medium heat. Add the carrots, onion, celery, potatoes, rutabaga and garlic. Sauté for about 5 minutes, stirring frequently, until the vegetables soften slightly. If the vegetables begin to brown, reduce the heat. Season with salt & freshly ground pepper and cook for another minute or two. Add the broth. Bring the soup to a simmer. Cook gently for about 20 minutes, until the vegetables are very tender. Stir in the ginger. Adjust seasonings to taste with salt and pepper. Puree the soup until smooth in a blender, food processor, food mill, or with a handheld immersion blender. Serve hot.**

## Greek Style Oven Roasted Rutabaga

Veggie Box rutabaga	1 tsp Himalayan salt
2 tbs. extra-virgin olive oil	1 tsp garlic powder
1 tbs. Dijon mustard	1 tsp onion powder
1 tbsp lime juice	1 tsp dried oregano
2 tsp. fresh thyme,	½ tsp smoked paprika
	½ tsp chili pepper flakes

**Preheat the oven to 400°F. Peel the rutabagas and cut them into roughly 2" chunks; place them in a large mixing bowl. Add the rest of the ingredients to a separate bowl and mix vigorously with a whisk until well combined. Pour that sauce over the rutabagas and toss with a spoon until all the pieces are evenly coated. Spread the rutabaga in a single layer across a broiler pan, making sure there is plenty of room between the pieces of rutabaga to allow air to circulate freely. Cover with aluminum foil and bake in the oven for 30 minutes, then remove the foil, lower the heat to 375°F and continue baking, stirring 2 or 3 times during the process, until the rutabaga is fork tender and starts to caramelize around the edges, about 25 minutes. Once the rutabaga has reached the desired color and doneness, remove it from the oven and immediately hit it with a light sprinkle of salt. Let it cool for a few minutes and then serve, garnished with fresh herbs and a drizzle of extra-virgin olive oil, if desired.**

## Watermelon Radish, Orange & Goat Cheese Salad

1 Veggie Box onion  
2 to 3 tablespoons white balsamic vinegar  
kosher salt  
Veggie Box watermelon radishes  
2 to 3 oranges, clementines, grapefruit, etc.  
a handful of walnuts, toasted and chopped  
goat cheese to taste  
chives, minced  
olive oil to taste

**Mince onion. Place in small bowl. Cover with 2 to 3 tablespoons of the vinegar depending on how big of a salad you are making. Add a pinch of salt. Set aside. Cut off one end of the radish. Leave the other intact so you have a handle when you run the radish down your mandoline. Peel the radishes if you wish, though it is by no means necessary. Thinly slice on a mandoline. Arrange radish slices on a platter. Some try to fold some of them so they're not all squished down in one flat layer, but arrange however you wish. Season all over with salt. Cut off each end of each orange. Squeeze each end over the radishes, then discard. Use a sharp knife to remove the skin from the orange. Cut in between membranes to remove each slice. Squeeze remaining membrane all over the radishes to extract any juice. Scatter oranges over the radishes. Scatter walnuts and goat cheese to taste over the radishes and oranges. Pour macerated shallots and vinegar over top. Drizzle olive oil to taste (one to two tablespoons) over top. Scatter chives over top if using. Let sit a few minutes (or longer — it benefits from a brief rest) before serving.**

