

Veggie Box Newsletter

Week 3: March 17

Welcome to week three of the Spring 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

MSU Student Organic Farm

The MSU Student Organic Farm is a 15 acre year-round educational, organic farm located in Holt, MI about 3 miles south of the Michigan State University campus. Started in 1999 by students who desired a more hands-on learning experience, the farm now offers a nearly year-long intensive program for those interested in learning everything they can about organic farming. Not only do the students tend to the fields, but the program also involves caring for the farm's livestock. MSU's multiple cafeterias source as much produce as they can from the MSUSOF and they also offer a weekly farm stand in the middle of campus for students and public alike.

Crop Profile

Turnips

Turnips are a root vegetable commonly associated with potatoes or beets, but their closest relatives are radishes and arugula — all members of the mustard family in the genus Brassica. Turnips are not only excellent at soaking up the flavor and adding a hearty element to your meals and stews, but these root vegetables also possess high levels of important nutrients and minerals that the body requires to function properly. Turnips are rich in calcium, phosphorus, potassium, sodium, and magnesium. Amongst vitamins, they contain vitamin C, folate, and niacin. These vegetables are high in fiber and low in calories and are typically inexpensive, making them a logical choice for inclusion in any healthy diet.



What's in the Box?

- Organic Salad Mix**, *Monroe Family Organics*, Alma
- Cabbage**, *Titus Farms*, Leslie
- Organic Carrots**, *MSU Student Organic Farm*, Holt
- Radishes**, *Hunter Park GardenHouse*, Lansing
- Organic Turnips**, *MSU Student Organic Farm*, Holt
- Kale**, *Ten Hens Farm*, Bath
- Parsley**, *Hunter Park GardenHouse*, Lansing
- Organic Swiss Chard**, *MSU Student Organic Farm*, Holt

Add-Ons

- Bread**, *Stone Circle Bakehouse*, Holt
- Meat Variety**, *Trillium Wood Farm*, Williamston
- Sweet Treats**, *Stone Circle Bakehouse*, Holt
- Cheese**, *Hickory Knoll Farms Creamery*, Onondaga
- Chevre**, *Hickory Knoll Farms Creamery*, Onondaga
- Eggs**, *Grazing Fields Cooperative*, Charlotte
- Coffee**, *Rust Belt Roastery*, Lansing
- Pork**, *Grazing Fields Cooperative*, Charlotte
- Chicken**, *Trillium Wood Farm*, Williamston
- Beef**, *Heffron Farms*, Belding

Recipes and Tips!

Lentil Soup with Carrots, Kale, and Turnips

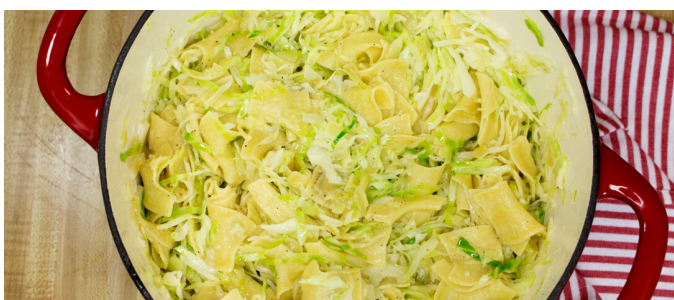
1 cup organic green lentils
28 oz can diced tomatoes
3 cup water
1 cup diced onions (about 1 medium onion)
1 peeled sweet potato, roughly chopped
1 or 2 jalapeno peppers, chopped (or 1/4 tsp crushed red chiles)
2 cup sliced Veggie Box carrots
Veggie Box turnips
3 cloves garlic, pressed (or 1/4 tsp garlic powder)
Veggie box kale, chopped
1/4 cup grated Parmesan cheese
finely chopped Veggie Box parsley

Combine lentils, tomatoes, water, onions, sweet potato, peppers, carrots, and turnips in a medium-large saucepan. Bring to a boil, then reduce heat to medium-low and simmer for 45 minutes or until vegetables and lentils are soft. Stir occasionally, breaking up the tomatoes. Add garlic and kale leaves and continue to simmer until kale is soft. Serve topped with finely grated cheese and chopped parsley, if desired. Season to taste with salt and pepper.

Haluski (Fried Cabbage and Noodles)

8 ounces egg noodles (uncooked)
1/2 cup butter
1 small onion (chopped)
2 cloves garlic (minced)
Veggie Box cabbage
salt black pepper

Bring a large pot of water to boil. Once boiling, add a big pinch of salt and egg noodles. Cook according to package directions, roughly 10-12 minutes. Drain when done. Meanwhile, in a large Dutch oven over medium heat, melt 6 tablespoons butter. Add the onion, cabbage, and a big pinch of salt. Saute for 15-20 minutes or until cabbage is brown and fork tender. Add more salt to taste, if necessary. Add the cooked noodles to the cabbage mixture and toss to coat. If necessary, add the remaining 2 tablespoons butter. Season with black pepper.



Bean Bake with Greens and Turnips

2 teaspoons olive oil
1 clove garlic
Veggie Box kale or Swiss Chard
2 cups cooked Corona beans (cannellini also work)
2 cups crushed tomato
1 teaspoon fresh minced rosemary
1 tablespoon of Veggie Box parsley
1/4 teaspoons salt
1/4 teaspoon black pepper
Veggie Box turnips, thinly sliced

Preheat the oven to 425° F. Heat a medium, oven-safe skillet or cast iron pan over medium-low heat. Add the olive oil to the pan, followed by the garlic. Cook the garlic until fragrant and golden; 1 to 2 minutes. Stir in the greens, turn the heat to low, and cook until the greens just begins to wilt, 1 to 2 minutes. Stir the beans, crushed tomatoes, rosemary, salt, and pepper into the greens mixture. Create a layer of the thinly sliced turnips on top. Place in the oven and bake for 20 to 25 minutes, until the tomato sauce is bubbling and the turnips are tender. Tips & Tricks: The turnips still have a bit of texture to them. If you're looking for completely tender turnips, I recommend slicing then steaming for a minute or two- just to take the crispness from the turnip.



CORONAVIRUS PREVENTION



AVOID



KEEP CLEAN



DISINFECTANT



SYMPTOMS AWARE