

# Veggie Box Newsletter

Week 14, September 1

Welcome to the final week of the Summer Veggie Box! Shopping local is fairly easy during the warmest months when fresh produce is abundant and farmers markets pop up all over Michigan. However, buying local foods may not seem as easy as we move into the colder months. In reality, many farmers markets are open year-round for a wide selection of winter produce, including our own Allen Farmers Market. Michigan farmers can use hoop houses to plant cold-hardy crops in the late summer and keep them growing into winter. Some Michigan crops that often grow in hoop houses include salad greens, spinach, kale, swiss chard, carrots, parsnips, beets, and other root crops. Some of these crops actually gain flavor and sweetness in the cold temperatures! With advancing storage technology, crops such as squash, potatoes, onions, and apples can be harvested late in the season, stored, and sold throughout the winter. Many people forget about supporting local food in the colder months, the same months that farmers and food producers need it more than ever. If you want to continue supporting your local food system, consider signing up for our Fall Veggie Box program and shopping at a local farmers market!

## Producer Spotlight

### *Stone Circle Bakehouse*

Stone Circle Bakehouse, of Holt, Michigan, specializes in the European tradition of artisanal bread that is cut, scaled, and shaped by hand. Owner Kevin Cosgrove allows his dough to slowly ferment before baking it on the deck of his wood-fired oven. At Stone Circle Bakehouse, the innovative deliciousness stems from Cosgrove's desire to preserve traditional baking methods, rather than change them. Organic, local ingredients are prioritized when possible to bring customers fresh, environmentally and community friendly baked goods.

## Crop Profile

### *Tokyo Bekana*

Tokyo Bekana is a loose-headed, lightweight cabbage that is often mistaken for lettuce due to its similarities in flavor and appearance. Tokyo Bekana is crisp and tender with a mild, sweet, and spinach-like flavor with mild pepper nuances. Tokyo Bekana cabbage is best suited for both raw and cooked applications such as sautéing, steaming, and stir-frying. The frilly green is mild, lacking in traditional cabbage flavors, and can be shredded and tossed into green salads, mixed into pasta dishes for added crispness, braised as a side dish, or sliced and added to soups. Tokyo Bekana cabbage can also be lightly stir-fried and mixed with cooked vegetables and meat, used as a lettuce wrap, or pickled into a sweet and spicy condiment. Tokyo Bekana cabbage pairs well with mushrooms, fennel, tomatoes, cucumber, avocado, potatoes, onions, ginger, garlic, herbs such as thyme, basil, and mint, parmesan cheese, cherries, grapefruit, and peaches. The cabbage will keep up to one week when stored in a plastic bag in the crisper drawer of the refrigerator.



## What's in the Box?

**Tomatoes**, *Hunter Park GardenHouse*, Lansing  
**Eggplant**, *Ten Hens Farm*, Bath  
**Carmen Peppers**, *Ten Hens Farm*, Bath  
**Organic Potatoes**, *Lake Divide Farm*, Stockbridge  
**Organic Basil**, *Lake Divide Farm*, Stockbridge  
**Garlic**, *Wildflower Eco Farm*, Bath  
**Onions**, *Ten Hens Farm*, Bath  
**Organic Tokyo Bekana**, *MSU Student Organic Farm*, Holt

## Add-Ons

**Bread**, *Stone Circle Bakehouse*, Holt  
**Sweet Treats**, *Stone Circle Bakehouse*, Holt  
**Meat Variety**, *Trillium Wood Farm*, Williamston

# Recipes and Tips!

## Aloo Baingan

1 tsp oil  
1/2 tsp cumin seeds  
1/2 tsp mustard seeds  
4 cloves of Veggie Box garlic minced  
1/2 inch ginger minced  
1 hot green chile finely chopped (or a cayenne from last week!)  
1 tsp coriander powder  
1/2 tsp turmeric  
1 1/2 cups of Veggie Box potatoes diced  
Veggie Box eggplant chopped small  
1 cup of Veggie Box tomatoes, crushed  
3/4 cup vegetable stock  
3/4 tsp salt  
garam masala to taste  
cilantro for garnish

**Heat oil in a skillet over medium heat. When hot, add cumin and mustard seeds and cook them until cumin seeds change color and get fragrant. A few seconds or a minute depending on how hot the pan and oil are. Add garlic, ginger and chili and cook for a minute or until the garlic is golden. Add the coriander powder and turmeric and mix in. Add potatoes and eggplants and mix in. Add the tomatoes, salt and water and mix in. Cover and cook for 15 minutes. Stir, reduce heat to medium-low and continue to cook until the eggplants and potatoes are tender to preference. about 15 minutes. Taste and adjust salt and spice and mix in. Garnish with a good sprinkle of cayenne or garam masala or both, and cilantro and serve.**



## Spicy Veggie Box Stir Fry

2 inch nub of ginger, peeled and minced  
Veggie Box eggplant, cubed  
Veggie Box Tokyo Bekana, sliced, stems and greens separated  
1/2 cup Veggie Box onion, diced  
2 tbs tamari  
2 tbs sesame oil  
2 tsp maple syrup (or honey)  
3 cloves Veggie Box garlic  
1 Veggie Box carmen pepper, sliced  
1 tbs rice vinegar  
4 tbs water  
1 1/2 tsp Siracha hot sauce  
2 tbs sesame seeds, toasted

**In a small bowl combine the sesame oil, rice wine vinegar, tamari, maple syrup, ginger, water and siracha. Whisk everything together. Heat a large oiled skillet over medium heat. Add the onions and garlic. Cook for a few minutes. Add the eggplant and pepper and cook for about 5 minutes. (Until slightly soft.) Stir often. Add the Tokyo Bekana stems and continue to cook. After about 5 minutes of cooking add the Tokyo Bekana greens and tamari sauce. Stir the sauce in and continue to cook until the greens turn bright and wilted. Taste test to make sure everything is cooked to desired consistency. Serve over brown rice and top with toasted sesame seeds.**

## Oven Home Fries with Peppers and Onions

Veggie Box potatoes  
3 tablespoons extra-virgin olive oil  
Veggie Box carmen peppers, diced  
2 Veggie Box onions, chopped  
2 cloves of Veggie Box garlic  
2 teaspoons sweet paprika

**Preheat oven to 400 degrees F. Coarsely chop potatoes and transfer to a nonstick cookie sheet. Toss with oil, peppers, onions, garlic and seasonings and place in the oven 25 minutes, turning twice with spatula. Serve hot.**