

Veggie Box Newsletter

Week 2, September 22

Happy second week of the Fall Veggie Box, and second day of Fall! As the weather grows chilly, eating fresh and local produce may start to seem harder as so many of our favorites are spring and summer produce. Fall, however, comes with its own cornucopia of delicious veggies. Although many plants that grow above ground can't tolerate the cold, this is the time that root vegetables thrive. Some leafy greens also do better in the cold - when it's too hot outside produce like broccoli, cabbage, and spinach will start to "bolt", or grow rapidly upwards in the stalk, instead of putting their energy into the tasty, edible part. Growing these crops in cooler weather allows the plant to focus its growth (and flavor!) on the parts we like to eat. And of course, fall is apple season, so get ready for lots of cider and pies (like the rustic galette recipe we feature below). We're so excited for all of the delicious produce we're going to get, and the range of foods we'll see as we transition from late summer, to fall, and then finally into early winter. Be on the lookout for root veggies like onions, potatoes, turnips, and carrots, as well as hearty leafy greens like kale, collards, and chard. Many farmers also utilize greenhouses that allow them to extend the growing periods of warmer weather crops so that we are able to enjoy a wide variety of foods. Thank you for supporting local food!

Producer Spotlight

Peckham Farms

Peckham, Inc., a nonprofit vocational rehabilitation organization, provides job training opportunities for persons with significant disabilities and other barriers to employment. Peckham Farms' operation consists of about 15 acres of field production that uses sustainable practices to grow a diverse selection of fruits, vegetables, herbs and flowers. Peckham employees are given the opportunity to gain new skills and experiences in all aspects of growing and producing food. This includes planting, maintenance, and harvesting of crops, set up of greenhouse systems, tool and machine operation and maintenance, and customer service.

Crop Profile

Lemongrass

Lemongrass is cultivated around the world for a variety of reasons. It's mainly grown for its oils, which have a number of uses including for vitamin A, perfumes, insect spray, cosmetics, and food and drink. Lemongrass is also enjoyed as a tea throughout the world. The lemongrass stalk is too tough to eat on its own so has to be finely crushed or chopped - try using a mortar and pestle to crush it into a paste! It is essential in many Asian cuisines, especially Thai dishes, giving them a subtle citrus flavor. Since lemongrass is not native to Michigan, the variety grown by Hunter Park GardenHouse is a unique one - a little narrower, and used mainly for flavoring dishes as opposed to eating raw. Try chopping it into large pieces or bruising it (by lightly pounding) to release the oils, and then add it to a soup, rice, or other aromatic dishes.

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Veggie Box

What's in the Box?

Komatsuna, *Hunter Park GardenHouse*, Lansing
Garlic, *Wildflower Eco Farm*, Bath
Lemongrass, *Hunter Park GardenHouse*, Lansing
Organic Cabbage, *CBI's Giving Tree Farm*, Lansing
Apples, *Felzke Farms*, Dewitt
Organic Sweet Peppers, *MSU Student Organic Farm*, Holt
Organic Spring Mix, *Monroe Family Organics*, Alma
Strawberries, *Peckham Farms*, Lansing

Add-Ons

Bread, *Stone Circle Bakehouse*, Holt
Meat Variety, *Grazing Fields Cooperative*, Belding
Coffee, *Rust Belt Roastery*, Lansing
Cold Brew, *Rust Belt Roastery*, Lansing

Recipes and Tips!

Komatsuna and Lemongrass Stir Fry

3 tbsp. peanut oil (or canola oil)
8 oz. tofu (cut into small cubes, about 3/4-inch thick)
Veggie Box komatsuna, stalks removed and sliced
3/4 cup carrots (thinly sliced)
1 cup broccoli (chopped)
Veggie Box sweet peppers
1 onion
2 chiles (or less if you prefer it more mild)
4 cloves Veggie Box garlic (minced)
2 tbsp. Veggie Box lemongrass (fresh, sliced very thin, or mashed with a mortar and pestle)
2 tbsp. lime juice
1 dash of salt (to taste)

Saute the tofu in peanut or canola oil until lightly golden, about 5 minutes. Add the onions, carrots, broccoli, sweet peppers and chilies, and stir-fry for a few more minutes, until veggies are cooked. Add the the garlic, komatsuna, and lemongrass and cook for another two or three minutes, stirring well. Once the garlic is well incorporated, add in the lime juice and a dash of salt and remove the pan from heat. Serve over plain white or brown steamed rice if you'd like, and enjoy!

Iced Lemongrass Strawberry Tea

3 cups water
1 bunch roughly chopped Veggie Box lemongrass stalks
1/8 cup sugar
Veggie Box strawberries (optional)

Bring the water to a boil over high heat in a medium saucepan. Add the lemongrass and continue to boil for 5 minutes. Reduce the heat to low and simmer tea for additional 5 minutes. Strain the stalks out and add sugar to the liquid, stirring until the sugar dissolves. Muddle a few strawberries, sliced, at the bottom of a cup. Serve hot, or chill then serve over ice. Stir to incorporate the strawberries.



Rustic Apple Galette

Filling:

4 Veggie Box apples, sliced 1/8" thick
3 Tbsp brown sugar
1 tsp corn starch
1 tsp cinnamon
1/4 tsp ginger, nutmeg, or other warm spices
Juice and zest of half a lemon

Pie crust (or sub a pre-made crust):

149g/1 1/4 cup all purpose flour
1/2 tsp salt
1 tsp sugar
8 Tbsp unsalted butter, cold
1/8-1/4 cup ice water

Assemble the crust: Combine the flour, sugar and salt. Cut the butter into roughly 1"-1/2" cubes and add to the flour. Using your thumb and forefinger, squish the butter into flat pieces. Add the water, starting with 1/8c, and gently kneed just until the dough comes together. Add more water if necessary. The more you work the dough and add liquid, the less flaky it will be! Chill in the fridge 2+ hours. Combine all filling ingredients. Roll the dough out, approximately 16" in diameter, on a well-flour surface. Don't stress this part! If it looks messy now, it will still look great. Transfer the dough to a cookie sheet lined with parchment. Arrange the filling on the center of the pie crust, leaving a 2" border on all sides. Fold the sides up around the filling. Freeze for 30+ minutes, then bake at 400F until brown and crispy, approximately 30-40 min.

