

Veggie Box Newsletter

Week 2, September 23

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

Cinzori Farms

Cinzori Farms is part of an Agriculture Cooperative and was one of the first farms in Michigan to become organically certified in 1985. The farm has grown a great deal since it was first established, and now occupies more than 60 acres - all of which are used to propagate fresh herbs and produce. Cinzori Farms is owned and operated by father and son, Don and Anthony Cinzori, and sells at a number of Michigan farmers markets, as well as Michigan grocery stores.

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.

ALLEN
Michigan State University

Veggie Box

What's in the Box?

Komatsuna, Hunter Park Garden House, Lansing

Garlic, Wildflower Eco Farm, Bath

Lemongrass, Hunter Park GardenHouse, Lansing

Potatoes, Green Eagle Farm, Onondaga

Gala Apples, Felzke Farms, Dewitt

Organic Sweet Peppers, MSU Student Organic Farm, Holt and Ten Hens Farm, Bath

Organic Rutabaga, CBI's Giving Tree Farm, Lansing

Organic Patty Pan Squash, Cinzori Farms, Ceresco

Add-Ons

Bread, Stone Circle Bakehouse, Holt

Meat Variety, Grazing Fields Cooperative, Belding

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!

Lemongrass and Apple Tea with Honey

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

Bring the water to a boil over high heat in a medium saucepan. Add the lemongrass and sliced apple, 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 honey to the liquid, stirring until it dissolves. Serve hot, or chill then serve over ice.



Greek Style Oven Roasted Rutabaga

Veggie Box rutabaga
2 tbs. extra-virgin olive oil
1 tbs. Dijon mustard
1 tbsp lime juice
2 tsp. fresh thyme, finely chopped
1 tsp Himalayan salt
1 tsp garlic powder
1 tsp onion powder
1 tsp dried oregano
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.

