

# Veggie Box Newsletter

Week 7, October 29

ALLEN  
COMMUNITY CENTER

Veggie Box

Welcome to week 7 of the Fall Veggie Box. The idea that food is power may seem obvious when thinking about how food literally powers our bodies and minds. But power within food systems is far more complicated. For example, larger farms have, in large part, lost the power to choose what they grow due to the US government heavily subsidizing certain crops (namely corn, soy, and wheat). Now that farmers are forced to grow only one crop, which is oftentimes not a variety that is edible without heavy processing, they have lost both the power of choice and the power to feed their families. Another example is the treatment of Indigenous peoples and the impact it has had on their relationships with food. Many Indigenous peoples have been forced off of their land and onto reservations where their traditional foodways are no longer accessible to them. Not only that, but they are given low-quality, highly processed foods and face the harsh consequences of food apartheid; without access to fresh produce, nutritionally dense foods, or culturally appropriate foods, they are stripped of their power over themselves, their bodies, and their health. This has led to the creation of a generalized “Native American” cuisine, including foods like fry bread, that is rooted in scarcity and a lack of food sovereignty. Health disparities from the impact of systemic racism on access to healthy foods has hugely impacted so many minority communities and has led to generations of increased rates of type II diabetes, hypertension, malnourishment and obesity, which can negatively impact cognitive development, academic performance, and mental health. By buying and consuming local produce you can help give the power back to farmers and food producers, and empower yourself to eat foods that are nourishing for your body, your food system, and your community.

## What's in the Box?

**Garlic**, Magnolia Farms, Lansing  
**Organic Leeks**, Magnolia Farms, Lansing  
**Organic Delicata Squash**, Cinzori Farms, Ceresco  
**Organic Kossak Kohlrabi**, CBI Giving Tree Farm, Lansing  
**Bell Peppers**, Peckham Farms, Lansing  
**Organic Daikon Radishes**, Cinzori Farms, Ceresco  
**Organic Carrots**, Monroe Family Organics, Alma  
**Parsley**, Magnolia Farms, Lansing  
**Strawberries**, Peckham Farms, Lansing

## Add-Ons

**Eggs**, Grazing Fields Cooperative, Charlotte  
**Bread**, Stone Circle Bakehouse, Holt  
**Coffee**, Rust Belt Roastery, Lansing  
**Cold Brew**, Rust Belt Roastery, Lansing  
**Kombucha**, Apple Blossom Kombucha,  
**Cheese**, Hickory Knoll Farms Creamery, Onondaga  
**Chevre**, Hickory Knoll Farms Creamery, Onondaga  
**Meat**, Heffron Farms Markets, Belding  
**Chicken**, Trillium Wood Farm, Williamston  
**Beef**, Heffron Farms Markets, Belding  
**Pork**, Grazing Fields Cooperative, Charlotte

## 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 Kossak Kohlrabi

Kohlrabi is a hardy, annual vegetable that is primarily consumed in some European countries. It is actually a cultivar of cabbage and was specifically bred as a hardier version of cruciferous vegetables, which often can't grow in as harsh of conditions. The small or large bulbous vegetable is encased in two harder shells of leaves, which typically do not soften when cooked. However, kohlrabi can be eaten raw or cooked and has been a staple of German cuisine for hundreds of years. You can use the kohlrabi root as well as the leaves in your diet. They both have significant amounts of nutrients and minerals like copper, potassium, manganese, iron, and calcium, as well as vitamins, such as vitamin C, B-complex vitamins, vitamin A, and vitamin K. Kohlrabi tastes somewhat like a broccoli stem, although somewhat more palatable, and is often softer, even taking on the consistency of an apple at times. While the roots/stems are often used in salads in a similar way as carrots or broccoli.

# Recipes and Tips!

## Kohlrabi Fritters

Veggie Box Kohlrabi

Up to 1 c other shredded vegetables or greens

1-2 cloves garlic, finely chopped

1 egg

¼ teaspoon kosher salt

¼ teaspoon cayenne

½ cup vegetable oil (enough for ¼-inch depth in a large skillet)

**Cut the leaves off the kohlrabi and peel the bulb. Shred the vegetables in a food processor, or by hand using a grater. Squeeze the shredded vegetables in a tea cloth (or with your hands) to remove moisture, then add to a medium bowl with the egg, kosher salt, garlic, and cayenne. Mix to combine. Feel free to add more egg if it seems too dry. Place the oil in a large skillet (enough for 1/4-inch depth). Heat the oil over medium high heat, then place small patties of the fritter mixture into the oil. Fry on one side until browned, then fry on the other side. Remove and place on a plate lined with a paper towel to drain excess oil. Serve with sour cream or an aioli sauce, and sprinkle with the green part of**



## Cinnamon Roasted Delicata Squash

Veggie Box Butternut Squash, peeled, seeded and cut into 1-inch cubes

1 1/2 Tablespoons Extra-Virgin Olive Oil

1 1/2 Tablespoons Pure Maple Syrup

1 3/4 Teaspoons Kosher Salt

3/4 Teaspoon Ground Cinnamon

1/2 Teaspoon Ground Black Pepper

1 Tablespoon Chopped Rosemary

**Position racks in the upper and lower thirds of your oven and preheat the oven to 400 degrees F. Generously coat two baking sheets with nonstick spray. Place the squash cubes in a large bowl. Drizzle with the olive oil and maple syrup, then sprinkle the salt, cinnamon, and pepper over the top. Toss to coat, then divide between the two baking sheets, discarding any excess liquid with that collects at the bottom of the bowl. Spread the cubes in a single layer on the prepared baking sheets, taking care that they do not overlap.**

**Place the pans in the upper and lower thirds of your oven and bake for 15 minutes. Remove the pans from the oven, turn the cubes with a spatula, then return to the oven, switching the pans' positions on the upper and lower racks. Continue baking until the squash is tender, about 10 to 15 additional minutes. Remove from the oven and sprinkle the rosemary over the top. Serve warm.**

## Spicy Roasted Daikon "French Fries"

Veggie Box daikon radish, peeled & sliced

2 1/2 tablespoons of canola or grapeseed oil

3/4 teaspoon chile paste

1/2 teaspoon low sodium Tamari or soy sauce

1/4 teaspoon ginger pulp, freshly grated

1/4 teaspoon granulated sugar

1/4 teaspoon sea salt

**Preheat the oven to 475°F, and adjust a rack to the center. Cut the daikon radishes into 1/4 inch thick sticks. Add all of the Daikon slices to a baking sheet and set aside. Then, in a small bowl, combine the oil, chile paste, Tamari or soy sauce, ginger, sugar and salt. Drizzle this over the Daikon slices and then use your hands to toss them until they're all evenly coated and in a single layer. Place the baking sheet in the preheated 475°F oven and roast until they are golden brown on all sides, about 30 minutes. (You should gently toss/flip them about halfway through the cooking time.)**



## Kitchen Tip

**Try using roasted sweet squash varieties (butternut, honeynut, delicata, etc) in your favorite pumpkin desserts! A butternut squash pie tastes almost identical to a pumpkin pie, and you don't have to wrangle a whole pumpkin!**