

Veggie Box Newsletter

Week 3, September 29

Welcome to week 3 of the Fall Veggie Box. Wondering what you can do at home with surplus fruits or veggies? Canning and pickling are great ways to preserve the nutritional content of vegetables without compromising the quality and enjoy them well into winter. You can can almost anything--from peaches to carrots to almost anything that you can think of! Fresh produce starts to lose its nutritional value soon after harvesting, so canning is an ideal way to preserve that plant goodness and enjoy those foods out of season. Canning was first documented as a method of food preservation in the early 1800's, when a man named Nicholas Appert was the first person to introduce his method of heat-treated produce in sealed glass jars, preventing microbacteria from spoiling the food. Fifty years later, John Mason invented the familiar glass jar with screw on threads that we all know and love today. Thank you for supporting local food!

Producer Spotlight

Tomac Pumpkin Patch

Tomac Pumpkin Farm is a 4-generation family run operation located in Chesaning, Michigan. They started as a 4-H and FFA project selling a few pumpkins, but have grown to primarily raise corn, soybeans, and wheat over the last 30 years. They also now offer almost 100 different pumpkins, gourds and squashes as well as other traditional fall decorations like corn stalks, straw, and flint corn.

Crop Profile

Mini Spaghetti Squash

Spaghetti squash (*Cucurbita pepo* subsp. *pepo*) is a type of winter squash with several cultivars that range from white to yellow-orange in color. Orange varieties of spaghetti squash contain a greater amount of beta carotene. When cooked, the squash's yellow flesh falls away from the skin in long strands similar to spaghetti noodles, earning the fruit a variety of nicknames, including vegetable spaghetti, noodle squash, vegetable marrow, and squaggetti. Spaghetti squash makes a great low-carb, gluten-free, low-calorie pasta substitute, with only 10 grams of carbohydrates and 42 calories in every 1-cup serving. Just like pasta or rice, its mild flavor goes well with many different sauces and toppings. The strands run around the squash's circumference, not its length. So to produce the longest spaghetti-like strands, cut the squash in halves horizontally or further into rings before cooking. Leaving the halves intact will also create convenient bowls for your squaggetti. Just cut a sliver off each end to give the bowls a stable base while roasting. In addition to beta carotene, each serving of spaghetti squash will also give you a boost of folic acid, potassium, vitamin A, and vitamin C.



What's in the Box?

- Potatoes**, *Hunter Park Garden House*, Lansing
- Mixed Onions**, *Hunter Park Garden House*, Lansing
- Bok Choi**, *Hunter Park Garden House*, Lansing
- Mini Spaghetti Squash**, *Tomac Pumpkin Patch*, Chesaning
- Red Radishes**, *Ten Hens Farm*, Bath
- Tomatoes**, *Hunter Park Garden House*, Lansing
- Organic Acorn Squash**, *MSU Student Organic Farms*, Lansing
- Organic Rutabaga**, *CBI's Giving Tree Farm*, 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*, Onondaga
- Cheese**, *Hickory Knoll Farms Creamery*, Onondaga
- Chevre**, *Hickory Knoll Farms Creamery*, Onondaga
- Meat**, *Trillium Wood Farm*, Williamston
- Chicken**, *Trillium Wood Farm*, Williamston
- Beef**, *Heffron Farms Markets*, Belding
- Pork**, *Heffron Farms Markets*, Belding

Recipes and Tips!

Pickled Radishes

Veggie Box radishes, scrubbed and ends trimmed
2 cups water
2 cups white vinegar
4 teaspoons kosher salt
2 teaspoons sugar
2 teaspoons whole peppercorns
4 garlic cloves (peeled)
4 sprigs fresh dill

Pack the radishes and dill into pint jars. Add the garlic and peppercorns (divide evenly across the jars -- I only used two). In a large saucepan, combine the water, vinegar, salt and sugar and bring to a boil, stirring until the sugar and salt are completely dissolved. Pour the hot brine into the jars, leaving a little bit of space at the top. Seal and let them cool to room temperature, then refrigerate. Radishes will be pickly and ready to eat in one day but will get even picklier as they sit.



Rice and Beans Stuffed Acorn Squash

Veggie Box Acorn Squash
1 tablespoon olive oil
1 cup long grain brown rice
1 cup cooked black beans
1 teaspoon cumin
1 teaspoon paprika
2 teaspoons toasted sesame oil
1 teaspoon salt
1/2 teaspoon black pepper

Preheat oven to 350 F. Half acorn squash and scoop out insides. Brush the squash with olive oil and place on lined baking sheet cut-side down. Roast 30-40 minutes or until cooked through. Meanwhile combine rice, beans, cumin, paprika, and toasted sesame oil. Cool until all water is absorbed into the rice. Once tender, remove squash from oven. Scoop out until there's about 3/4 inches of squash left in the halves. Mix the squash with the rice and season to taste. Fill squash with rice mixture and serve.

Baked Spaghetti Squash with Garlic and Butter

1 Veggie Box spaghetti squash
2 tablespoons butter
2 cloves garlic finely minced
1/4 cup finely minced parsley or other fresh herb (Veggie Box winter savory!)
1/2 teaspoon salt or to taste
1/4 cup shredded parmesan cheese

Preheat oven to 375F. Cut squash in half, lengthwise and remove the seeds and membranes. Add a little water to a baking dish, and bake the squash cut-side down for about 45 minutes, or when it can be pierced easily with a knife. Use a fork to scrape the squash to get long, lovely strands. If the squash seem difficult to scrape, place squash halves cut side down, and bake for an additional 10 minutes. Heat a large saute pan with the butter and the garlic over medium-low heat. When garlic becomes fragrant, add parsley, salt and spaghetti squash strands. Toss well, sprinkle in the parmesan cheese and taste to see if you need additional salt. The spaghetti squash should have a slight crunch - but if you like it softer, cover the pan and cook 2 more minutes

Rutabaga Fries

Veggie Box rutabaga cut into spears
2 tablespoons olive oil
2 teaspoons paprika
1 teaspoon garlic powder
Salt & pepper to taste
Instructions

Preheat oven to 425 degrees F. Combine rutabaga spears with oil and spices, and toss until evenly coated. Lay rutabaga spears onto a baking sheet, leaving space between. Bake for 30 minutes, flipping halfway through; they should be cooked through and crisped on the outside.

