

Veggie Box Newsletter

Week 6, October 20

ALLEN
ORGANIC FARM CENTER

Veggie Box

Welcome to week 6 of the Fall Veggie Box. Earlier this week we talked about ratios and how helpful they can be in allowing for modifications to fit the ingredients you have. Did you also know that using cooking ratios is a great way to avoid unnecessary food waste while cooking? Oftentimes recipes call for a different amount of ingredients than what we may have, or the final dish is far too small or large for how many we're cooking for. Sure, you could multiply or divide every measurement by the same number to scale up or down, and that's certainly not a bad way to adjust a recipe, but if you've ever tried that you've probably ended up with a weird measurement like $\frac{5}{8}$ cups or $\frac{2}{3}$ tablespoon (in case you're wondering, 3 tsp = 1 Tbsp, so $\frac{2}{3}$ Tbsp is just 2 tsp). One of the benefits of using ratios is that because you can use any type of measurement, you're less likely to end up needing to eyeball something because you don't have a $\frac{1}{8}$ th measuring cup. This becomes even easier if you're using a kitchen scale to measure ingredients, but ratios are a breeze regardless of unit.

The next time you're stuck with more kale than is called for, or fewer apples than you need, try turning to a ratio to help scale the recipe and use what you have and avoid wasting any delicious VB (or other) produce. Thank you for supporting local food!

Producer Spotlight

Ten Hens Farm

Adam and Dru Montri have been farming in Bath, Michigan since 2007 with their two daughters and three employees. Their produce is grown on three acres, in six hoopouses totaling over 17,000 sq ft and in one heated greenhouse. Dru and Adam both went to Michigan State and Penn State to study horticulture and worked together on numerous farms before starting Ten Hens Farm. They grow produce for the ANC Veggie Box program, Bath Farmers market, numerous Lansing area restaurants as well as CSA boxes in the greater Flint area. They are proud to have provided produce for the Veggie Box since the program started.

Crop Profile

Mint

Originating in Asia and the Mediterranean region, mint has been used for centuries. It is used in cooking, baking, candymaking, coffee, tea, toothpaste and many other products. It's a perennial and spreads quickly. Rich in Vitamins A and C, it also contains smaller amounts of Vitamin B2 and minerals including iron, calcium, zinc, copper and magnesium, potassium, and phosphorus. It has one of the highest antioxidant capacities of any food. Mint can provide breastfeeding benefits, and can aid with upset stomach, IBS, and cold/seasonal allergy symptoms, due to its anti-inflammatory and antioxidant properties. It is best stored in a plastic bag or loose plastic wrap in the refrigerator for up to approximately one week. You can even add it to some ice water with some fruit or cucumbers for a refreshing and healthy summer drink!

What's in the Box?

Organic Onions, Cinzori Farms, Ceresco

Organic Turnips, MSU Student Organic Farms, Holt

Romaine, Ten Hens Farm, Bath

Golden Delicious Apples, Hillcrest Farms, Eaton Rapids

Organic Kale, Cinzori Farms, Ceresco

Mint, Hunter Park Garden House, Lansing

Fennel, Ten Hens Farms, Bath

Strawberries, Peckham Farms, Lansing

Add-Ons

Bread, Stone Circle Bakehouse, Holt

Meat, Trillium Wood Farm, Williamston

Recipes and Tips!

Turnip and Kale Gratin

2-3 garlic cloves, thinly sliced
1 cups heavy cream
1/4 teaspoon dried thyme
2 tablespoons unsalted butter, divided
1 medium Veggie Box onion, thinly sliced
Kosher salt
1 bunch Veggie Box kale, ribs and stems removed, leaves torn
2 medium Veggie Box turnips (about 1¾ pounds total), trimmed, peeled, cut into ½-inch pieces
1 large egg, beaten to blend
2 ounces Fontina, provolone, gouda, or other melty cheese, grated (about 1/2 cup)
1/2 ounce Parmesan, finely grated (about 1/2 cup)
4 ounces day-old bread, preferably a crusty kind, cut into ½-inch pieces

Bring garlic, cream, and thyme to a bare simmer over medium heat. Reduce heat to low and let cream simmer 30 minutes. Let cool. Meanwhile, heat 1 Tbsp. butter in a large skillet over medium-low. Add onions, season with salt, and cook, stirring occasionally and adding a splash or two of water if onions begin to stick to pan, until caramelized and amber colored, 45–60 minutes. Transfer to a large bowl and let cool. Wipe out skillet. Heat remaining 1 Tbsp. butter in same skillet. Working in batches, add kale, tossing and letting it wilt slightly before adding more; season with salt. Cook until kale is wilted and tender, 5–8 minutes; transfer to bowl with onions. While kale is cooking, cook turnips in a large pot of boiling well-salted water until crisp-tender, about 2 minutes; drain. Transfer to a bowl of ice water and let cool. Drain; pat dry. Transfer to bowl with onions. Preheat oven to 375°. Whisk eggs, Fontina cheese, Parmesan, and cooled cream mixture in a large bowl to combine. Add onion mixture and bread; season with salt and pepper. Transfer to a 13x9" baking dish and press down on mixture with your hands to form a tight, even layer. Bake gratin, uncovered, until well browned, 40–50 minutes. Let rest 10 minutes before serving.



Strawberry Mint Shortcakes

For biscuits

7/8 cup all purpose flour (one cup minus two tablespoons)
2.5 tablespoons sugar
1.5 teaspoon baking powder
1/4 teaspoon salt
1/8 cup (1/4 stick) chilled unsalted butter, cut into 1/2-inch cubes
1/2 cup plus 1 tablespoon chilled whipping cream
2 teaspoon grated orange peel

For berries and cream

1-pint Veggie Box strawberries, hulled, sliced
3 tablespoons plus 1 tablespoons sugar
1 tablespoons thinly sliced fresh mint
1/4 teaspoon grated orange peel
1/2 cup chilled whipping cream
1/2 teaspoon vanilla extract

Make biscuits: Preheat oven to 375°F. Line baking sheet with parchment paper. Blend flour, 2 tablespoons sugar, baking powder, and salt in processor 5 seconds. Add butter. Using on/off turns, process until mixture resembles coarse meal. Add 1/2 cup cream and orange peel. Process just until moist clumps form. Gather dough into ball; gently knead 5 turns. Roll out dough on floured surface to 3/4-inch-thick round. Using cutter, cut out rounds. Gather dough and reroll as needed to make more rounds. Arrange rounds on prepared sheet. Brush with 1 tablespoons cream; sprinkle with 1/2 tablespoon sugar. Bake biscuits until pale golden and tester inserted into center comes out clean, about 20 minutes. Cool 15 minutes. (Can be made 2 hours ahead.) Make berries and cream: Combine berries, 3 Tbsp sugar, mint, and orange peel in medium bowl; stir to blend. Let stand at least 30 minutes and up to 2 hours, stirring occasionally. Combine cream, vanilla, and remaining tablespoon sugar in large bowl. Whisk until soft peaks form. Cut biscuits horizontally in half. Place 1 biscuit bottom in a bowl. Top with berries, then sweetened whipped cream and biscuit top.

