

Veggie Box Newsletter

Week 10, November 19

ALLEN
COMMUNITY COLLEGE

Veggie Box

Welcome to week 10 of the Veggie Box! Do you ever walk into a grocery store, begin reading the label and have absolutely no idea what they mean? If so, you are not alone. Food labels provide a common misconception to consumers. There are so many food labels out there that it is important to do your own research before hitting the grocery store. In today's newsletter I want to specifically talk to you about eggs and what their food labels mean. There are four common labels that can be seen on egg cartons: caged, cage-free, free-range and pasture-raised. Caged is exactly what it sounds like, birds are sometimes confined to spaces smaller than a piece of paper and in battery cages - which are considered the most inhumane living conditions. Cage-free is a step up from this since birds are not confined to a cage. The caveat to this is birds may be kept inside all the time and have no access to the outdoors. Free-Range allows birds to have access to the outdoors but there is not always specific guidelines to this. Birds may go outside but the outside area may have little to no vegetation. Pasture-raised is by far the best option, with birds having a lengthy amount of time outdoors and with a guarantee of outside vegetation present. I know, this all sounds very frustrating, you're probably thinking, "but I thought cage-free and free-range eggs were humane?". My answer to this is it can be. When looking at the food labels on your egg cartons, you will also want to look for another type of food label such as certified humane, which can guarantee strict guidelines in place to make sure birds are treated with care. Understanding what food labels mean is important for knowing who you're supporting and ways you can shift your shopping to support farmers who care! Thank you for supporting local food!

Producer Spotlight

Heffron Farms Market

Heffron Farms Markets take great pride in making available products that are raised without the use of growth hormones, preservatives, dyes and antibiotics on a daily basis and raised in a humane way. While working with other local farmers, Heffron Farms Markets bring their customers a variety of naturally raised beef, pork, chicken, turkey, dairy products, eggs and much more. They currently have stores in the Grand Rapids, Michigan area, and ship products throughout the United States.

Crop Profile

Black Spanish Radishes

Different from traditional spring radishes, the ones that are pink and purple, these Spanish radishes have a black exterior (hence the name). The textured, matte-black exterior of the Black Spanish gives way to a smooth, bright cream-colored interior that is high in Vitamin C. The meat of this radish is firm, yet also tender: this a toothsome, almost velvety radish -- not a crisp, juicy winter radish like the watermelon or daikon. These black radishes were first cultivated in the eastern Mediterranean and were even grown in Egypt before the pyramids were built as remains of them have been found in excavations. And while they are available year-round, they peak in winter and early spring.

What's in the Box?

Organic Kale, *Cinzori Farms, Ceresco*

Organic Black Spanish Radishes, *Cinzori Farms, Ceresco*

Strawberries, *Peckham Farms, Lansing*

Napa Cabbage, *Ten Hens Farm, Bath*

Cameo Apples, *Hillcrest Farms, Eaton Rapids*

Organic Yellow Onions, *Cinzori Farms, Ceresco*

Cherry Tomatoes, *Peckham Farms, Lansing*

Add-Ons

Bread, *Stone Circle Bakehouse, Holt*

Meat, *Heffron Farms Markets, Belding*

Recipes and Tips!

Black Spanish Radish Chips

Veggie Box Black Spanish Radishes
2 Tbsp olive oil
salt and pepper to taste

Preheat the oven to 375 degrees. Scrub the black radishes well, then slice them thinly (a mandoline works best). Toss them in a bowl with the olive oil and salt so that all the slices are coated. Spread the radish slices in a single layer on two baking sheets. Bake the radish chips about 15-20 minutes, until they are brown in spots and getting dry and crisp. Remove from the baking sheets and sprinkle on more salt if desired. Serve immediately.



Black Spanish Radish Slaw

Veggie Box Black Spanish Radishes, grated
3 cups finely shredded Veggie Box cabbage
1 cup coarsely grated carrots
1/2 cup thinly sliced Veggie Box onions
1 Veggie Box apple, julienned (aka little sticks)
2 tablespoons fresh lemon juice
1/2 teaspoon sugar
2 tablespoons olive oil
Optional - any additional green, leafy herbs (try cilantro or parsley)

Mix together and enjoy!



Indian Apple, Tomato, Radish Salad

1 cup finely chopped red onion
1 cup chopped Veggie Box Black Spanish Radishes
2 cups chopped English cucumber
2 cups Veggie Box Cherry Tomatoes, halved
1 Veggie Box Cameo apple cored and chopped
1 tablespoon minced jalapeño
1/2 cup chopped fresh flat-leaf parsley
1/4 cup chopped fresh mint
5 tablespoons freshly squeezed lime juice
1 teaspoon ground cumin
1/2 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper

Rinse the onion in warm water to remove some of the bite and pat dry. Transfer it to a large bowl and add the radishes, cucumber, tomatoes, apple, jalapeño, parsley, and mint. In a small bowl, whisk the lime juice, cumin, salt and pepper. Pour over the salad and toss to coat.



Cabbage Soup

3 tablespoons olive oil
1/2 onion, chopped
2 garlic cloves, chopped
2 quarts water
4 teaspoons vegetable or chicken bouillon granules
1 teaspoon salt, or to taste
1/2 teaspoon black pepper, or to taste
1/2 head cabbage, cored and coarsely chopped
2 cups Veggie Box cherry tomatoes, chopped

In a large pot, heat olive oil over medium heat. Stir in onion and garlic; cook until onion is transparent-about 5 min. Stir in water, bouillon, salt, and pepper. Bring to a boil, then stir in cabbage. Simmer until cabbage wilts, about 10 min. Stir in tomatoes. Return to a boil, then simmer 15 to 30 minutes, stirring often.