

Veggie Box Newsletter

Week 9, November 12

Welcome to week 9 of the Veggie Box! This fall season has been off to a weird weather start, so how do our farmers keep growing our fresh, delicious produce right here in Mid Michigan? The answer is simple: hoophouses and greenhouses! A hoophouse is a series of large hoops or bows—made of metal, plastic pipe or wood—covered with a layer of heavy greenhouse plastic. The plastic is stretched tight and fastened to baseboards with strips of wood, metal or wire. A hoophouse is heated by the sun and cooled by the wind. Greenhouses tend to be similar in size to hoophouses or larger, often with more structural strength. They may or may not have a permanent foundation. They are covered with one or two layers of greenhouse plastic, rigid polycarbonate, or glass. Greenhouses often have supplemental heat from a furnace or boiler, and automated ventilation with fans! Thank you for supporting local food!

Producer Spotlight

Ferris Organic Farm

The Ferris family farm was established more than one hundred sixty years ago and was farmed organically until the early 1950's. After that, the land was more often than not rented out, farmed chemically in a corn/bean rotation. By the early 1970's the soil was lifeless and had the texture like concrete – Except one field! Too small and irregular for modern farming operations at the time, it remained a grassy 'self seeded' clover field. It was teeming with life and the most remarkable thing; a rustling sound of huge worms pulling pieces dry leaves into their holes. This experience of seeing the wealth of life in and above the soil had such an impact, that from that point on, they have strived to create and nurture life in the soil, 'and above it'. Of course this obliged using organic methods.

They got into organic farming in the 1970's not for their own health reasons but for reasons of soil health. It turns out, unhealthy soils grow unhealthy plants that "scream out" to disease and pests to take them. Their 200 acre farm consists of about 150 tillable acres and has been certified organic since certification began. They have just changed to the Global Organic Alliance organic certifier. They have an 'on farm' certified organic dry bean and grain cleaning facility, the first one certified organic in the mid-west. They have a modest warehouse building that contains an office, cold room and re-bagging room.

Crop Profile

White Daikon Radish

Also known as Japanese horseradish or mooli, daikon looks like a bigger, uglier, knobbier parsnip and, if its flavor can be likened to anything, it is reminiscent of a finer, less fiery radish. Originally native to Southeast or continental East Asia, daikon is harvested and consumed throughout the region, as well as in South Asia. Daikon radishes are a staple in Asian cuisine, the name daikon is actually Japanese for "great root." They're a prolific vegetable and can often grow up to 20" in length with a diameter of 4".

ALLEN
ORGANIC FARM

Veggie Box

What's in the Box?

Heart of Gold Squash, *Tomac Pumpkin Patch, Chesaning*

Buttercrunch Lettuce, *Ten Hens Farm, Bath*

Brussels Sprouts, *Monroe Family Organics, Alma*

Organic Daikon Radishes, *Cinzori Farms, Ceresco*

Organic Garlic, *MSU Student Organic Farm, Holt*

Cilantro, *Ten Hens Farm, Bath*

Organic Spinach, *MSU Student Organic Farm, Holt*

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, Lansing*

Cheese, *Hickory Knoll Farms Creamery, Onondaga*

Chevre, *Hickory Knoll Farms Creamery, Onondaga*

Maple Syrup, *Tomac's Maple Hill Farm, Chesaning*

Beans, *Ferris Organic Farms, Onondaga*

Meat, *Heffron Farms Markets, Belding*

Chicken, *Trillium Wood Farm, Williamston*

Beef, *Heffron Farms Markets, Belding*

Pork, *Grazing Fields Cooperative, Charlotte*

Recipes and Tips!

Chinese Braised Daikon Radishes

1/2 tablespoon vegetable oil
1 green onion, chopped
1/2 teaspoon ginger, minced
1/2 pound ground tofu or meat (beef, pork, chicken, or turkey)
1 teaspoon Doubanjiang (Spicy Fermented Bean Paste)
2 Veggie Box Daikon radish (about 1 pound)
1 cup vegetable stock (or chicken/beef stock)
1/2 tablespoon soy sauce
1/2 tablespoon Shaoxing wine (or dry sherry)
1/2 tablespoon sugar
1/8 teaspoon five-spice powder
1/4 teaspoon fine sea salt or to taste

Heat a medium-size dutch oven (or heavy duty pot) over medium heat until hot. Add a tablespoon of oil. Add green onion and ginger. Cook for a minute to release the flavor. Add ground tofu or meat. Cook and stir until surface turns brown. Add the doubanjiang. Cook and stir until the meat is evenly coated. Add the radish. Cook and stir to mix well. Add Shaoxing wine, chicken stock, soy sauce, sugar, and five spice powder. Cook over medium high heat until brought to a boil. Turn to medium low heat. Simmer for 15 to 20 minutes, or until the radish turns tender. Add salt to taste. Serve with steamed rice or by itself.



Pickled Daikon and Carrots

3/4 cup white vinegar
2 tablespoons sugar
2 teaspoons kosher salt
3 carrots (large peeled and sliced crosswise 1/8 inch thick)
1 pound Veggie Box daikon (peeled and cut into 1/2-inch-long matchsticks)

In a medium bowl, combine the vinegar, sugar and kosher salt; stir to dissolve the sugar and salt. Add the carrots and daikon. Cover them with a small plate and a heavy can to keep them submerged in the pickling liquid. Let stand at room temperature for 2 hours.



Maple-Glazed Heart of Gold Squash

Veggie Box Heart of Gold squash, halved
1/4 cup maple syrup
2 tablespoons brown sugar
1/2 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1/4 teaspoon salt
1 tbsp of butter
1/4 cup walnuts, candied or toasted (optional)

Preheat oven to 375°. Scoop out and discard seeds from squash. Place cut side down in a 13x9-in. baking dish. Bake, uncovered, for 45 minutes. Combine syrup, brown sugar, cinnamon, ginger, nuts, and salt; pour into squash halves and split the butter between the two halves. Bake, uncovered, 10 minutes or until glaze is heated through.

