

Veggie Box Newsletter

Week 10, November 17

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!

What's in the Box?

Organic Kale, *Cinzori Farms, Ceresco*
Brussels Sprouts, *Ten Hens Farm, Bath*
Organic Black Spanish Radishes, *Cinzori Farms, Ceresco*
Arugula, *Ten Hens Farm, Bath*
Cameo Apples, *Hillcrest Farms, Eaton Rapids*
Organic Yellow Onions, *Cinzori Farms, Ceresco*
Cilantro, *Ten Hens Farm, Bath*

Add-Ons

Bread, *Stone Circle Bakehouse, Holt*
Meat, *Heffron Farms Markets, Belding*

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.

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 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!



Roasted Parmesan Brussel Sprouts

Veggie Box Brussels Sprouts
1 1/2 Tablespoons Olive Oil
2 cloves Garlic , minced or crushed
1/2 Tablespoon Balsamic Vinegar
Kosher Salt , to taste
Fresh Cracked Pepper , to taste
about 1/2 cup Parmesan Cheese, grated

Preheat oven to roast at 400°F. Wash and rinse the Brussels sprouts. Peel the loose, outer leaves. Trim the end, then cut Brussels sprouts in half. In an oven-safe dish, cast iron pan, or sheet pan, toss together the Brussels sprouts, olive oil, garlic, and balsamic vinegar. Spread the Brussels sprouts into an even layer. Season with salt and pepper, to taste. Roast in oven for about 20 minutes, then gently toss and mix the Brussels sprouts. Bake Brussels sprouts for another 20 minutes, or until the Brussels sprouts are tender. Sprinkle parmesan cheese evenly over top of Brussels sprouts and bake for another 3 minutes or until cheese is melted.

Brussels Sprouts Salad

2 cups of Veggie Box Brussels Sprouts sliced thin
1.5 cup of cooked wild rice
1/2 cup of sliced Veggie Box onion
3 tbsp of salted butter
salt & pepper
2 c balsamic vinegar
1/2 brown sugar
1/3 c dried cranberries
1/2 c toasted walnuts
4oz goat cheese

Prepare 1.5 cup of cooked wild rice. Slice your Brussels Sprouts thin. Place 2 tbsp of butter in a large skillet and melt, and then add your Brussels Sprouts. Cook, covered for about 5 minutes, stirring occasionally. Meanwhile put vinegar and sugar in small saucepan and bring to boil over medium high heat. Lower to simmer until thickened - about 10 minutes (keep eye on it though). Uncover sprouts and add onions. Cook a bit longer before adding the cooked rice. Add more butter if needed, and season with salt and pepper. Cook until brussels sprouts are tender, and just starting to brown. Serve with goat cheese, toasted walnuts, cranberries, and the balsamic glaze (only drizzle as much of the glaze as you need!)