

# Veggie Box Newsletter

Week 3, September 30

Welcome to week 3 of the Fall Veggie Box! Chefs, health experts, and Veggie Box staff encourage eating seasonally and locally; when produce is at the peak of its freshness, flavor, and nutrition. Among the many benefits of buying locally, it means that your veggies haven't had a chance to lose flavor or health benefits by sitting in a shipping container for a trip across the country or ocean. Buying seasonal produce also means you are buying it at its peak supply, so it will be cheaper than at other times of the year. Before farming advancements and grocery stores, seasonal eating was the norm - our bodies actually naturally crave these seasonal foods! In the fall and winter, our bodies begin to crave heavier, warm foods; the cold dries out the earth and our bodies, and to counteract these drying effects, we rely on warm, heavy, oily foods to replenish our moisture reserves (stews with potatoes, and rutabagas, roasted root vegetables, etc.). The spring brings bitter greens, which helps detox our liver from the fatty foods from winter. In the summer, since we are more active and are outdoors more often, our bodies crave added energy from sugars and carbohydrates in the summer's bounty (ex. corn, peas, peaches, cantaloupe, strawberries). We also need a higher water intake due to heat in the summer, so foods like watermelon and cucumbers help to sustain us. What are other benefits to eating seasonally? Thank you for supporting local food!

## Producer Spotlight

### *Green Eagle Farm*

Steve and Chela of Green Eagle Farm are 30 year veteran farmers and stewards of the land. They take great joy in growing a wide variety of crops and experimenting with new and unique products, all while being earth friendly in their practices and their care for the environment. You know they care about what they do when you see the mature lemon and fig trees carefully protected from the Michigan winters in one of their hoop houses. Not long after Steve and Chela met, the two knew that they were destined to be together as life partners and land stewards.

## Crop Profile

### *Turnips*

Turnips are a root vegetable commonly associated with potatoes or beets, but their closest relatives are radishes and arugula — all members of the mustard family in the genus Brassica. Both the bulbous white and purple taproot and the leafy greens are edible. Turnips are more commonly served cooked than raw, and lend themselves to a variety of preparations. After rinsing, simply cut away any attached greens, trim off any dangling roots, and prepare as desired. Turnips are delicious roasted (a process that both mellows and concentrates their sweet flavor), mashed, baked, added to soups or stews, or even cut into sticks and baked as a healthier alternative to french fries.



## What's in the Box?

**Organic Turnips**, *MSU Student Organic Farm*, Holt  
**Bok Choi**, *Hunter Park GardenHouse*, Lansing  
**Sweet Onions**, *Green Eagle Farm*, Onondaga  
**Garlic**, *Wildflower Eco Farm*, Bath  
**Salad Mix**, *Hunter Park GardenHouse*, Lansing  
**Organic Cabbage**, *Cinzori Farms*, Ceresco  
**Organic Tomatillos**, *Lake Divide Farm*, Stockbridge  
**Beans**, *Ten Hens Farm*, Bath

## Add-Ons

**Eggs**, *Grazing Fields Cooperative*, Charlotte  
**Bread**, *Stone Circle BakeHouse*, Holt  
**Chevre**, *Hickory Knoll Farms Creamery*, Onondaga  
**Cheese**, *Hickory Knoll Farms Creamery*, Onondaga  
**Coffee**, *The 517 Coffee Company*, Lansing  
**Meat**, *Heffron Farms Market*, Belding  
**Pork**, *Grazing Fields Cooperative*, Charlotte  
**Beef**, *Heffron Farms Market*, Belding  
**Chicken**, *Heffron Farms Market*, Belding

# Recipes and Tips!

## Veggie Box Stir Fry

Oil for frying

1/2 Veggie Box cabbage, sliced

Veggie Box bok choy

2 cloves of Veggie Box garlic, minced

3/4 cup of Veggie Box onion, sliced

Veggie Box turnips, sliced

### For the Sauce:

1/2 cup broth

1/3 cup soy sauce

2 tablespoons honey

2 teaspoons sesame oil

2 tablespoons minced fresh ginger

3 cloves garlic (minced)

1 tablespoon cornstarch

crushed red pepper flakes, sriracha or sweet chili sauce (optional, for spicy sauce)

**Add all ingredients for the sauce in a jar and shake. Set aside. Add oil to a wok and add sliced onion. Cook for two minutes, and then add turnip bulbs and garlic. Cook for a few minutes longer before adding cabbage. Cook for several more minutes and then add the bok choy. Add the udon noodles, and then the sauce. Cook for 3-5 minutes longer, stirring occasionally. Serve and enjoy**

## Colcannon

1.5 pounds of potatoes

Kosher salt

6 tablespoons unsalted butter, divided

3/4 a cup of Veggie Box onions

2 Veggie Box garlic cloves, thinly sliced

2 cups (packed) shredded Veggie Box cabbage

1 1/4 cups milk

1/2 cup heavy cream

Freshly ground black pepper

**Boil potatoes in salted water. Drain and let cool. Meanwhile, melt 4 Tbsp. butter in a large saucepan over medium heat. Add onions and cook, stirring frequently, until very soft, 8-10 minutes. Add garlic and cook, stirring frequently, until garlic is fragrant and onions are just beginning to brown around the edges, about 3 minutes longer. Add cabbage and cook, stirring constantly, until wilted. Add milk and cream and bring to a simmer. Add potatoes, then coarsely mash with a potato masher. Season with salt and pepper. Transfer colcannon to a large serving bowl. Top with remaining 2 Tbsp. butter and sprinkle with scallion.**

## Parmesan Crusted Crushed Turnips

1 pound of Veggie Box turnips, peeled (all of this week's

turnips)

Salt

2 tablespoons olive oil

1 clove garlic, minced

Freshly ground black pepper

1/2 cup freshly grated Parmesan cheese (or as needed)

Chopped fresh scallion greens (for garnish)

**Place peeled turnips in a pot of salted water to cover. Bring to a boil. Cook 20 or so minutes or until turnips can be pierced easily with a paring knife. Drain. Let cool slightly. Preheat oven to 375 degrees. Place the turnips on a clean kitchen towel or double layer of paper towels. Gently press each one down until it's approximately 1/2-inch high. Let them drain for 15 minutes then carefully flip them over onto a dry section of the towel or onto fresh paper towels so the other side drains and dries a bit. Combine garlic, olive oil and salt and black pepper, to taste in a small bowl. Line a baking sheet with parchment paper or nonstick aluminum foil. Place the flattened turnips on the lined baking sheet. Brush each turnip with a little of the olive oil and garlic combination. Sprinkle Parmesan cheese over each turnip, gently pressing it down. Carefully and quickly flip each turnip over. Repeat with the remaining olive oil and garlic combination and cheese. Bake for 20 to 25 minutes. Flip each turnip and bake an additional 15 minutes. Garnish with chopped fresh scallions and serve.**

