

Veggie Box Newsletter

Week 7, October 28

Welcome to week 7 of the Fall Veggie Box and happy Celtic New Year! The Celts, who lived 2,000 years ago, mostly in the area that is now Ireland, the United Kingdom and northern France, celebrated their new year on November 1. Halloween's origins date back to the ancient Celtic festival of Samhain (pronounced sow-in). This day marked the end of the summer harvest and the beginning of the dark, cold winter; a time of year that was often associated with human death. On the night of October 31 they celebrated their Celtic festival of Samhain. Celts believed that on the night before their new year, the boundary between the worlds of the living and the dead became blurred. It was believed that at this time the ghosts of the dead returned to earth. To commemorate the event, Druids built huge sacred bonfires, where the people gathered to burn crops and animals as sacrifices to the Celtic deities. We might not get our pumpkin carving traditions from the Celts 2,000 years ago but we do take after the Irish. It was the Irish who brought the concept of Jack-o'-Lanterns to the United States - the name is tied to the Irish legend of Stingy Jack, a drunkard who bargains with Satan and is doomed to roam the Earth with only a hollowed turnip to light his way. So hollow out your turnips (or rutabaga) and have a happy Halloween!

Producer Spotlight

Hunter Park Greenhouse

The Hunter Park GardenHouse, a project of Allen Neighborhood Center, is a hub for year-round farm & garden education, where neighbors volunteer to grow food, flowers, and community, and youth develop job and life skills in service to the neighborhood. Since 2008, the Hunter Park GardenHouse has empowered neighbors to grow, prepare, and eat healthy food to better their health and become better connected with the community.

Crop Profile

Rutabaga

The rutabaga is a root vegetable that originated as a cross between the cabbage and the turnip. The flavor of raw rutabaga tastes milder than turnips almost like a carrot without sweetness. It's crisp, juicy, and just a tiny bit piquant. The first known printed reference to the rutabaga comes from the Swiss botanist Gaspard Bauhin in 1620. Introduction to North America came in the early 19th century with reports of rutabaga crops in Illinois as early as 1817. The root can be prepared in a variety of ways, and the leaves can be eaten as a leaf vegetable. Finns cook rutabaga in a variety of ways: roasted, baked, boiled, as a flavor enhancer in soups, uncooked and thinly julienned as a side dish or in a salad, and as the major ingredient in the popular Christmas dish lanttulaatikko (swede casserole). Rutabaga can be baked into a casserole with potatoes and cheese- gruyere is a family favorite for us! Rutabagas truly shine in baked dishes. Various European countries have a tradition of carving them into lanterns at Halloween, similar to the way we carve pumpkins!



What's in the Box?

Organic Arugula, *Monroe Family Organics*, Alma
Organic Eggplant, *Cinzori*, Ceresco
Garlic, *Green Eagle Farm*, Onondaga
Onions, *Hunter Park Greenhouse*, Lansing
Parsley, *Magnolia Avenue Farms*, Lansing
Organic Rutabaga, *Cinzori*, Ceresco
Organic Sweet Potato, *Monroe Family Organics*, Alma

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, *Grazing Fields Cooperative*, Charlotte
Pork, *Grazing Fields Cooperative*, Charlotte
Beef, *Heffron Farms Market*, Belding
Chicken, *Trillium Wood Farm*, Williamston

Recipes and Tips!

Greek Style Oven Roasted Rutabaga

Veggie Box rutabaga
2 tbs. extra-virgin olive oil
1 tbs. Dijon mustard
1 tbsp lime juice
2 tsp. fresh thyme, finely chopped
1 tsp salt
1 tsp garlic powder
1 tsp onion powder
1 tsp dried oregano
½ tsp smoked paprika
½ tsp chili pepper flakes

Preheat the oven to 400°F. Peel the rutabagas and cut them into roughly 2" chunks; place them in a large mixing bowl. Add the rest of the ingredients to a separate bowl and whisk until well combined. Pour that sauce over the rutabagas and toss until evenly coated. Spread the rutabaga in a single layer across a pan. Cover with aluminum foil and bake in the oven for 30 minutes, then remove the foil, lower the heat to 375°F and continue baking, stirring 2 or 3 times during the process, until the rutabaga is fork tender and starts to caramelize around the edges, about 25 minutes.

Sweet Potato Stew

2 tbsp olive oil/coconut oil
2 large Veggie Box garlic cloves, crushed
1/2 cup of red onion, diced
1/2 tsp ground coriander
1 heaped tsp turmeric
1/2 tsp cayenne pepper
1 pinch chilli flakes
1/2 tsp paprika
All the Veggie Box sweet potatoes cubed (1 3/4 pounds)
1 tbsp tomato paste
2x 14 oz cans tomatoes
2 14 oz cans black beans, drained and rinsed
2 cups veg stock
2-3 handfuls kale or collards
salt & pepper

Chop the sweet potatoes into small cubes and dice the onion. Heat a large pot on a medium heat with olive oil, garlic, onion with a pinch of salt & pepper and fry for a couple minutes. Add all the spices and mix together before adding the sweet potato along with a pinch of salt and pepper. Fry together for a couple minutes making sure to stir. Add the tomatoes, tomato paste, black beans, veg stock and a pinch of pepper and mix together. Bring to a boil then reduce to a low heat placing the lid on the pan for 20-25 minutes (until your desired consistency) Add the greens and stir through, allowing it to wilt before taking off the heat

Sweet Potato Fries

Veggie Box sweet potatoes
1 1/2 tablespoons vegetable oil
1/4 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
1/4 teaspoon paprika
1/4 teaspoon garlic powder

Slice your sweet potato in either fry form or chip form...maybe wedge form, be wild, its your potato!
Preheat your oven to 425 and put those potato slices in a bowl with all your spices and oil. Mix 'em up!
Place your potatoes on a baking sheet. Be sure they aren't too crowded! Back for 10-12 minutes, flipping them about half way through and eat those bad boys up!

Mashed Rutabaga

1 Veggie Box Rutabaga
1 Veggie Box Celeriac (optional - because I bet you have yours from last week)
2 cloves of Veggie Box garlic, minced
1/2 diced Veggie Box onion
1 tablespoon horseradish
Salt, pepper, onion powder or cinnamon to taste
Chopped Veggie Box Parsley

Peel and dice your rutabaga and celeriac and place them into a large pot of salted water and bring to a boil. Once boiling, reduce heat to medium-low and simmer for 15 to 20 minutes or until tender. Drain and return to the warm pot. Mash rutabagas and celeriac with a potato masher or something resembling one. Add milk or buttermilk for some extra flavor. Season with some onion powder OR add some of your Veggie Box onion after dicing. Maybe some horseradish or cinnamon might be more your style. Whip that goodness with an electric mixer until smooth and top with some chopped Veggie Box Parsley.

