

Veggie Box Newsletter

Week 2, September 21

Welcome to week 2 of the Fall Veggie Box! Who likes bland, tasteless, sad food? Nothing against any of the bland food lovers but let us introduce you to the importance of herbs, spices, and aromatics. Take a second to remember some of the smells of your childhood kitchen – maybe it’s the smell of sautéed garlic, onions, tomatoes, and basil? Or another combination of simmering cumin, cilantro, chilis, and garlic? Maybe it’s something sweet, spicy, zesty, or tangy, and you remember not being able to wait to taste what’s cooking. That’s the aromatics talking to you. Herbs that carry a strong smell of the plant they were harvested from, as well as spices, enhance the flavors of our meals. In other terms, herbs that smell good are good for you! Repeat that with me, herbs that smell good are good for you! Week after week we’ve noticed a mountain of herbs left on the swap table and we honestly want to convince you to not do that. We hope you like veggies - actually we really bank on your love for veggies and the new meals they can bring you with your devotion to Veggie Box. Herbs and spices can be a great way to explore your love of not only vegetables, but food and the multitude of tastes they bring. We all like to experience good food, so this week when you see the winter savory, pick it up with confidence. Thank you for supporting local food!



What's in the Box?

Organic Eggplant, *MSU Student Organic Farm*, Holt
Green Onions, *Magnolia Avenue Farms*, Lansing
Cherry Tomatoes, *Clear Street Farms*, Lansing
Komatsuna, *Hunter Park GardenHouse*, Lansing
Fuji Apples, *Hillcrest Farms*, Eaton Rapids
Organic Sweet Peppers, *Owosso Organics*, Owosso
Spaghetti Squash, *Tomac Pumpkin Patch*, Chesaning
Organic Red Norland Potatoes, *Monroe Family Organics*, Alma
Winter Savory, *Hunter Park GardenHouse*, Lansing

Add-Ons

Bread, *Stone Circle Bakehouse*, Holt
Meat Variety, *Grazing Fields Cooperative*, Charlotte

Producer Spotlight

Owosso Organics

Owosso Organics is a family owned, certified organic vegetable and cut flower farm located four miles west of Owosso. Starting from a small postage stamp garden in 1978, Richard Bowie, Pooh Stevenson and their daughters Cody and Taylor now farm over seven acres of their eighty acre farm, along with eight greenhouses of over 15,000 square feet. They have been certified organic since 1994, and are currently certified with Global Organic Alliance. Their mission is to provide specialty artisan produce and flowers grown with great care and impeccable service available locally to enrich the lives and palates of all people who seek their business assisting in bridging urban and rural communities together.

Crop Profile

Winter Savory

It is a mystery why Winter Savory is relatively unknown compared to its sister plant, Summer Savory. In flavor it is quite peppery, the winter version more so than the summer. Savory is also savory by nature, and so it seasons a dish without the need for salt and pepper. Reducing salt intake is something many of us are advised to do, and herbs generally are helpful in this regard, but Savory particularly so. It blends well with different oreganos, thymes and basil, and it also cooks well with beans, meat, poultry or fish. Its small leaves are the perfect compliment to herb cheeses or as last-minute additions to sautés.

Recipes and Tips!

Baked Spaghetti Squash with Garlic and Butter

1 Veggie Box spaghetti squash
2 tablespoons butter
2 cloves garlic finely minced
Veggie Box winter savory to taste
1/2 teaspoon salt or to taste
1/2 of Veggie Box cherry tomatoes, diced
1/4 cup shredded parmesan cheese

Preheat oven to 375F. Cut squash in half, lengthwise and remove the seeds and membranes. Add a little water to a baking dish, and bake the squash cut-side down for about 45 minutes, or when it can be pierced easily with a knife. Use a fork to scrape the squash to get long, lovely strands. If the squash seem difficult to scrape, place squash halves cut side down, and bake for an additional 10 minutes. Heat a large saute pan with the butter and the garlic over medium-low heat. When garlic becomes fragrant, add winter savory, salt, and tomatoes. Cook for a few minutes and then add spaghetti squash strands. Toss well, sprinkle in the parmesan cheese and taste to see if you need additional salt. The spaghetti squash should have a slight crunch - but if you like it softer, cover the pan and cook 2 more minutes



Preserving Winter Savory

Dehydrator drying is a fast and easy way to dry high quality herbs because temperature and air circulation can be controlled. However, you can also tie it into small bundles and hang them to air dry in a dry, well-circulated area.

Veggie Box Stir Fry

Veggie Box eggplant, cubed
Veggie Box komatsuna, chopped
2 cloves of garlic (from last week)
1 cup of onions, sliced (from last week)
2 carrots, sliced (from last week)
As many Veggie box hot peppers diced up as you want
Veggie Box sweet peppers, sliced
Veggie Box green onions, sliced
Tofu, or your meat of choice, cubed.

Garlic Sauce:

1/3 cup soy sauce
1/2 cup vegetable broth
1/3 cup rice wine
3 1/2 tablespoons sugar
1 tablespoon sesame oil
1/4 teaspoon pepper
2 tablespoons cooking oil
2 cloves of garlic
1 tablespoon minced ginger
2 tablespoons cornstarch
1/4 cup water

For the sauce: In a bowl, combine soy sauce, broth, rice wine, sugar, sesame oil and pepper. Dissolve the cornstarch in 1/4 cup water. Heat a pan over high heat; add the cooking oil, swirling to coat; add the garlic and ginger; cook, stirring, until fragrant, about 15 seconds. Add the soy sauce mixture; bring to a boil. Reduce heat to medium and cook for 1 minute. Add the cornstarch solution and cook, stirring, until the sauce boils and thickens.

In a skillet, heat oil to medium high heat and add your onions, garlic, and minced hot peppers. Add the meat/tofu and cook. Add in the vegetables and cook until to your level of tenderness. Season with a little salt. Put stir fry over rice, and top with garlic sauce and sliced green onions. Enjoy!