

Veggie Box Newsletter

Week 3, September 28

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

Hakurei Turnips

Like all turnips, the Hakurei, or Tokyo, turnip is a member of the Brassica family. This Japanese variety is sometimes referred to as a salad turnip, due to its crisp, delicious raw flavor. Unlike other turnip varieties, hakurei do not need to be cooked. They have an even-textured density and the flavor pairs well with a variety of different food items. Eat them raw (just whole, or chopped/grated in salads), make a quick pickle, or cook to enhance their natural sweetness.



What's in the Box?

Organic Hakurei Turnips, *MSU Student Organic Farm, Holt*
Bok Choi, *Hunter Park GardenHouse, Lansing*
Sweet Onions, *Green Eagle Farm, Onondaga*
Garlic, *Wildflower Eco Farm, Bath*
Tomato, *Hunter Park GardenHouse, Lansing*
Organic Cabbage, *Cinzori Farms, Ceresco*
Organic Lunchbox Peppers, *Lake Divide Farm, Stockbridge*
Arugula, *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 hakurei turnips (and greens), 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, and the chopped turnip greens. Add the udon noodles, and then the sauce. Cook for 3-5 minutes longer, stirring occasionally. Serve and enjoy

Haluski (Fried Cabbage and Noodles)

8 ounces egg noodles (uncooked)
1/2 cup butter
1/2 cup of Veggie Box onion (chopped)
2 cloves Veggie Box garlic (minced)
Veggie Box cabbage, sliced somewhat thin.
salt black pepper

Cook egg noodles. Meanwhile, in a large Dutch oven over medium heat, melt 6 tablespoons butter. Add the onion, cabbage, and a big pinch of salt. Saute for 15- 20 minutes or until cabbage is brown and fork tender. Add more salt to taste, if necessary. Add the cooked noodles to the cabbage mixture and toss to coat. If necessary, add the remaining 2 tablespoons butter. Season with black pepper.

Pan Roasted Hakurei Turnips

Veggie Box Hakurei turnips, halved lengthwise
2 tsp. vegetable oil
Salt and pepper
1/2 tablespoon honey
Pinch of cayenne
1/2 tablespoon water

Toss turnips with 1 tsp. oil, salt and pepper in a medium bowl. Combine honey, cayenne and water in a small bowl. Heat a small skillet over medium high heat. Add remaining tsp. oil. Add turnips Sauté for about 10 minutes, turning turnips frequently, until they are golden brown. Add honey mixture to turnips and toss them for a few minutes until glazed and tender. Add additional salt and pepper to taste.

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.

