

# Veggie Box Newsletter

Week 7, October 26



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 Eggplant**, *Cinzori, Ceresco*  
**Garlic**, *Green Eagle Farm, Onondaga*  
**Onions**, *Hunter Park Greenhouse, Lansing*  
**Parsley**, *Magnolia Avenue Farms, Lansing*  
**Organic Rutabaga**, *Cinzori, Ceresco*  
**Salad Mix**, *Hunter Park Greenhouse, Lansing*  
**Organic Brussel Sprouts**, *Owosso Organics, Owosso*

## 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 mix vigorously with a whisk until well combined. Pour that sauce over the rutabagas and toss with a spoon until all the pieces are evenly coated. Spread the rutabaga in a single layer across a pan, making sure there is plenty of room between the pieces of rutabaga to allow air to circulate freely. 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. Once done, remove it from the oven and immediately hit it with a light sprinkle of salt. Let it cool for a few minutes and then serve, garnished with fresh herbs and a drizzle of extra-virgin olive oil, if desired.**

## Roasted Parmesan Brussels Sprouts

Veggie Box Brussels Sprouts  
2 Tablespoons Olive Oil  
3-4 cloves Veggie Box garlic, minced or crushed  
1 Tablespoon Balsamic Vinegar  
Kosher Salt, to taste  
Fresh Cracked Pepper, to taste  
about ¾ cup Parmesan Cheese, grated

**Preheat oven to 400. Wash and rinse the Brussels sprouts. Peel the loose, outer leaves. Trim the end, then cut Brussels sprouts in half. In a 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.**



## 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.**

