

# Veggie Box Newsletter

Week 9, November 9

Have you ever wondered why maple syrup is more expensive and tastier than store-bought pancake syrup? Pure maple syrup is made from maple tree sap that's been boiled down to reduce water content, thereby concentrating the sugars. Caramelization gives it a rich color and flavor. It takes approximately 4-3 gallons of sap to make one gallon of syrup! Pure maple syrup also contains some nutrients, such as riboflavin, calcium, zinc, and potassium. Most of the pancake syrup sold in grocery stores is actually highly processed, with the primary ingredient being corn syrup or high-fructose corn syrup. These syrups also contain added colors, flavorings, and preservatives. The exact origins of maple syrup production are unknown, but legends and stories have been passed down by Indigenous peoples of North America claiming their discovery of turning sap into syrup. The first written account of maple sap harvesting came from a European traveler in North America in the 16th century. Today, the US produces about a quarter of the world's syrup, while Canada produces the remaining 3 quarters. Buying local maple syrup is a more nutritious option than conventional syrup, and it supports your local farmers. Thank you for supporting your local food system.

## Producer Spotlight

### *Stone Circle Bakehouse*

Stone Circle Bakehouse, of Holt, Michigan, specializes in the European tradition of artisanal bread that is cut, scaled, and shaped by hand. Owner Kevin Cosgrove allows his dough to slowly ferment before baking it on the deck of his wood-fired oven. At Stone Circle Bakehouse, the innovative deliciousness stems from Cosgrove's desire to preserve traditional baking methods, rather than change them. Organic, local ingredients are prioritized when possible to bring customers fresh, environmentally and community friendly baked goods.

## Crop Profile

### *Cabbage*

Modern day cabbage is a descendant of the wild cabbage that is native to Europe. It is one of the 'cole crops', or brassicas, including broccoli, cauliflower, and Brussels sprouts. Cabbage was most likely domesticated somewhere in Europe before 1000 BC. By the Middle Ages, cabbage had become a prominent part of European cuisine. When round-headed cabbages appeared in 14th-century England they were called cabaches and caboche, words drawn from Old French and applied at first to refer to the ball of unopened leaves. They can be prepared many different ways for eating; they can be pickled, fermented (for dishes such as sauerkraut), steamed, stewed, sautéed, braised, or eaten raw. In Poland, cabbage is one of the main food crops, and it features prominently in Polish cuisine. It is frequently eaten, either cooked or as sauerkraut, as a side dish or as an ingredient in such dishes as bigos (cabbage, sauerkraut, meat, and wild mushrooms, among other ingredients) gołąbki (stuffed cabbage) and pierogi (filled dumplings).



## What's in the Box?

- Organic Beets**, MSU Student Organic Farm, Holt
- Garlic**, Green Eagle Farms, Onondaga
- Organic Cabbage**, Cinzori Farms, Ceresco
- Organic Onions**, Cinzori Farms, Ceresco
- Daikon Radish**, Lake Divide Farm, Stockbridge
- Salad Mix**, Hunter Park GardenHouse, Lansing

## Add-Ons

- Eggs**, Grazing Fields Cooperative, Charlotte
- Organic Pinto Beans**, Ferris Organic Farm, Eaton Rapids
- Bread**, Stone Circle BakeHouse, Holt
- Chevre**, Hickory Knoll Farms Creamery, Onondaga
- Cheese**, Hickory Knoll Farms Creamery, Onondaga
- Coffee**, The 517 Coffee Company, Lansing
- Kombucha**, Apple Blossom Kombucha, Lansing
- Maple Syrup**, Tomac Pumpkin Patch, Chesaning
- Meat**, Heffron Farms Market, Belding
- Pork**, Grazing Fields Cooperative, Charlotte
- Beef**, Heffron Farms Market, Belding
- Chicken**, Heffron Farms Market, Belding

# Recipes and Tips!

## Vegetarian Polish Golabki Recipe

1 Veggie Box cabbage  
1 1/2 cups Rice  
3 oz. Butter  
1 lb Mushrooms, finely chopped (could also use ground beef or ground venison)  
1/2 of Veggie Box onions, finely chopped  
2 Veggie Box garlic cloves, finely chopped  
3 1/2 cup Vegetable Stock  
1/2 teaspoon Salt  
4 tablespoons Parsley, chopped

### For Sauce

1 can (14.5 oz / 410 ml) of diced or stewed tomatoes  
1.5 cups of broth  
3 tbs of tomato paste  
1/2 tsp of salt  
3 bay leaves  
5 each peppercorns and allspice (whole)  
3 tbs of heavy cream  
2 tbs of butter

**First, make the sauce. Blend tomatoes with tomato paste, broth and salt. Transfer to a medium saucepan, add spices and simmer on medium-low for about 15-20 min. Turn off, add heavy cream and butter. Taste, add salt, if needed. Then, bring a large pot of salted water to the boil. Place the head of cabbage in the pot, put the lid on and cook for 7 minutes or until leaves have softened. To cook the filling, put a medium-sized pot on medium-low heat. Add half the butter, the onion and garlic to the pot and gently cook until the onion is translucent. Remove the cooked onion mixture from the pot and set aside. Turn up the heat to medium-high. Add the remaining butter. When melted, cook the mushrooms (or meat). Season with salt and pepper. To the cooked mushrooms in the pot, add the rice, cooked onion mix, 1/2 tsp salt, pepper to taste, and the vegetable stock. Mix to combine then bring to the boil. When boiling, put a lid on and turn down the heat to the minimum for 12 minutes. Then turn the heat off but leave the pot on the hotplate for a further 10 minutes with the lid on. When done, open the lid, cool for 10 minutes then add the parsley and mix. Remove the cabbage from the pot and when cool enough to handle, carefully remove the leaves. Do your best to keep the leaves whole and undamaged. If the leaves become tough to remove, you may need to put the cabbage back in the boiling water for a further 5 minutes at a time. Cut out part of the hard stem 1-2 inches from each leaf. This will resemble a small removed triangle of the stem from the whole leaf. Preheat the oven to 320f. Lay a cabbage leaf out, add 1/3 cup of the rice mixture. Fold in the sides, then the top, now the bottom to form a package. Repeat until you've used all the leaves and mixture. Place the rolls in the casserole dish and cover with tomato sauce. Cover with foil and bake for 1.5 hours or until the cabbage is tender and completely cooked through.**

## Shredded Cabbage and Ginger Salad

2 cups shredded Veggie Box cabbage  
1.5 cups shredded or julienned carrots  
1.5 cups shredded or julienned Veggie Box daikon radish  
2 tablespoons freshly grated ginger (or about a 1-inch piece)  
1/4 cup rice vinegar  
1 Tablespoon soy sauce  
1 Tablespoon sesame oil  
1 teaspoon honey or maple syrup  
sesame seeds (black or white)  
optional: green onion for topping  
optional: mix with cold soba noodles

**Shred/julienne the cabbage, carrots, and daikon radish. Mix the cabbage, carrots, and radish together in a large bowl. In a jar (or food processor), shake the dressing ingredients well. Toss dressing with vegetables and top with sesame seeds. Enjoy!**

## Roasted Beet and Apple Salad

Salad:

Veggie Box beets  
2 tbspp extra virgin olive oil  
salt and pepper to taste  
1 or 2 Veggie Box apple cut into matchsticks  
Veggie Box salad mix  
2 tbsp salted pistachios, chopped

Dressing:

3 tbsp extra virgin olive oil  
1 tbsp apple cider vinegar  
1 tbsp honey  
1 tbsp dijon mustard

**Preheat oven to 375 and grease a baking dish. Wash and peel the beets, and cube. Toss the beets with olive oil, salt & pepper. Transfer to the baking dish and roast for about 30 minutes. Remove beets from the oven and let cool. Mix the beets with the apples and spinach in a bowl. Whisk together the dressing ingredients and then pour over the salad and toss to combine. Plate the salad and top with pistachios.**