

# Veggie Box Newsletter

Week 12, December 2nd

Welcome to week twelve of the Fall Veggie Box! Michigan is widely recognized for its Great Lakes, but it's not commonly known that Michigan's agricultural sector is just as great as its bodies of water. Michigan ranks number one, nationally, in the production of blueberries, tart cherries, squash, and pickling cucumbers, and is second in diversity after California: Michigan produces more than 300 commodities, with 60% of those 300 commodities being crops! Furthermore, Michigan is home to 51,600 farms that operate nearly 10 million acres of farmland - and in Ingham county alone, there are over 950 farms. We're proud to say that Veggie Box sources from nearly 40 of these local farmers. 932,000 people, which is 22 percent of the state's workforce, are employed by Michigan's agricultural sector; this sector contributes more than \$101 billion to the state's economy. Michigan also ranks third in the nation for number of farmers markets and is home to over 300 farmers markets, including our very own Allen Farmer Market. Fun fact: our market was the first in the state to accept EBT/SNAP

payments back in 2005. Stop by on Wednesdays from 2:30pm-7:00pm to pick up some more fresh, local produce to supplement your Veggie Box! We're also excited to announce that registration for the Summer Veggie Box is now open. To keep the fresh, local food coming through 2022, sign up today - [bit.ly/summervegiebox2022](http://bit.ly/summervegiebox2022). Thank you for supporting local food!

## Producer Spotlight

### *Heffron Farms Market*

Heffron Farms Markets take great pride in making available products that are raised without the use of growth hormones, preservatives, dyes and antibiotics on a daily basis and raised in a humane way. While working with other local farmers, Heffron Farms Markets bring their customers a variety of naturally raised beef, pork, chicken, turkey, dairy products, eggs and much more. They currently have stores in the Grand Rapids, Michigan area, and ship products throughout the United States.

## Crop Profile

### *Kale*

Though you may have only become familiar with Kale in the recent years with its popularity rise, Kale is actually a very old leafy green. It actually was one of the most popular green throughout Europe until the end of the middle ages when other crops began to rival it. In addition to being a leafy green staple, Kale was also used medicinally to help alleviate intestinal ailments. Kale was given a new role due to World War II. Because so many countries were forced to ration, causing people to lack key nutrients, Kale production increased to help fill in some of the nutritional gaps. Kale is a great source of iron, Vitamins C and K, calcium, and many antioxidants. These days, Kale has many uses, such as in salads, soups, smoothies, pasta, and casseroles.

ALLEN  
FARMER MARKET

Veggie Box

## What's in the Box?

**Organic Daikon Radish**, *Titus Farms, Leslie, AND Lake Divide Farm, Stockbridge*

**Organic Kale**, *Cinzori Farms, Ceresco*

**Organic Popcorn**, *Ferris Organic Farm, Eaton Rapids*

**Organic Rutabaga**, *Cinzori Farms, Ceresco*

**Organic Red Cabbage**, *Cinzori Farms, Ceresco*

## Add-Ons

**Bread**, *Stone Circle BakeHouse, Holt*

**Meat**, *Heffron Farms Market, Belding*

# Recipes and Tips!

## Fall Stew with Rutabagas, Roots, and Greens

4 tbsp butter  
1/2 cup onion, chopped (from last week)  
2 cloves of garlic, minced (from last week)  
1 tsp ground nutmeg  
2 tsp kosher salt  
1 Veggie Box rutabaga, peeled and cut into 1" cubes  
1 pound carrots, cut into 1.5" pieces  
1 pound turnips or daikon radishes, cut into 1.5" pieces  
2 bay leaves  
12 sprigs fresh thyme, leaves only (2 tsp thyme leaves)  
3/4 cups vegetable, beef, or chicken stock (reserve 1/4 cup cold broth to mix with cornstarch)  
2 tbsp corn starch  
2 cups rough chopped greens (Veggie Box kale)  
freshly ground pepper  
1/2 cup heavy cream

**Heat butter in soup pot or Dutch oven over medium heat for 5-8 minutes, or until the butter has browned slightly and emits a nutty aroma. Add onion, nutmeg, and 2 tsp kosher salt. Stir to coat the onions. Turn up heat to medium-high. Cook 8-10 minutes, stirring occasionally, until onions are fragrant and beginning to brown. Add rutabaga, carrots, turnips or radishes, bay leaves, and thyme. Stir to coat. Cook over medium-high heat for 8-10 minutes, or until veggies begin to soften slightly. Add stock and cover to bring to boil. Lower heat to keep stew at a simmer, and cook for 10 minutes or until vegetables are at your preferred tenderness. Stir together corn starch and reserved 1/4 cup cold broth. Slowly add to hot stew, stirring thoroughly to combine. Continue to cook for 5 minutes, or until cornstarch activates and stew thickens slightly. Add chopped greens. Cook 1-2 minutes until wilted. Turn off heat. Taste. Add salt if needed. Add freshly ground black pepper. Stir in cream and serve.**

## Pasty

### For the Shortcrust Pastry:

3 1/2 cups all-purpose flour  
1 teaspoon salt  
10 tbsp unsalted butter , very cold, diced  
3/4 cup lard , very cold  
2/3 cup ice cold water

### For the Cornish Pasties:

1 pound beef skirt steak or sirloin , cut into small cubes (for vegetarian option, leave out the meat and add more vegetables!)  
1 pound firm, waxy potato , peeled and diced in 1/4 inch cubes (from last week)  
1/2 pound of Veggie Box rutabaga , peeled and diced in 1/4 inch cubes  
1 1/3 cup of yellow onion , chopped (from last week)  
4 cloves of garlic, minced (from last week)  
salt and pepper to taste  
unsalted butter (for cutting in slices to lay inside the pasties)  
all-purpose flour (for sprinkling inside the pasties)  
1 large egg , lightly beaten

**To Make the Shortcrust Pastry: Place the flour and salt in a food processor and pulse a few times until combined. Add the cold butter and lard and pulse a few more times until the mixture resembles coarse crumbs. Add the water a little at a time, pulsing between additions, until the mixture begins to come together. Form the dough into a ball, flatten into a 1- inch thick disk, wrap in plastic wrap and refrigerate for at least 3 hours before using (this is crucial). To Make the Cornish Pasties: Preheat the oven to 350 degrees. Roll the pastry dough into a log and cut it into 6 equal pieces. Wrap and keep the other 5 pieces chilled in the fridge while you're working on one at a time. Roll the dough out on a lightly floured work surface to a 8 inch circle that's about 1/8 inch thick. Layer the filling (each ingredient to be divided out between 6 pasties, there may be some excess remaining): Put layer of potatoes down the center of the pastry circle, leaving about 3/4 inch space on the top and bottom edges of the pastry dough. Lightly sprinkle with salt and pepper. Next add a layer of rutabagas, onions and finally the beef, adding a light sprinkling of salt and pepper between each layer. Lay a couple of pats of butter on top of the beef and sprinkle a little flour over the filling. Wet the tips of your fingers and lightly moisten the edges of the pastry dough. Bring the sides up and seal the pasty down the middle. Turn the pasty onto its side and crimp the edges. Assemble the remaining pasties and lay them on a lined baking sheet. Use a sharp knife to cut a slit in the center of each pasty. Lightly brush each pasty with the beaten egg mixture. Bake the Cornish pasties on the middle rack for 40-50 minutes until golden in color. Remove from the oven and let them sit for about 10 minutes**