

Veggie Box Newsletter

Week 14, December 16

Welcome to the final week of the Fall Veggie Box! Over the past 14 weeks, the Veggie Box program has sourced over 25,000 pounds - 12.5 tons - of fresh, in-season produce from Mid-Michigan farmers. We are hopeful that Veggie Box has pushed you to reimagine the way you understand food. Our society is centered around instant gratification and individualism; in return, we see that fast food, ready-to-eat food, processed food, and ~exotic food~ are staples in the food system. We don't condemn taking part in any of these aspects of food, but prioritize local, in-season, nutritionally-dense foods. We prioritize preparing and eating foods that can be grown and produced right here in our communities by our own family, friends, and neighbors.

Veggie Box was likely difficult for you in certain ways. You might have struggled to use what you get in your Veggie Box if you were still eating, shopping, and cooking the same way you were prior to Veggie Box. It's almost guaranteed that you received unfamiliar foods that you had never bought or seen at the grocery store. You might have even get vegetables that you tried a few times and didn't care

for. Don't be intimidated! We hope you took our advice and prioritized using the foods that mid-Michigan farmers are growing, and the food you have already paid for. We hope you utilized our tips and recipes for how to prepare these foods, and didn't hesitate to ask for advice (from both staff and from other members). We hope you opened your minds - and taste buds - to understanding and enjoying foods in a whole new way. As always, thank you for supporting local food - we'll see you in 2022!

Producer Spotlight

Peckham Farms

Peckham, Inc., a nonprofit vocational rehabilitation organization, provides job training opportunities for persons with significant disabilities and other barriers to employment. Peckham Farms' operation consists of about 15 acres of field production that uses sustainable practices to grow a diverse selection of fruits, vegetables, herbs and flowers. Peckham employees are given the opportunity to gain new skills and experiences in all aspects of growing and producing food. This includes planting, maintenance, and harvesting of crops, set up of greenhouse systems, tool and machine operation and maintenance, and customer service.

Crop Profile

Kohlrabi

Kohlrabi is a hardy, annual vegetable that is primarily consumed in some European countries, although it has also become a staple vegetable in northern India. It is actually a cultivar of cabbage and was specifically bred as a hardier version of cruciferous vegetables, which often can't grow in as harsh of conditions. The small or large bulbous vegetable is encased in two harder shells of leaves, which typically do not soften when cooked.

However, kohlrabi can be eaten raw or cooked and has been a staple of German cuisine for hundreds of years. You can use the kohlrabi root as well as the leaves in your diet. They both have significant amounts of nutrients and minerals like copper, potassium, manganese, iron, and calcium, as well as vitamins, such as vitamin C, B-complex vitamins, vitamin A, and vitamin K.



What's in the Box?

Organic Turnips, *Cinzori Farms*, Ceresco
Ginger, *Peckham Farms*, Lansing
Salad Mix, *Hunter Park GardenHouse*, Lansing
Kossak Kohlrabi, *Titus Farms*, Leslie
Organic Collard Greens, *Cinzori Farms*, Ceresco
Organic Watermelon Radish, *Lake Divide Farm*, Stockbridge
Sweet Potatoes, *Titus Farms*, Leslie

Add-Ons

Bread, *Stone Circle BakeHouse*, Holt
Meat, *Heffron Farms Market*, Belding or *Grazing Fields Cooperative*, Charlotte

Recipes and Tips!

Kohlrabi Fritters

Veggie Box Kohlrabi, grated.

Up to 1 cup other shredded vegetables or greens (what do you really want to get rid of?)

1-2 cloves garlic, finely chopped

1/2 an onion, grated.

1 egg

1/4 teaspoon kosher salt

1/4 teaspoon cayenne

1/2 cup vegetable oil (enough for 1/4-inch depth in a large skillet)

Peel the bulb of the kohlrabi, and shred the vegetables in a food processor, or by hand using a grater. Squeeze the shredded vegetables in a tea cloth (or with your hands) to remove moisture (really wring them out!), then add to a medium bowl with the egg, kosher salt, garlic, and cayenne. Mix to combine. Feel free to add more egg if it seems too dry. Place the oil in a large skillet (enough for 1/4-inch depth). Heat the oil over medium high heat, then place small patties of the fritter mixture into the oil. Fry on one side until browned, then fry on the other side. Remove and place on a plate lined with a paper towel to drain excess oil. Serve with sour cream or an aioli sauce.



Ginger Hot Chocolate

2 cups milk

1 cup water

Sweetener to taste

1/4-1/2 teaspoon of fresh Veggie Box grated ginger

1/4 cup cocoa or cocoa powder

1 pinch sea salt

1 teaspoon pure vanilla extract

Heat milk and water in medium saucepan. Once it comes to a simmer, reduce heat slightly and whisk in cocoa powder, sea salt, and ginger. Once cocoa is hot enough for liking, 2-5 minutes, remove from heat and add vanilla extract. Stir once more.

Watermelon Radish, Orange & Goat Cheese Salad

1 shallot or half of a small red onion

2 to 3 tablespoons white balsamic vinegar

kosher salt

2 to 3 Veggie Box watermelon radishes

2 to 3 oranges, clementines, grapefruit, etc.

a handful of walnuts, toasted and chopped

goat cheese to taste

chives, minced,

olive oil to taste

Mince shallot. Place in small bowl. Cover with 2 to 3 tablespoons of the vinegar depending on how big of a salad you are making. Add a pinch of salt. Set aside. Cut off one end of the radish. Leave the other intact so you have a handle when you run the radish down your mandoline - thinly slice. Arrange radish slices on a platter. Season all over with salt. Cut off each end of each clementine. Squeeze each end over the radishes, then discard. Scatter clementines over the radishes. Scatter walnuts and goat cheese to taste over the radishes and oranges. Pour shallots and vinegar over top. Drizzle olive oil to taste (one to two tablespoons) over top. Scatter chives over top if using. Let sit a few minutes (or longer — it benefits from a brief rest) before serving.