

# Veggie Box Newsletter

Week 1, March 1



We're on native land. Specifically, Allen Neighborhood Center is on land belonging to the Anishinaabe (Ojawa, Ojibwe, and Potawatomi people) & Haudenosaunee Confederacy, which today is called Lansing, Michigan. Lansing was originally called "Nkwejong," meaning "where the rivers meet," and Michigan comes from the Ojibwe word "mishigamaa," meaning "large lake." The purpose of this statement is to show respect for indigenous peoples, and recognize their enduring relationship to the land. Practicing acknowledgment can also raise awareness about histories that are often suppressed or forgotten. Given how closely Veggie Box is tied to the land and the environment, we think it's important to acknowledge the history of the relationships that indigenous folks had (and continue to have) with the land, plants, and animals, and how these relationships sustained communities for generations. Over the next fourteen weeks, we ask that you continue to remind yourself of indigenous presence and land rights in our community. What might our local food system look like if it were to have a deeper respect and understanding of indigenous cultures? In what ways has colonialism disrupted indigenous foodways? How can this be combated? Thank you for supporting local food!

## Producer Spotlight

### *Cinzori Farms*

Cinzori Farms is part of an Agriculture Cooperative and was one of the first farms in Michigan to become organically certified in 1985. The farm has grown a great deal since it was first established, and now occupies more than 60 acres – all of which are used to propagate fresh herbs and produce. Cinzori Farms is owned and operated by father and son, Don and Anthony Cinzori, and sells at a number of Michigan farmers markets, as well as Michigan grocery stores.

## Crop Profile

### *Gilfeather Turnip*

The Gilfeather turnip, a rutabaga-turnip hybrid, is a root vegetable that is normally harvested after the first hard frost of the season. It is white rather than yellow inside, and it is sweet and creamy, not having the bite of a normal turnip. It was first cultivated by John Gilfeather in the early 1900s in Wardsboro, VT. Gilfeather was a secretive man. He wouldn't say how he originally grew this unique turnip and went to great lengths to make sure he was the only one who could grow them. He carefully shaved the individual root hairs and cut the tops off each turnip before bringing them to market. The seeds finally got out to the general public and the turnips are now sold commercially! Store these bad boys in a plastic bag in your fridge for several weeks.

## What's in the Box?

**Organic Russet Potatoes**, *Cinzori Farms*, Ceresco

**Salad Mix**, *Hunter Park GardenHouse*, Lansing

**Granny Smith Apples**, *Hillcrest Farms*, Eaton Rapids

**Gilfeather Turnips**, *Titus Farms*, Leslie

**Parsley**, *Hunter Park GardenHouse*, Lansing

**Cabbage**, *Titus Farms*, Leslie

## Add-Ons

**Bread**, *Stone Circle Bakehouse*, Holt

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

**Kombucha**, *Apple Blossom Kombucha*, Lansing

**Cheese**, *Hickory Knoll Farms Creamery*, Onondaga

**Honey**, *Beebehavior Ranch*, Ovid

**Chevre**, *Hickory Knoll Farms Creamery*, Onondaga

**Chicken**, *Trillium Wood Farms*, Williamston

**Beef**, *Heffron Farms Market*, Belding

**Pork**, *Grazing Fields Cooperative*, Charlotte

**Organic Navy Beans**, *Ferris Organic Farms*, Eaton Rapids

**Coffee**, *517 Coffee Company*, Lansing

**Eggs**, *Grazing Fields Cooperative*, Charlotte

# Recipes and Tips!

## Cabbage and Rutabaga Soup

3 tablespoons olive oil  
1 yellow onion, chopped  
3 garlic cloves, minced  
8 cups vegetable stock  
1 teaspoon kosher salt  
1/2 teaspoon dried thyme  
1/2 teaspoon black pepper or to taste  
Veggie Box cabbage chopped in 1 1/2" chunks  
Veggie Box gilfeather turnip, peeled and diced  
14.5 ounces stewed tomatoes  
1/2 cup of veggie box navy beans, cooked OR 1 can of cooked navy beans (or any other bean of your choice)  
Veggie Box parsley as garnish

**In a large pot add the olive oil over medium heat then add in the onions and garlic; cook until the onions are translucent, about 3-5 minutes. Add in the salt, pepper, thyme, cabbage, turnip, and tomatoes, stir and cook for a few more minutes. Add in the broth and beans, and simmer for about 30 minutes, or until turnips are tender.**

## Chimichurri

2 garlic cloves, grated  
1 tablespoon dried oregano  
1 tablespoon aji molido (or smoked hot paprika and crushed red pepper flakes)  
1/4 cup finely chopped Veggie Box parsley  
5 tablespoon olive oil  
2 tablespoon sherry or red wine vinegar  
3 tablespoon water  
1/2 teaspoon salt  
Freshly ground black pepper

**Mix all ingredients in a glass jar. Check seasonings and adapt to your personal preference. Keep refrigerated in an airtight container, glass jar preferably.**

**This Argentinian sauce is great paired with meats and vegetables!**

## Gilfeather Turnip and Potato Gratin

Veggie Box gilfeather turnip trimmed, peeled, and cut into 1/8-inch-thick slices  
Veggie Box potatoes, peeled and cut into 1/8-inch-thick slices  
1 3/4 cups heavy cream  
6 (5-inch) thyme sprigs, tied with kitchen twine, plus fresh thyme leaves, for garnish  
1 teaspoon kosher salt (or more to taste)  
1/2 teaspoon black pepper  
2 cloves of garlic  
1/3 a cup of finely diced onion  
Unsalted butter, for greasing baking dish  
1/4 cup grated Parmesan cheese  
1/4 cup of grated of gruyere or sharp cheddar

**Preheat oven to 400°F with rack in middle position. Saute onions and garlic in large saucepan. Place turnip, potatoes cream, salt, pepper, and thyme sprigs in a large saucepan. Cook the mixture over medium-high heat until the cream is boiling, stirring occasionally (very gently with a rubber spatula so you don't break up the slices). Remove from heat. While vegetable mixture cooks, lightly grease a 2-quart baking dish or 10-inch cast-iron skillet with butter, and place on a rimmed baking sheet. Remove and discard thyme sprigs from vegetable mixture. Spoon half of vegetable mixture into prepared pan; sprinkle with half the cheese. Top with remaining vegetable mixture, pressing down gently to even top layer. Sprinkle with remaining cheese. Place baking sheet with gratin in preheated oven. Bake until mixture is bubbling and vegetables are tender, about 30-40 minutes (depending on how thick your slices were). Increase oven temperature to broil (do not remove gratin from oven). Broil on middle rack until golden brown in spots, 1 to 2 minutes. Remove from oven; garnish with thyme leaves. Let cool 15 minutes.**

