

# Veggie Box Newsletter

Week 7, October 27

Welcome to week seven of the Fall Veggie Box, and happy Halloween! Halloween like many other holiday traditions is rooted in our agricultural past and was connected with the end of the harvest season. Many traditions around this time of year revolve around food like bobbing for apples and carving pumpkins. Apple bobbing comes from the Roman festival celebrating Pomona, the goddess of fruit and orchards, which was celebrated around November 1. The Romans believed that the first person to catch an apple with their teeth would be the first to get married in the new year. It was also believed that if you peeled an apple in one long unbroken piece and throw it over your shoulder while being spun around, the shape of the peel on the ground would represent the first initial of your true love! The tradition of carving pumpkins actually began with carving turnips or rutabagas (or potatoes or beets in some cases) in the shape of a demon's face and placing a candle inside. The carved root vegetables were placed in windows and doorways to frighten evil spirits and welcome the deceased spirits of loved ones inside. The name jack-o-lantern on the other hand comes from the Irish legend of Stingy Jack, who after stealing money from the devil, was doomed to roam the earth forever with only a carved turnip to light his way. So hollow out your turnips (or eat them), and have a Happy Halloween! Thank you for supporting local food!

## 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. They also provide employees with their own "garden plot," so they can put new skills to use and grow food for themselves and their families, free of charge.

## Crop Profile

### Leeks

Leeks, which originated in the Mediterranean and the Middle East, have been cultivated since the time of Ancient Egyptians and have been regarded as a superior vegetable throughout history. The leek is also considered a national symbol of Wales--according to a Welsh legend, St. David advised the Britons to wear leeks in their helmets to distinguish themselves from an enemy army on the battlefield. They emerged victorious and to this day Welsh Guardsmen wear a special green and white plume in their helmets as a tribute. If you don't want to wear them on your head, they can be braised, roasted, fried, or even baked with in a variety of ways. When preparing leeks, cut off the root and the dark green leaves at the top (which you can use for stock!) so you are left with the white and light green portion. They can then be chopped and stir fried like an onion, thrown into soups, or even eaten raw in a salad.

ALLEN  
HUMANITIES CENTER

Veggie Box

## What's in the Box?

**Cameo Apples**, Hillcrest Farms, Eaton Rapids  
**Organic Kale**, Cinzori Farms, Ceresco  
**Organic Leeks**, MSU Organic Farm, Holt  
**Organic Sweet Dumpling Squash**, Cinzori Farms, Ceresco  
**Organic Turnips**, Cinzori Farms, Ceresco  
**Organic Popcorn**, Ferris Organic Farms, Eaton Rapids  
**Cherry Tomatoes**, Peckham Farms, Lansing

## 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**, Heffron Farms Market, Belding  
**Maple Syrup**, Tomac Pumpkin Patch, Chesaning

# Recipes and Tips!

## Dumpling Squash, Leek, and Goat Cheese Galette

Veggie Box Dumpling Squash, cut 1/2" cubes  
4 Tbsp olive oil  
2 Tbsp butter  
Veggie Box Leeks, white and light green only, halved and thinly sliced

2 cloves Veggie Box Garlic

1 Tbsp thyme leaves

1/2 package puff pastry (1 roll) or refrigerated pie crust. Or make your own!

4 oz goat cheese

Salt and pepper to taste

Optional: toasted sliced almonds

**Preheat oven to 375F. Toss dumpling squash cubes with 2 Tbsp, salt, and pepper and roast on a baking sheet until easily pierced with a knife, about 25 minutes. Stir halfway through then let cool. While roasting, heat remaining olive oil and butter over medium high heat in a pan. Add leeks and reduce heat to medium-low, stirring often until very soft, about 20 minutes. Stir in garlic and thyme. Let cool and drain any excess grease. Unroll the pastry on a nonstick baking sheet. Spread leek mixture over crust until 2" from the edge. Add dollops of goat cheese and top with butternut squash. Pull edges of the crust over to make a freeform tart, leaving the center open. Brush pie crust with olive oil then bake for 30-35 minutes or until crust is golden.**



## Popcorn

2 Tbsp extra-virgin olive oil or coconut oil

1/2 cup Veggie Box popcorn kernels, divided

Salt and seasoning, to taste

**In a large saucepan over medium heat combine oil and 2 popcorn kernels. Cover pot and wait for them to pop, a few minutes. Once the kernels pop, turn off the burner, remove the pot from the heat and pour in the remaining popcorn kernels. Cover and shake to distribute kernels evenly. Let pot rest for a minute to make sure oil doesn't get too hot. Turn the heat back to medium and continue cooking,**

**carefully shaking the pot occasionally to cook kernels evenly. Once they start popping, tip the lid just a touch to allow steam to escape. Continue cooking until the popping sound slows to about one pop every few seconds. Place in a serving bowl and sprinkle with salt to taste, along with any other desired seasonings. Toss and serve immediately, for best flavor and texture.**

## Kale and Turnip Gratin

2-3 Veggie Box Garlic cloves (from last week), thinly sliced

1 cup heavy cream

1/4 tsp dried thyme

2 Tbsp unsalted butter, divided

1/2 Veggie Box onion, thinly sliced

Salt & Pepper to taste

Veggie Box Kale, stems removed, leaves torn

Veggie Box Turnips (about 1 pounds total), trimmed, peeled, cut into 1/2-inch pieces

1 large egg, beaten to blend

1/2 cup (2 oz) Fontina, provolone, gouda, or other melty cheese, grated

1/2 cup (0.5 oz) Parmesan, finely grated

4 oz day-old bread with crust, cut into 1/2" pieces

**Bring garlic, cream, and thyme to a bare simmer over medium heat. Reduce heat to low and let simmer 30 minutes. Meanwhile, heat 1 Tbsp butter in a large skillet over medium-low then add onions, season with salt, and cook, stirring occasionally. Add a splash of water if onions begin to stick to pan, until caramelized and amber colored. Transfer to a large bowl and let cool. Heat remaining 1 Tbsp butter in same skillet. Working in batches, add kale, tossing and letting it wilt slightly before adding more; season with salt. Cook until kale is wilted and tender, 5-8 minutes; transfer to bowl with onions. While kale is cooking, cook turnips in a large pot of boiling well-salted water until crisp-tender, about 2 minutes; drain. Drain; pat dry. Transfer to bowl with onions. Preheat oven to 375°. Whisk eggs, cheese, and cooled cream mixture in a large bowl to combine. Add onion mixture and bread; season with salt and pepper. Transfer to a 13x9" baking dish and press down on mixture with your hands to form a tight, even layer. Bake gratin, uncovered, until well browned, 40-50 minutes. Let rest 10 minutes before serving.**