

Veggie Box Newsletter

Week 8, November 1

Welcome to week eight of the Fall Veggie Box! Fall is bountiful in root vegetables, which is either your dream or nightmare. The best part about root vegetables is their ability to be stored and preserved through a variety of methods. While it may feel like a burden now, storing food for the coldest and darkest months is worth the work. Preservation techniques like fermenting cabbage into sauerkraut or kimchi, blanching (or roasting) and freezing root veggies, and canning different fruits and vegetables can give you and your family the opportunity to enjoy local foods that you can't find in the winter. Fermentation is one method of food preservation you may be familiar with: yogurt, kombucha, kefir, sauerkraut, sourdough, and kimchi are all examples of fermented foods. You can ferment things like turnips, radishes, cabbage, and onions from your fall boxes! Another method, canning, is a popular way to preserve things like the apples and strawberries you're getting - but can also be used on things like carrots and potatoes. Water bath and pressure canning are two types of canning, both of which require exact timing and temperatures to ensure your canned goods are safe—for more information on canning safety, check out MSU Extension or websites such as Ball Mason Jars. Dehydrating is another method of preserving food, especially herbs and fruits! You can dehydrate foods with a dehydrator or use your home oven. Freezing fall veggies can be so easy - spinach and arugula, squash, onions, and sweet potatoes can all be frozen - but note that some must be blanched or pre-cooked before doing so, so make sure to do your research! Preserving food from the veggie box can help you eat local all year long, reducing your spending and icy trips to the grocery store. If you have a fridge or freezer full of root vegetables, you can simply roast a bunch at once, and use them throughout the week by throwing them in soups, breakfast hash, or as a side dish. Check out our What's in the Box email and Facebook group to learn how to preserve and store your root vegetables. Our ancestors preserved food for centuries - will you connect to your roots?

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

Strawberry

Strawberries are one of the first fruits to emerge in the spring so it may seem strange to be getting strawberries in your box this first week of November. This is related to the variety of strawberry- while some varieties are June bearing and produce once a year, ever-bearing and day-neutral varieties grow two or more batches throughout the year. Strawberries are a perennial member of the rose family that are cultivated worldwide. Despite their name strawberries are not actually berries—unlike berries that have seeds on the inside, strawberries are considered an accessory fruit. While the popular garden strawberry started being cultivated in 18th century Europe, wild strawberries have been enjoyed since Ancient Roman times. Unwashed strawberries can be refrigerated for 3-5 days or can be frozen for up to two months to save for making smoothies, baked goods, and more with.

ALLEN
NUTRITION CENTER

Veggie Box

What's in the Box?

Strawberries, Peckham Farms, Lansing
Organic Cabbage, Cinzori Farms, Ceresco
Organic Arugula, Monroe Family Organics, Alma
Organic Red Onions, Cinzori Farms, Ceresco
Organic White Potatoes, Cinzori Farms, Ceresco
Organic Garlic, MSU Student Organic Farm, Holt

Add-Ons

Bread, Stone Circle BakeHouse, Holt
Meat, Grazing Fields Cooperative, Charlotte

Recipes and Tips!

Strawberry Arugula Salad

1/2 cup extra virgin olive oil
1/3 cup champagne vinegar
1 tsp dijon mustard
1 tsp honey
1/2 tsp salt
1/4 tsp pepper
1/2 Veggie Box red onion, sliced
Veggie Box Arugula
Veggie Box strawberries, sliced
Optional: 1/2 cup toasted pine nuts, 1/3 cup freshly grated parmesan

Add olive oil, champagne vinegar, dijon mustard, honey, salt and pepper to a large serving bowl and whisk to combine. Add the sliced onions and coat with the dressing. Let the onions marinate in dressing, about 15-20 minutes. Add the arugula and strawberries and toss to combine. If desired, top with toasted pine nuts and parmesan cheese. Serve immediately.

Cabbage and Potato Pie

Veggie Box Potatoes, cut into 2" pieces
1 tsp kosher salt, divided, plus more
4 Tbsp unsalted butter, divided
1 head Veggie Box Cabbage
Optional: 3 thick-cut bacon slices (about 3 oz.), finely chopped
1/2 Veggie Box Red onion, thinly sliced
2 Tbsp apple cider vinegar
1 tsp thyme leaves
1 tsp freshly ground black pepper
2 large eggs
3/4 cup heavy cream
1 1/4 cups coarsely shredded sharp cheddar, preferably Irish

Preheat oven to 400°F. Place potatoes in a medium pot, season with salt then bring to a boil. Once boiling reduce heat to low and cook until fork-tender, 20–25 minutes. Drain, then return potatoes to pot with 2 Tbsp. butter. Meanwhile, trim base of cabbage, and pull off 10 outer leaves, being careful not to tear them- cut out any tough ribs. Cook leaves in a large pot of salted boiling water until tender, about 8 minutes. Transfer to bowl of ice water and let cool. Pat dry then thinly slice remaining cabbage. If using bacon, cook in a 10" ovenproof skillet until beginning to crisp. Add sliced cabbage and onion (if not using bacon heat oil in pan first) and cook until starting to



caramelize, about 20-25 minutes. Add vinegar, thyme, pepper, and 1/2 tsp salt. Remove from heat. Meanwhile, mash potatoes until soft. Whisk eggs and cream then add to potatoes and mix to combine. Add cabbage/bacon mixture, cheese, and 1/2 tsp salt- mix well. Wipe out and reserve skillet. Break up 1 Tbsp butter into smaller pieces and dot around reserved skillet. Line with a single layer of cabbage leaves, overlapping slightly and allowing them to hang over edges. Scrape in potato mixture and spread out to the edges, flattening out evenly. Fold overhanging leaves up and over filling and top with more cabbage leaves, overlapping them slightly to create a single layer. Break up remaining 1 Tbsp. butter and dot over top. Roast cabbage pie until lightly browned, 30–35 minutes. Let cool 10 minutes before cutting into wedges. Enjoy!

Roasted Garlic

Veggie Box garlic
Extra-virgin olive oil
Kosher salt
Freshly ground black pepper

Preheat oven to 400°. Slice off the top of the Veggie Box garlic. Drizzle with oil and season with salt and pepper to taste. Wrap garlic in foil and place in a shallow dish. Roast until golden and soft, about 40 minutes. Let cool then squeeze out garlic cloves and use on everything from toast to pasta and more!

