

# Veggie Box Newsletter

Week 8, November 3

ALLEN  
NUTRITION CENTER

Veggie Box

Welcome to week eight of the Fall Veggie Box! Tuesday is Election Day, so be sure to go vote. This Midterm Election focuses on electing a number of important positions including our new Governor, Lt. Governor, Secretary of State, and Attorney General. Depending on where you live, most of us will also be voting for the 7th District Representative in Congress who will represent our region at the federal level. At the local legislative level, positions in the State Senate (most likely for district 28 or 21) and Michigan House of Representatives (most likely for district 77, 74, 73, or 76) are also up for election. There will also be a few county positions specific to the county you live in. We are also voting on the State Board of Education, the regent of the University of Michigan, trustee for MSU, and the Governor of Wayne State University. On the non-partisan section,

the Justice of Supreme Court and various Judges will be on the ballot. Lastly, local school and city council members are also up for election. Three state-wide proposals are being voted on – one on term limits and financial disclosures for elected officials, one on election provisions, and one on pregnancy and abortion. And finally, there might be a few city proposals or ballot proposals depending on your city as well. Polls are open from 7 a.m. to 8 p.m. local time on Election Day, and you have the right to vote if you are in line by 8 p.m. You don't have to have a State ID or Driver's License to vote, but if you have it, bring it with you and provide it to the poll worker to make the process go faster. You will be asked for photo ID when you go vote. If you do not have photo ID or do not have it with you, you can sign a simple form and still vote. Voting is a way to express your opinions and elect leaders who support your interests and values—state officials for example administer many nutrition programs like WIC, SNAP, school lunch and breakfast, and afterschool and summer food programs. They can provide discretionary funds for food banks and pantries and shape policies that directly affect our food systems in Michigan. If you care about the food system and other issues, get out and vote!

## 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.

Newsletters are available online at [bit.ly/veggieboxnewsletters](http://bit.ly/veggieboxnewsletters)

# 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!**

