

# Veggie Box Newsletter

Week 9, November 10

Welcome to week nine 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. 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 *Swallowtail Farm*

Swallowtail Farm is a small family farm in Mason, MI that offers award-winning syrups and other preserves, four season salad production, and seasonal offerings of flowers and produce. Anne and David are two plant geeks who manage the farm along with help from their awesome employee Julie, and their teenage sons. They grow veggies, fruits, and flowers in a sustainable way for the community to enjoy. Anne and David met on an urban forestry committee and had their first date debating management of invasive tree species. Years later, they still love talking about and working with all things green. They enjoy learning and trying new things on the farm.

## Crop Profile *Napa Cabbage*

Napa cabbage, also known as "Chinese Cabbage" is a type of brassica originally cultivated in the Yangtze River region in China in the 15th century. In mandarin it is called 大白菜 (da bai cai) which translates to "big white vegetable" or "big bok choy". The word "napa" in the English name comes from Japanese where nappa (菜っ葉) refers to the leaves of any vegetable. Napa cabbage is an extremely versatile vegetable—enjoy its crunchy texture and refreshing taste when eaten raw in salads or slaw, or enjoy it cooked in dumplings, steamed buns, spring rolls, stir-frys, or soups! It can be used almost interchangeably with green cabbage in recipes. Due to its higher water content however it generally has a shorter cooking time and will have a softer texture than green cabbage when cooked. When eaten raw it is crunchy with a refreshing taste. The outer leaves go bad first so if you find some wilted or yellowed leaves after storing them in the fridge, you can peel back and toss the bad leaves and continue to use the rest.

ALLEN  
Horticultural Center

Veggie Box

## What's in the Box?

**Organic Kabocha Squash**, *Cinzori Farms, Ceresco*

**Shizuka Apples**, *Hillcrest Farms, Eaton Rapids*

**Organic Carrots**, *MSU Student Organic Farm, Holt*

**Organic Daikon Radish**, *Cinzori Farms, Ceresco*

**Organic Spinach**, *Monroe Family Organics, Alma*

**Napa Cabbage**, *Ten Hens Farm, Bath*

**Organic Salad**, *Swallowtail Farm, Mason*

## Add-Ons

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

**Bread**, *Stone Circle BakeHouse, Holt*

**Tea**, *ANC's Youth Service Corps, Lansing*

**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*

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

**Organic Pinto Beans**, *Ferris Organic Farm, Eaton Rapids*

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

# Recipes and Tips!

## Japanese Curry

2 cups of white rice  
1/2 Veggie Box Kabocha, seeds removed and cut into 1-inch cubes, about 2 1/2 cups  
1 Onion, diced (you can use one from last week!)  
3 Garlic Cloves, minced  
1-2 Potatoes (from last week!), cut into 1-inch cubes  
1 Veggie Box Carrot, sliced diagonally 1/2-inch thick  
1/4 to 1/2 Veggie Box Napa Cabbage, thinly sliced  
1 Veggie Box Daikon, cut into 1-inch cubes  
2 Tbsp oil  
1 package Japanese curry mix- popular brands you can find at most grocery stores include S&B Golden Curry or Vermont Curry-- be sure to get the mix and not the sauce as the sauce is less flavorful. If you would like to make your own Japanese curry mix, you can buy S&B curry powder and make a roux instead.

**Rinse rice until water runs clear then cook. Heat oil in a large pot or dutch oven over medium heat. Sauté the onions until translucent then add the cabbage until slightly softened. Add the carrot, daikon, and kabocha and cook for around 5 minutes. Cover vegetables with water, bring to a boil, then lower heat and cover for about 20-25 minutes or until vegetables are fork tender. Stir occasionally and add more water if needed, but not too much. When vegetables are tender enough, add the block of Japanese curry mix until softened-- the curry should be thick and not watery. If you find it is too watery continue cooking until some liquid has evaporated. Serve with freshly cooked rice and enjoy!**

## Vegetarian Kimchi

1 Veggie Box Napa Cabbage  
3 Tbsp kosher salt  
2 Tbsp chapssalgaru (glutinous rice flour)  
1/2 cup vegetable stock  
3 Veggie Box garlic cloves  
1 tsp sugar  
1/3 tsp ginger, peeled  
1/3 medium onion, cut into chunks  
2 green onions, sliced diagonally  
1 carrot, sliced into matchsticks  
1/2 Veggie Box Daikon, sliced into matchsticks

**Cut cabbage lengthwise into quarters and cut out the core. Cut leaves crosswise into 1 to 1 1/2-inch bite size pieces. Transfer to a large bowl. Toss with 2 tbsp of and 1/3 cup of water. Let stand for 2 hours, tossing the cabbage every 30 minutes to salt it evenly. For the kimchi paste: combine glutinous rice flour and 1/3 cup of vegetable stock in a sauce pan and place over high heat. Stir until mixture begins to bubble, 2-3 minutes. Add 1tsp of sugar and stir until mixture is slightly translucent, 2-3 minutes. Remove from heat**

**and let cool completely. Put the cooled mixture, remaining vegetable stock, remaining salt, garlic, ginger, and onion in a food processor and puree. Transfer puree to a medium bowl and add the gochugaru flakes. Mix well and set aside. Rinse the cabbage 3-4 times under cold running water to remove excess salt then drain. Add the cabbage, daikon, green onion, carrot, and kimchi paste in a large bowl and mix together by hand. Transfer kimchi to an airtight container and press down so it's well packed and no air can get inside, then put the lid on. You can serve right away sprinkled with sesame seeds or let ferment—it takes about 2 weeks to ferment in the refrigerator, or 1-2 days at room temperature depending on the warmth of your kitchen. Once fermented you should store kimchi in the refrigerator until it runs out. Whenever you take kimchi out of the container, be sure to press down on the remainder with a spoon to prevent it from being exposed to air.**

## Stir Fried Cabbage with Glass Noodles

Mung bean vermicelli (1.75oz/50g)  
Veggie Box Napa Cabbage  
2 eggs  
1/4 tsp salt  
1/2 tsp sesame oil  
1 Tbsp shaoxing wine (plus 1 teaspoon)  
3 Tbsp vegetable oil  
3-5 dried red chilis  
2 cloves garlic (chopped)  
1 scallion (chopped)  
1 tsp oyster sauce  
1/2 tsp sugar  
1/2 tsp soy sauce  
1/8 tsp white pepper

**Soak the mung bean vermicelli noodles for about 10 minutes. Cut the bundle in half to shorten the noodle lengths, and set them aside (still in the soaking water). Prep the cabbage by slicing it into 1/2-inch thick strips. Beat the eggs along with the salt, sesame oil and 1 teaspoon shaoxing wine. Heat a wok over high heat until lightly smoking. Add 1 tbsp oil, and the eggs quickly after. Scramble them for 20-30 seconds, until they're just almost done. Take the eggs out of the wok and set aside. Heat the 2 remaining tablespoons of oil in the wok over medium-high heat. Add the chili, garlic, and scallion. Cook for 30 seconds, until fragrant. Before the peppers and garlic start to turn brown, add the cabbage, and increase the heat to high. Stir-fry for 2 minutes, until the cabbage is wilted. Pull the noodles out of the soaking water, and add them to the cabbage. Then add the cooked egg and the 1 remaining tablespoon of shaoxing wine. Stir-fry, then add the oyster sauce, soy sauce, sugar, and white pepper. Stir everything together and continue to stir-fry for another 2 minutes or so, until the noodles are tender. Plate and serve!**