

# Veggie Box Newsletter

Week 11, November 22

The Thanksgiving meal today consists of popular staples like turkey, mashed potatoes, green bean casserole, and more, but how did they come about? Wild turkey was most likely on the table at the three-day feast held by the Pilgrims and Wampanoag tribe in 1621, but it didn't become the centerpiece of the holiday until later. Other staple dishes rose in popularity due to corporate sponsorship—marshmallows were aggressively promoted by the Angelus Company who published a corporate recipe pamphlet in 1917 featuring the first recipe for sweet potatoes with marshmallow topping. Green bean casserole was created in 1955 by Dorcas Reilly who worked at Campbell's Soup Company and is a perfect example of convenience food promotion. Cranberries, an indigenous fruit to North America, has been paired with turkey since at least the 18th century, but the jellied can first made by Ocean Spray hit the market in 1941 and is now a staple on many Thanksgiving tables today. While there's nothing wrong with eating these foods during Thanksgiving, it's easy and fun to give these old favorites new life with fresh and locally grown and raised foods or create new dishes altogether! Thanksgiving is the perfect time to choose from autumn's bountiful cornucopia of locally grown foods and there's no better way to express gratitude for good food, local farmers, and the land. For those who celebrate we hope some of this week's Veggie Box produce will feature on your Thanksgiving table. Thank you for supporting local food!

## Producer Spotlight

### *Hunter Park GardenHouse*

The Hunter Park GardenHouse, a project of Allen Neighborhood Center, is a hub for year-round farm and garden education, where neighbors volunteer to grow food, flowers, and community, and youth develop job and life skills in service to the neighborhood. Since 2008, the Hunter Park GardenHouse has empowered neighbors to grow, prepare, and eat healthy food to better their health and become better connected with the community.

## Crop Profile

### *Brussels Sprouts*

As its name so claims, Brussels sprouts originated in the capital city of Belgium. Just like its close cousins, cauliflower or broccoli, Brussels sprouts stemmed from a wild species native to the Mediterranean area. Though in the seedling stage and early development the plant closely resembles the common cabbage, the main stem grows to a height of two to three feet and the buds all along this tall stem develop in small heads (sprouts) that resemble cabbage though are much smaller. Since it grows vertically, it has the great advantage of requiring less land area. Store fresh, unwashed Brussel sprouts, either loose or on the stalk, in the crisper drawer of your fridge inside of an airtight bag or container. Brussels sprouts are sweet and nutty, though can be slightly bitter, especially when eaten raw!

ALLEN  
NEIGHBORHOOD CENTER

**Veggie Box**

## What's in the Box?

**Organic Brussels Sprouts**, *Lake Divide Farm*, Stockbridge

**Garlic**, *Titus Farms*, Leslie

**Butternut Squash**, *Green Eagle Farm*, Onondaga

**Ida Red Apples**, *Hillcrest Farms*, Eaton Rapids

**Carrots**, *Yoder Family Cooperative*, Leslie

**Russet Potatoes**, *Hillcrest Farms*, Eaton Rapids

**Thyme**, *Hunter Park GardenHouse*, Lansing

**Organic Red Onions**, *Cinzori Farms*, Ceresco

**Organic Sweet Onions**, *Cinzori Farms*, Ceresco

## 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

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

# Recipes and Tips!

## Veggie Box Stuffing

16 cups day-old, cubed French or Italian bread  
3 cloves of Veggie Box garlic, minced  
1 cup of diced Veggie Box onion  
3 stalks of celery diced  
1 cup of shredded Veggie Box Brussels sprouts.  
2 Veggie Box apples cored and diced  
2 1/2 cups of vegetable broth  
1 1/2 tbsp of sage, chopped  
1 tsp of Veggie Box thyme  
1 tbsp parsley  
1 1/2 teaspoons kosher salt cracked pepper to taste  
5 Tablespoons butter

**Preheat the oven to 375°F. Melt the butter in a pot over medium heat. Add the onions, garlic, celery, sprouts, sage, parsley, and thyme and cook for 5-7 minutes or until softened. Add the broth, bring to a simmer, then remove from the heat. Stir in the cubed bread and diced apples. Transfer the mixture to a buttered baking dish. Cover and bake for 30 minutes. Uncover and bake for 15-20 minutes or until the top is golden brown**

## Roasted Balsamic Brussels Sprouts

Veggie Box Brussels sprouts  
3 Tbsp balsamic vinegar  
Salt and pepper to taste  
3 Tbsp olive oil

**Heat the oven to 375F. Rinse the Brussels sprouts. Trim the ends off the sprouts and slice them in half lengthwise. Place them in a single layer on a foil-lined baking sheet. In a small bowl whisk vinegar, salt, and pepper. While whisking slowly drizzle olive oil and whisk until combined. Drizzle olive oil and vinegar dressing over sprouts, reserve a little for serving. Gently toss to coat. Roast for 25 minutes, turning once. Enjoy!**

## Mini Apple Pies!!

1/2 cups all purpose flour, plus more rolling  
1 1/2 Tbsp minced Veggie Box thyme (optional)  
1 1/2 Tbsp white sugar  
3/4 tsp salt  
1 cup (2 sticks) unsalted butter, cold and cubed  
5 to 6 Tbsp ice water  
Veggie Box apples, peeled and diced small (about 3 cups)  
1/4 cup white sugar

1/4 cup packed light brown sugar  
1 tsp cinnamon  
2 Tbsp all purpose flour  
1 large egg, whisked with 1 Tbsp water

**For the crust: combine flour, rosemary (optional), sugar and salt. Pulse until just combined then add the cubed butter and pulse until mixture resembles wet sand. While the food processor is running, slowly stream in ice water a few spoons at a time until dough comes together into a cohesive ball. Wrap the ball in plastic wrap and refrigerate for 30 minutes. Lightly flour your work surface and roll out dough until 1/4-inch thick. Using a 4-inch cookie cutter (or cup) cut out 12 circles. Arrange each circle in a muffin tin cup and press it down and up the edges. Keep dough scraps for lattice or other decorations.**

**Filling: preheat oven to 425F. Mix diced apples, sugar, cinnamon, and flour in a large bowl. Divide the mixture among muffin tins and top each mini pie with a woven lattice or cut-out shapes. Brush top of pies with egg wash then sprinkle them with sugar if desired. Bake the pies until golden brown about 16-18 minutes. Remove from oven and let cool completely before removing.**

## Curried Butternut Squash Soup

1 Tbsp. coconut oil  
1/3 cup of minced Veggie Box onion  
2 cloves of Veggie Box minced garlic  
6 cups of chopped Veggie Box squash  
1 pinch salt  
1 pinch pepper  
1/4 tbsp. curry powder  
1/4 tsp. ground cinnamon  
14oz can coconut milk  
2 cups vegetable broth  
2-3 Tbsp. maple syrup  
red pepper flakes

**Halve butternut squash and scoop out guts. Preheat oven to 400 and bake for 30-40 minutes or until cooked through. Heat large pot over medium heat. Add oil, onions, and garlic. Sauté for 2 minutes. Add squash, salt, pepper, curry powder, and cinnamon. Stir to coat. Cover and cook for 4 minutes, stirring occasionally. Add coconut milk, vegetable broth, maple syrup, and red pepper flakes. Bring to a low boil and then reduce to low heat, cover, and simmer for 15 minutes. Use an immersion blender to puree until creamy and smooth.**