

Veggie Box Newsletter

Week 9, November 8

Welcome to week nine of the Fall Veggie Box! Today 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. At the local legislative level, positions in the State Senate and Michigan House of Representatives 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, the trustee for MSU, and the Governor of Wayne State University. On the non-partisan section, the Justice of the 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. 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 after-school 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 our local

ALLEN
MICHIGAN 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, *MSU Student Organic Farm, Holt*

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*

food system, get out and vote!

Producer Spotlight

Monroe Family Organics

Monroe Family Organics is very much the fruition of a dream set in motion 25 years ago, and finally realized in 2011. After having a stall at the local Alma farmers market the summer he was 16, Fred Monroe was hooked on organic vegetable production. So off he went to Michigan State to earn his bachelor's degree in horticulture & agribusiness. During this time he worked at MSUSOF and interned at Angelic Organics, a very large CSA farm south of Chicago (where he met his wife Michele). In 2010, Fred & Michele set to work acquiring land, buying a house, & rounding up equipment for the first farm season. Over the next few years, they continued to add more crops, more animals, more CSA drop-offs, more delivery options, and more local mid-Michigan store and restaurant partners. 2022 marks Monroe Family Organics' twelfth season.

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.

Newsletters are available online at bit.ly/veggieboxnewsletters

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 teaspoon salt
1/2 teaspoon sesame oil
1 tablespoon shaoxing wine (plus 1 teaspoon)
3 tablespoons vegetable oil
3-5 dried red chilis
2 cloves garlic (chopped)
1 scallion (chopped)
1 teaspoon oyster sauce
1/2 teaspoon sugar
1/2 teaspoon soy sauce
1/8 teaspoon 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 tablespoon 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!