

Veggie Box Newsletter

Week 13, December 6

Welcome to week 13 of the Fall Veggie Box! Eating and shopping for local food is fairly easy during the warmest months of the year where a wide variety of fresh fruits and vegetables are available and farmers markets pop up all over Michigan. But what about during the winter months? While buying and eating local foods may seem more difficult when the cold temperatures arrive, many farmers markets are open year-round for a wide selection of winter produce and value-added foods, including our own Allen Farmers Market. While we can't deny that growing options are more limited for farmers during the winter, the use of different season extension techniques enables a wide variety of foods to be grown, even when there is snow on the ground! Food can be grown in a protected environment like a hoophouse, or late season crops can be stored to be sold and consumed throughout the winter. Preservation techniques are also important when it comes to eating local during the winter—as local food consumers we can plan ahead for the cold months by canning, pickling, fermenting, drying, and freezing foods to enjoy during the winter. So although only one week of Fall Veggie Box is left, you can still continue to support local food by shopping at a local farmers market or co-op (and maybe your freezer)!

Producer Spotlight

ANC Youth Service Corps

The ANC Youth Service Corps was first assembled in 1999, and is a community-service based agriculture, culinary arts, and business management program for youth aged 11-17 that also earns members gift cards for participation. Members learn about sustainable agriculture and business practices while growing and creating their own products and services to market to the Eastside. Xavier, age 13, worked for weeks to collect and process the ingredients in his herbal tea blend, Ginger Soul. When asked about the most enjoyable part of the tea making process, he stated that it's drinking them. "You're gonna want to prepare yourself for Ginger Soul," he says, "it's a pretty powerful ginger tea with a hint of apple." Xavier hopes to continue making teas that will appeal to most community members, and wants everyone to know that more are coming.

Crop Profile

Kossack Kohlrabi

Kohlrabi is a hardy, annual vegetable that is primarily consumed in some European countries, although it has also become a staple vegetable in northern India. It is actually a cultivar of cabbage and was specifically bred as a hardier version of cruciferous vegetables, which often can't grow in as harsh of conditions. This bulbous vegetable is encased in two harder shells of leaves, which typically do not soften when cooked. You can use the kohlrabi root as well as the leaves in your diet. The Kossack variety is a particularly large variety of kohlrabi, and like other varieties can be stored for up to 4 months in a cold location. It tastes somewhat like a broccoli stem and is often softer, even taking on the consistency of an apple at times. The roots and stems are often used in salads in a similar way as carrots or broccoli. The whole stem can also be hollowed and stuffed with meats, grain, and veggies and then baked, or you can make a simple roast with parmesan to enjoy these hardy roots.



What's in the Box?

Goldrush Apples, *Hillcrest Farms*, Eaton Rapids
Kossack Kohlrabi, *Titus Farms*,
Organic Garlic, *Cinzori Farms*, Ceresco
Ginger, *Peckham Farms*, Lansing
Organic Spinach, *MSU Student Organic Farm*, Holt
Organic Onions, *Cinzori Farms*, Ceresco
Organic Carnival Squash, *MSU Student Organic Farm*, Holt

Add-Ons

Eggs, *Grazing Fields Cooperative*, Charlotte
Bread, *Stone Circle BakeHouse*, Holt
Chevre, *Hickory Knoll Farms Creamery*, Onondaga
Cheese, *Hickory Knoll Farms Creamery*, Onondaga
Kombucha, *Apple Blossom Kombucha*, Lansing
Coffee, *The 517 Coffee Company*, Lansing
Honey, *Beebehavior Ranch*, Ovid
Tea, *ANC's Youth Service Corps*, Lansing
Organic Navy Beans, *Ferris Organic Farm*, Eaton Rapids
Meat, *Heffron Farms Market*, Belding
Pork, *Grazing Fields Cooperative*, Charlotte
Beef, *Heffron Farms Market*, Belding
Chicken, *Heffron Farms Market*, Belding

Recipes and Tips!



Kohlrabi Fritters

Veggie Box Kohlrabi

1 large egg

2 Tbsp all-purpose flour

1 cup canola oil

Salt, pepper, other desired seasonings) to taste

Peel the kohlrabi completely- the outer skin is quite tough which you don't want in your fritters! Grate the kohlrabi or use a grater attachment in a food processor. Once grated, place into a kitchen towel or several paper towels and squeeze as much liquid out as you can. The drier it is the easier it will be to cook the fritters. Beat the egg thoroughly in a bowl then combine with the dry, grated kohlrabi.

Sprinkle the mixture with flour and salt/pepper/other desired seasonings and combine. Heat a layer of oil about ¼" deep in a large pan or pot over medium-high heat until oil shimmers when swirled. The batter should sizzle immediately when dropped in. Put generous spoonfuls of batter into the pan and flatten them with the back of a spoon. Partially cover and cook until browned on one side, 2-3minutes, flip, then partially cover again until tender and browned on both sides. Transfer to a paper towel to drain. Repeat with remaining batter and serve immediately.

Apple Spinach Salad

Veggie Box Spinach

1-2 Veggie Box Apples, cored and thinly sliced

½ small red onion, thinly sliced

½ cup chopped walnuts

1/3 cup dried cranberries

3 oz crumbled goat cheese

Apple Cider Vinaigrette

¼ cup extra virgin olive oil

2 Tbsp apple cider vinegar

2 Tbsp honey

1 tsp Dijon mustard

1 clove Veggie Box Garlic, peeled and minced

Salt and pepper to taste

Combine all the vinaigrette ingredients and whisk vigorously (or shake in a jar) to combine. Toss the salad ingredients, drizzle with vinaigrette and toss to combine. Serve immediately.

Kohlrabi Risotto

1/2 cup (or more) Veggie Box kohlrabi, diced 1/2" cubes

8 cups chicken or veggie broth

1 Tbsp olive oil

Half a veggie Box onion, diced

1 1/2 cups arborio rice

2 cloves of Veggie Box garlic, minced

1/2 cup of dry white wine

1/4 parmesan cheese

2 tbsp parsley

Peel the kohlrabi and dice into about half-inch cubes. Place broth in a pot and bring to a simmer over medium heat. Turn the heat to low. In a different pan or skillet, heat olive oil over medium heat. Add in the onion and a pinch of salt and cook for about 3 minutes. Add the kohlrabi and garlic and cook until the kohlrabi is crisp-tender, about 5 minutes. Add the rice and stir until the grains separate and begin to crackle. Add the wine and stir until it has evaporated and been absorbed by the rice. Begin adding in the arm broth about half a cup at a time until the rice is just covered. Cook, stirring often, until it is just about absorbed. Add another ladleful or two of the stock and continue to cook in this fashion, adding more stock and stirring when the rice is almost dry. Add another ladleful of stock to the rice. Stir in the Parmesan and the parsley and remove from the heat.



Ginger Garlic (GG) Paste

Equal parts Veggie Box ginger (washed and peeled) and Veggie Box garlic (peeled with ends chopped off)

Peel the ginger- you can use the spoon technique where you firmly scrape a spoon over the ginger skin in a repeated forward motion until all the peel is gone. Once peeled cut into small chunks so it breaks down well into the food processor. Add ginger and garlic into the food processor and add a splash of vinegar and water (you could also use a splash of oil and lime juice). Don't puree into a smooth paste, it's okay if it's a little coarse. Your homemade GG paste can be stored in an airtight container in the fridge for 3-5 weeks.