

# Veggie Box Newsletter

Fall Week 10, Thursday, November 16th

Climate change will affect parts of the world in drastically different ways, with drier climates experiencing more severe droughts and wetter climates experiencing more intense rain and floods. Here in cloudy Michigan, we will see an overall increase in rainfall and higher temperatures. Agriculture is directly affected by climate change due to droughts, flooding, groundwater salinization, more frequent and extreme weather events, increasing species extinction, and the spread of old and new diseases.

So how can farming combat climate change? As a rule of thumb, diversification reduces vulnerability to extreme conditions and increases resilience. Monoculture regions, or the cultivation of a single crop in an area, are more exposed and vulnerable to extreme weather events. In Michigan, many large farms grow subsidy crops, or crops that have a government incentive attached to them, such as corn and soybeans. These subsidy crops are meant to ensure that we have a stable food system. However, the overproduction and consumption of corn and oil seeds are not healthy for us or the environment. In the long term, it is more sustainable to grow a wide array of crops through techniques such as food forests and permaculture – we must remember that nature is the most adaptable practice we have at our fingertips.

The small-scale farms who provide to Veggie Box grow a large variety of produce in structures like hoopouses and greenhouses, along with sustainable farming methods, which ensures stability within the food system. A transition to a slower and more local food systems ensures that we will be able to cope with a changing climate. Supporting local, diverse agriculture is an important first step to make towards this transition. Of course, the food grown in these smaller-scale, more sustainable ways are not grown in the volume we need to support a planet of people, but what could a solution look like? How do we combine what's practical and what's sustainable?

## Producer Spotlight *Cinzori Farms*

Cinzori Farms is part of an Agriculture Cooperative and was one of the first farms in Michigan to become organically certified in 1985. The farm has grown a great deal since it was first established, and now occupies more than 60 acres – all of which are used to propagate fresh herbs and produce. Cinzori Farms is owned and operated by father and son, Don and Anthony Cinzori, and sells at a number of Michigan farmers markets, as well as Michigan grocery stores.

## Crop Profile *Rutabaga*

The rutabaga is a root vegetable, a cross between a cabbage and a turnip. This root can be prepared in a variety of ways, and the leaves can also be eaten. Various European countries have a tradition of carving them into lanterns at Halloween, similar to the way we carve pumpkins today! Introduction to North America came in the early 19th century with reports of rutabaga crops in Illinois as early as 1817. Rutabaga can be cooked in a variety of ways: roasted, baked, boiled, as a flavor enhancer in soups, uncooked and thinly julienned as a side dish or in a salad, and as the major ingredient in the popular Finnish Christmas dish lanttulaatikko (swede casserole). Rutabaga is nice baked into a casserole with potatoes and cheese- gruyere is a popular favorite! The flavor of raw rutabaga tastes milder than turnips, almost like a carrot without sweetness. It's crisp, juicy, and just a tiny bit piquant. Rutabagas truly shine in baked dishes -- the pasty is a beloved northern Michigan tradition which usually includes rutabaga.



## What's in the Box?

**Organic Rutabaga**, MSU Student Organic Farm, *Holt*  
**Organic Red Beets**, MSU Student Organic Farm, *Holt*  
**Salad Mix**, Hunter Park GardenHouse, *Lansing Eastside*  
**Organic Green Kale**, Green Wagon Farm, *Ada*  
**Organic Watermelon Radish**, Green Wagon Farm, *Ada*  
**Italian Flat Leaf Parsley**, Ten Hens Farm, *Bath*  
**Organic Yellow Sweet Onions**, Cinzori Farms, *Ceresco*

## Add-ons

**Bread**, Stone Circle Bakehouse, *Holt*  
**Coffee**, 517 Coffee Company, *Lansing*  
**Tea**, ANC's Youth Service Corps, *Lansing*  
**Kombucha**, Apple Blossom Kombucha, *Lansing*  
**Meat**, Heffron Farms Market, *Belding*

# Recipes and Tips!

## Watermelon Radish Toast

- 2 pieces Stone Circle bread (or what you have available)
- 1 Veggie Box watermelon radish, sliced into ¼ inch pieces
- 2 ounces herbed goat cheese
- 2 teaspoons olive oil
- pinch of flaky sea salt and pepper
- sprinkle of last week's Veggie Box pea shoots

Toast the bread. Spread a layer of goat cheese onto both slices of bread, then top with the watermelon radish slices. Drizzle the toast with olive oil and then sprinkle with salt, pepper, and pea shoots.



## Chimichurri

- 1/2 cup olive oil
- 2 tablespoons red wine vinegar
- 1/2 cup finely chopped Veggie Box parsley
- 3-4 cloves last week's Veggie Box garlic, finely chopped or minced
- 2 small red chilies, or 1 red chili, deseeded and finely chopped (about 1 tablespoon finely chopped chili)
- 3/4 teaspoon dried oregano
- 1 level teaspoon coarse salt
- pepper, to taste (about 1/2 teaspoon)

Mix all ingredients together in a bowl. Allow to sit for 5-10 minutes to release all of the flavors into the oil before using. Ideally, let it sit for more than 2 hours, if time allows.



## Pasty

### Shortcrust Pastry:

- 3 1/2 cups all-purpose flour
- 1 tsp salt
- 10 tbsp unsalted butter, very cold, diced
- 3/4 cup lard, very cold
- 2/3 cup ice cold water
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Place flour and salt in a food processor and pulse until combined. Add cold butter and lard, pulse a few more times until the mixture resembles coarse crumbs. Add water a little at a time, pulsing between additions, until the mixture begins to come together. Form the dough into a ball, flatten into a 1-inch thick disk, wrap in plastic wrap and refrigerate for at least 3 hours (this is crucial).

### Filling:

- 1 pound beef skirt steak or sirloin, cut into small cubes (for vegetarian option, leave out the meat and add more vegetables!)
- 1 lb firm, waxy potato, peeled, diced in 1/4 inch cubes or sliced (per personal preference)
- 1/2 lb Veggie Box rutabaga, peeled, diced in 1/4 inch cubes or sliced (per personal preference)
- 1 1/3 cup of Veggie Box yellow onion, chopped
- 4 cloves of last week's Veggie Box garlic, minced
- salt and pepper to taste
- unsalted butter (for cutting in slices to lay inside the pasties)
- All-purpose flour for sprinkling
- 1 large egg, lightly beaten

Preheat the oven to 350 degrees. Roll the pastry dough into a log and cut it into 6 equal pieces. Wrap and keep the other 5 pieces chilled in the fridge while you're working on one at a time. Roll the dough out on a lightly floured work surface to a 8 inch circle, about 1/8 inch thick. Layer the filling (each ingredient to be divided out between 6 pasties, there may be some excess remaining): Put layer of potatoes down the center of the pastry circle, leaving about 3/4 inch space on the top and bottom edges of the pastry dough. Lightly sprinkle with salt and pepper. Next add a layer of rutabagas, onions and finally the beef, adding a light sprinkling of salt and pepper between each layer. Lay a couple of pats of butter on top of the beef and sprinkle a little flour over the filling. Wet the tips of your fingers and lightly moisten the edges of the pastry dough. Bring the sides up and seal the pasty down the middle. Turn the pasty onto its side and crimp the edges. Assemble the remaining pasties and lay them on a lined baking sheet. Use a sharp knife to cut a slit in the center of each pasty. Lightly brush each pasty with the beaten egg mixture. Bake the pasties on the middle rack for 40-50 minutes until golden in color. Remove from the oven and let them sit for about 10 minutes.