

Veggie Box Newsletter

Fall Week 11, Thursday, November 23

22nd



The Thanksgiving meal we consider traditional usually consists of dishes like turkey, mashed potatoes, green bean casserole, pumpkin pie, and more. How did these become holiday mainstays? Wild turkey may have been 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. Fall produce, like vegetables, sweet potatoes, and brussels sprouts, are in season this time of year. Other staple dishes rose in popularity due to corporate sponsorship. Marshmallows, for example, were aggressively promoted by the Angelus Company. Their 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. 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 still found on many Thanksgiving tables today. There's nothing wrong with eating packaged foods during Thanksgiving, but it's also easy and fun to give old favorites new life with fresh, 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 to make your own traditions, 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 land on your Thanksgiving table. Thank you for supporting local food!

Producer Spotlight *Hillcrest Farms*

Hillcrest Farms is a four season farm in Eaton Rapids that offers an extensive selection of fresh produce. Owner, Mark Kastner, started farming in 2008 gaining inspiration from his grandmother, a fantastic chef and farmer with whom he spent summers with as a child. Now he is known around town for his deliciously unique spinach and salad mix, as well as for the impeccable quality of the rest of his produce. His sustainable farming practices assure customers that products are safely produced with regards to environment and human health.

Crop Profile *Brussels Sprouts*

Brussels sprouts first appeared in northern Europe during the fifth century, later being cultivated in the 13th century near Brussels, which is where they got their name. Brussels sprouts grow on tall stalks, and the tasty buds are cut off before they are eaten. They boast various health benefits, such as helping to maintain healthy blood sugar levels, reducing inflammation, and are high in nutrients and antioxidants! Brussels sprouts can be prepared many different ways, but some of our favorites are roasted with balsamic vinegar and almonds, sautéed with olive oil, salt and pepper, or steamed with butter and parmesan cheese. Some other popular toppings are pistachios, pine nuts, brown sugar, or apple cider vinegar. Store fresh, unwashed brussels sprouts, either loose or on the stalk, in the crisper drawer of your fridge inside an airtight bag or container. They should last up to a week if stored correctly.

What's in the Box?

Organic Garlic, MSU Student Organic Farm, *Holt*
Organic Sweet Potatoes, Green Wagon Farm, *Ada*
Organic Mini Romaine, Green Wagon Farm, *Ada*
Ginger, Peckham Farms, *Lansing*
Organic Yellow Cooking Onions, Cinzori Farms, *Ceresco*
Organic Brussels Sprouts, Lake Divide Farm, *Stockbridge*
Red Potatoes, Hillcrest Farms, *Eaton Rapids*
Ida Red Apples, Hillcrest Farms, *Eaton Rapids*
Rosemary, Hunter Park GardenHouse, *Lansing's Eastside*
Sage, Titus Farms, *Leslie*
Butternut Squash, Titus Farms, *Leslie*

Add-ons

Eggs, Grazing Fields Cooperative, *Charlotte*
Bread, Stone Circle Bakehouse, *Holt*
Organic Dry Beans, Ferris Organic Farms, *Eaton Rapids*
Honey, Beebehavior Ranch, *Ovid*
Meat, Grazing Fields Cooperative, *Charlotte*
Chicken, Ham Sweet Farm, *Williamston*
Beef, Heffron Farms Market, *Belding*
Pork, Grazing Fields Cooperative, *Charlotte*

Recipes and Tips!

Honey Ginger Sweet Potatoes

- Full share Veggie Box sweet potatoes, peeled and cubed
- 1/4 cup honey
- 1.5 tablespoons Veggie Box fresh ginger, grated
- 1 tablespoons cooking oil
- 1/2 teaspoon ground cardamom
- 1/4 teaspoon ground black pepper

Preheat the oven to 400 degrees F. Toss sweet potatoes, honey, ginger, oil, cardamom, and pepper together in a large bowl. Transfer to a large cast iron skillet. Bake in the preheated oven until sweet potatoes are tender and caramelized, about 40 minutes, stirring halfway through. Serve hot.

Crust:

Mini Apple Pies

- 1/2 cups all purpose flour, plus more rolling
- 1 1/2 Tbsp minced Veggie Box rosemary (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

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 spoonful 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:

- 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

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.

Butternut Squash,

Brussels Sprouts, and Apple Stuffing

- 1 Veggie Box butternut squash, cubed
- 1 share Veggie Box brussels sprouts, halved
- 1 Veggie Box Ida Red apple, cut into a 1/2 inch dice
- 2 shallots, thinly sliced
- 3 tablespoons olive oil, divided into 2 tbsp and 1 tbsp
- 1 cup Veggie Box onion, diced
- 1 cup celery, diced
- 10 slices bread of choice: this week's Stone Circle add-on, crusty sourdough, dry cornbread, whole grain, or a gluten free bread. Prior to preparing the recipe, leave bread out for a day to become slightly dry, then cut into cubes.
- 1 1/2 cups vegetable broth (plus extra as needed)
- 2 teaspoons Veggie Box rosemary, chopped
- 1 teaspoon fresh thyme
- 1 teaspoon chopped Veggie Box sage
- 1/3 cup dried cranberries
- 1/3 cup pecans or walnuts
- Sea salt and pepper to taste

Heat oven to 400F. Toss the squash, brussels sprouts, apples, and shallots in 2 tbsp oil and season well with salt and pepper. Roast till vegetables are very tender (some prefer sprouts a bit singed) and remove from oven. Reduce oven to 350.

Heat tbsp oil in a large pot. Sautee the onion and celery till translucent (about 5-8 min). Add the bread cubes and allow them to get golden brown with the veggies in the oil. Add a dash of salt and pepper.

Add the roasted vegetables, vegetable broth, cranberries, pecans, and seasonings. Stir the mix till the broth has almost entirely absorbed in the toasted bread. Transfer to a baking sheet and bake at 350 for about 20 minutes. Serve hot.

