

Veggie Box Newsletter

Fall Week 14, Thursday, December 14th

Welcome to the final week of the Fall Veggie Box!

In 2023, we distributed **7,948 boxes** of fresh, in-season produce over **40 weeks**, during our **spring, summer, and fall** seasons. Through your participation, the Veggie Box program was able to support over **32 local farms** and small food producers in the mid-Michigan region. Over **50 types of produce** were in the Veggie Box this fall, not even counting the many different varieties—for example, you saw **seven varieties of apples** this season!

Part of eating local is learning how to prepare and celebrate seasonal foods. Did being part of Veggie Box push you to reimagine the way you understand, prepare and consume food this year? We hope you leave this season feeling more connected to your food producers and aware of the processes that feed our community. Veggie Box may have been challenging for you in some ways—you might have struggled to use what you got in your box, especially if it was unfamiliar or uncommon produce. Did you learn how to prepare something new in a way you enjoyed? You may not have been accustomed to eating the amount of fresh produce provided each week, or weren't used to cooking as frequently. We hope Veggie Box helped open your minds and taste buds. Maybe our tips and recipes helped you find inspiration, or maybe Veggie Box members who shared their own recipes or tips in the Veggie Box Facebook group helped you feel connected through food! Thank you for prioritizing preparing and eating foods that were grown and produced right here in our communities by our family, friends, and neighbors. None of this would have been accomplished without your participation. As always, thank you for supporting local food and we'll see you in 2024!

Producer Spotlight *ANC's Youth Service Corps*

The ANC Youth Service Corps was first assembled over 23 years ago 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 local business practices while growing and creating their own products and services to market to the Lansing Eastside community.

Crop Profile *Daikon Radish*

Also known as Japanese horseradish or mooli, daikon looks like a bigger, more cylindrical parsnip. If its flavor can be likened to anything, it is reminiscent of a finer, less fiery radish. Native to Southeast and continental East Asia, daikons are harvested throughout the region. Daikon radishes are a staple in Asian cuisine, the name daikon is Japanese for "great root." They're a prolific vegetable and can often grow up to 20" in length with a diameter of 4". Most commonly they are white, but red, green and purple daikon can also be found. These radishes have a fine texture for pickling, and are often pickled with carrots to add a sour or sweet kick to dishes. Other popular methods of cooking this root include roasting or eating raw in a fresh salad!



What's in the Box?

Golden Delicious Apples, Phillips Orchard and Cider Mills, *St. Johns*
Garlic, Ten Hens Farm, *Bath*
Organic Daikon Radishes, MSU Student Organic Farm, *Holt*
Organic Yellow Onions, MSU Student Organic Farm, *Holt*
Organic Squash (mixed variety), Monroe Family Organics, *Alma*
Ginger, Peckham Farms, *Lansing*
Organic Mixed Salad Greens, Green Wagon Farm, *Ada*
Organic Bok Choy OR Tatsoi, Green Wagon Farm, *Ada*

Add-ons

Bread, Stone Circle Bakehouse, *Holt*
Coffee, 517 Coffee Company, *Lansing*
Tea, ANC's Youth Service Corps, *Lansing's Eastside*
Kombucha, Apple Blossom Kombucha, *Lansing*
Organic Dry Beans, Ferris Organic Farms, *Eaton Rapids*
Meat, Heffron Farms Market, *Belding*

Recipes and Tips!

Ginger Baked Apple

- 3/4 cup toasted walnuts, chopped
- 1/4 cup (packed) light brown sugar
- 2 tablespoons maple syrup
- 1 1/2 teaspoons finely grated lemon peel
- 2 teaspoons Veggie Box ginger, finely minced
- 1/2 cup whipping cream
- 4 Veggie Box apples
- Butter (for greasing foil)
- 1/4 cup apple juice (bonus points if it's from your remaining Veggie Box apples)

Combine first 5 ingredients in small bowl. Mix in cream. Let stand until sugar dissolves and filling thickens, stirring occasionally, about 30 minutes. Preheat oven to 350°F. Using small sharp knife and starting at side of apple at center point, cut around each apple to make slit in skin to prevent bursting. Using small end of melon baller, scoop out core and all seeds to within 1/2 inch of bottom. Place apples upright in 8x8x2-inch glass baking dish. Spoon filling into hollow of each apple. Mound remaining filling on top of each apple (some may slide down sides). Pour juice around apples. Butter large sheet of foil. Loosely tent dish with foil, buttered side down.

Bake apples until barely tender, about 1 hour. Uncover and bake until apples are very tender and sauce is bubbling thickly, about 20 minutes longer. Transfer apples and sauce to bowls.

Serving suggestion: pair with Greek yogurt or vanilla ice cream.



Pim's Thai Ginger Stir-fry

- 1-2 tablespoons of oil
- 3oz Veggie Box ginger, very thinly sliced
- 2 clove of Veggie Box garlic, minced
- 1 cup of Veggie Box yellow onion, sliced
- 1 cup of mushrooms (ex: Shiitake, Oyster, white button)
- 1/4 cup green onion, cut in 1 inch size
- Sliced Red bell pepper for coloring
- 1 tablespoon soy sauce
- 1 1/2 tablespoons oyster sauce
- 1 teaspoon of sugar
- (Vegetarian Option) 1/2 cup of firm tofu, diced
- (Meat Option) 1/2 lb chicken, sliced

With Tofu:

Shimmering the oil in a wok, add garlic and ginger and turn the temperature to medium heat. Stir-fry for 1-2 minute, until ginger begins to brown. Add mushroom, onion, green onion, bell pepper and tofu. Turn temperature to high and add soy sauce, oyster sauce and sugar. Stir-fry briefly until combined and cooked through, approximately 1 minute. Serve with steamed jasmine rice. Enjoy!

With Chicken:

Marinate raw, sliced chicken in a plastic ziploc or covered dish with 1/2 teaspoon of oyster sauce for 10-15 minute. Shimmering the oil in a wok, add garlic and ginger. Stir fry over medium heat for 1-2 minutes, until ginger begins to brown. Add marinated chicken, stir frying until almost cooked, 5-7 minutes. Add mushroom, onion, green onion, and bell pepper. Turn temperature to high, and add soy sauce, oyster sauce and sugar. Stir-fry briefly until combined and cooked through, approx 1 minute. Serve with steamed jasmine rice. Enjoy!

This recipe was shared by Veggie Box volunteer Pimpimon Kaewmanee. Pim is an MSU visiting Fellow through the Fulbright Exchange Program, and studies agricultural economics and carbon capture in Thailand.