

Veggie Box Newsletter

Fall Week 2, Tuesday September 19

Fresh fruits and vegetables are bountiful now, but we all know that a long and cold winter is coming soon. Luckily, there are ways to preserve the abundance of summer and fall, so we can continue to enjoy local in winter!

Fermentation is an ancient method of food preservation: yogurt, kombucha, kefir, sauerkraut, sourdough, and kimchi are all examples of fermented foods. The process of fermentation involves bacteria or yeasts breaking down the carbohydrates of different foods into alcohol or acids, which extends the shelf life. In some cases it also provides health benefits, as some fermented foods contain probiotics that are great for gut health and digestion. **Pickling** is a method of food preservation, using vinegar and fermentation. Use strong vinegars, kosher or pickling salt, and store jars in a dark and cool place until opened. **Fridge pickling**, which has a shorter shelf life, is another easy way to create delicious food without having to worry about storage life -- if you're sure you'll eat the delicious results within a few weeks, this is a quick method! **Canning** is a popular way to preserve fruits and vegetables into things like jams, jellies, sauces, and more. Water bath and pressure canning are two types of canning, both of which require exact timing and temperatures to ensure your canned goods are safe. Fermenting, pickling and canning require following recipes with precise times and temperatures, so as to not accidentally make and consume harmful bacteria. **Dehydrating** is another method of preserving food, especially herbs and fruits! You can dehydrate foods with a dehydrator, toaster oven, or home oven. **Freezing** is another quick preservation method. Many vegetables benefit from being **blanched** (briefly added to boiling water, 2-3 minutes, then transferred to an ice bath) before freezing to retain color, texture and taste.

Producer Spotlight *Owosso Organics*

Owosso Organics is a family-owned, certified organic vegetable and cut flower farm located four miles west of Owosso. Starting from a small postage stamp garden in 1978, Richard Bowie, Pooh Stevenson and their daughters Cody and Taylor now farm over seven acres of their eighty acre farm, along with eight greenhouses of over 15,000 square feet. They have been certified organic since 1994, and are currently certified with Global Organic Alliance. Their mission is to provide specialty artisan produce and flowers grown with great care and impeccable service available locally to enrich the lives and palates of all people who seek their business assisting in bridging urban and rural communities together. When the family first began farming, they planted a small orchard of mixed apple varieties, both sweet and tart. The **farm apples** in the box this week are the result!

Crop Profile *Hakurei Turnip*

Like all turnips, the **Hakurei turnip** is a member of the Brassica family. Also known as a Tokyo turnip or salad turnip, this Japanese variety has a crisp, delicious raw flavor. Unlike other turnip varieties, hakurei do not need to be cooked. They have an even-textured density and the flavor pairs well with a variety of different food items. Eat them raw (just whole, or chopped/grated in salads), make a quick pickle, or cook to enhance their natural sweetness. For longterm storage, cut off the greens and store in the crisper drawer with a slightly damp cloth -- they can last 4-5 months if stored correctly.



What's in the Box?

Organic Hakurei Turnips, *Lake Divide Farm, Stockbridge*
Komatsuna, *Hunter Park Gardenhouse, Lansing*
Lemongrass, *Hunter Park Gardenhouse, Lansing*
Salad Mix, *Hunter Park Gardenhouse, Lansing*
Garlic, *Wildflower Eco Farm, Bath*
Cherry Tomatoes, *Peckham Farms, Lansing*
Organic Yellow Onions, *Owosso Organics, Owosso*
Organic Farm Apples, *Owosso Organics, Owosso*
Organic Delicata Squash, *Monroe Family Organics, Ada*

Add-Ons

Bread, *Stone Circle Bakehouse, Holt*
Meat Variety, *Grazing Fields Cooperative, Charlotte*
Tea, *ANC's Youth Service Corp, Lansing*
Kombucha, *Apple Blossom Kombucha, Lansing*
Organic Dry Beans, *Ferris Organic Farms, Eaton Rapids*
Coffee, *517 Coffee Company, Lansing*

Recipes and Tips!

Shoyuzuke (Japanese Soy Pickled) Komatsuna

Pickling Liquid

- 1/4 cup soy sauce
- 1+1/2 tbsp rice vinegar
- 2 tbsp sugar

Pickling Vegetables and Seasoning

- 1 large Veggie Box komatsuna
- 3 cloves Veggie Box garlic
- 1 tsp Veggie Box hot pepper (from last week), finely diced
- 1 tsp freshly grated ginger (optional)

Cut komatsuna into 2-inch slices. Add komatsuna to large bowl. Add hot pepper, sugar, soy sauce, and rice vinegar to jar. Mix well. Transfer to large jar or pan that has a lid. Place a large, flat plate on top of komatsuna, and weigh plate down with something heavy, like a mason jar full of water. This will express liquid.

Cover container, and let sit at room temperature for 6 hours. After 6 hours, squeeze out liquid from greens and transfer to an airtight container. Store, refrigerated, for up to a week.

Serve as a piquant side salad, or use as a sandwich topping.



Sweet & Spicy Delicata Squash

- 1 Veggie Box delicata squash
- 2 to 3 small Veggie Box apples
- 1 Veggie Box onion
- 2 tbsp olive oil
- 1 tbsp pumpkin pie spice (or combine to taste: cinnamon, nutmeg, clove and ginger)
- 1 tsp chili powder
- 1/4 tsp cayenne powder
- 1/2 tsp salt

Preheat oven to 425 F. Line a large baking sheet with parchment paper. Wash squash well. Without peeling, cut in half lengthwise. Scoop out seeds, and cut into 1/2 inch slices. Slice onion into 1/2 inch thick slices. Cut apple into 1 to 2 inch chunks. Add olive oil to large bowl, then add squash, apple and onion. Sprinkle in dry spices and toss gently until evenly coated. Layer slices on baking pan in a single layer. Roast 20 minutes, turn, and roast another 15 minutes.



Delicata Squash is a winter squash that is experiencing a surge in popularity. It has a delicate, thin rind that does not require peeling! The creamy, sweet pulp is easy to prepare by roasting and slicing. **Winter squashes** have a harder rind and lower moisture content than summer squashes, making them better suited to long-term storage.