

Veggie Box Newsletter

Fall Week 7, Thursday, October 26th



Did you know that October is Michigan's Apple Month? Apples are synonymous with Fall here in the Midwest, particularly in Michigan where over 14.9 million apple trees in commercial production cover 34,500 acres on 775 family-run farms! Apples are the largest and most valuable fruit crop in Michigan, which is also known as the variety state due to apple farmers growing more than 16 varieties of apples in a diverse array of flavors. It is estimated that Michigan apple growers will harvested approximately 1.344 billion pounds of apples in 2023, making Michigan the third-largest apple producing state in the nation. Apples were brought to North America by colonists in the 17th century and the first apple orchard on the continent was planted by Reverend William Blaxton in 1625. Apple varieties were brought as seeds from Europe and spread along Native American trade routes in addition to being cultivated on colonists' farms. You can celebrate Apple month in a number of ways (if you haven't already) such as by going to a U-pick farm (Michigan has over 200!), visiting one of Michigan's many cider mills, or enjoying apple treats like apple butter, apple pie, and more. This week you can celebrate Apple Month with Jonagold apples grown by Phillips Orchards and Cider Mill. This variety is great for eating as is or making baking into your favorite recipes.

What's in the Box?

Microgreens, Highwater Farms, *Lansing*
Organic Beets, MSU Student Organic Farm, *Holt*
Organic Daikon Radish, Lake Divide Farm, *Stockbridge*
Organic Turnips, Lake Divide Farm, *Stockbridge*
Salad Mix, Hunter Park Garden House, *Lansing's Eastside*
Jonagold Apples, Phillips Orchards and Cider Mill, *St. Johns*

Add-ons

Eggs, Grazing Fields Cooperative, *Charlotte*
Bread, Stone Circle Bakehouse, *Holt*
Meat, Heffron Farms Market, *Belding*
Chicken, Heffron Farms Market, *Belding*
Beef, Heffron Farms Market, *Belding*
Pork, Grazing Fields Cooperative, *Charlotte*

Producer Spotlight *MSU Student Organic Farm*

The MSU Student Organic Farm is a 15 acre year-round educational, organic farm located in Holt, MI about 3 miles south of the Michigan State University campus. Started in 1999 by students who desired a more hands-on learning experience, the farm now offers a nearly year-long intensive program for those interested in learning everything they can about organic farming. Not only do the students tend to the fields, but the program also involves caring for the farm's livestock. MSU's multiple cafeterias source as much produce as they can from the MSUSOF and they also offer a weekly farm stand in the middle of campus for students and public alike.

Crop Profile *Beets*

Beets refer to the taproot of a beet plant, although both the root and its leaves are edible. Did you know chard is the same species as beet, but it doesn't produce an edible root? Originally domesticated in the Middle East, they were also cultivated in Ancient Egypt, Greece, and Rome. Beets contain a substance called geosmin, which is responsible for the fresh soil scent in your garden following rain. Because humans are quite sensitive to geosmin, people tend to either love or hate beets. Use these delicious, nutrition packed veggies in the Eastern European beet soup, borscht, served either hot or cold. You can also enjoy them pickled, roasted, sauteed, or raw! You can store these sturdy root vegetables in the fridge for up to three weeks in a plastic bag in the crisper drawer.

Recipes and Tips!

Easy Oven Roasted Beets

- Veggie Box beets (1 pound)
- 1 tablespoon extra virgin olive oil
- 1 teaspoon thyme leaves, minced
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

Preheat oven to 400 degrees F. Peel each beet. Cut the beets into 1 1/2-inch chunks. (Small beets can be halved, medium ones cut in quarters and large beets cut into eighths.) Place the cut beets on foil-lined baking sheet and toss with olive oil, salt and pepper. Roast for 35 to 40 minutes, turning once or twice with a spatula, until the beets are tender. Add thyme during the last 20 minutes. Remove from the oven. Season with salt and pepper as needed. Serve warm.



Beet, Turnip and Potato Hash

- 1 cup Veggie Box beets, cubed
- 1 tablespoon olive oil + more for roasting
- 1 cup last week's Veggie Box blue potatoes, cubed
- 1 cup Veggie Box turnips, cubed
- 1 of last week's Veggie Box onion, diced
- 3 cloves of last week's Veggie Box garlic, minced
- Salt and black pepper
- 1 1/2 teaspoons of paprika
- 1/2 teaspoon of thyme
- Veggie Box microgreens (for garnish)
- Veggie Box eggs (optional)

Roast Beets: Follow direction on the left.

Skillet Hash: While beets roast, heat olive oil in a large skillet. Add onions and garlic and sauté until translucent. Then add potatoes and turnips, cover, and continue to sauté until tender. Remove lid to let the potatoes and turnips crisp. Season with paprika, thyme, salt and pepper. Once potatoes reach desired crispness, add roasted beets to skillet and mix lightly.

Serve with a fried egg on top, garnished with microgreens!

Spicy Roasted Daikon "French Fries"

- 1-2 Veggie Box daikon radishes, peeled & sliced
- 2 1/2 tablespoons of canola or grapeseed oil
- 3/4 teaspoon chili paste
- 1/2 teaspoon soy sauce or tamari
- 1/4 teaspoon ginger, freshly grated
- 1/4 teaspoon granulated sugar
- 1/4 teaspoon sea salt

Preheat the oven to 450 F, and adjust a rack to the center. Cut the daikon radishes into approx three-inch sections, then into 1/4 inch thick sticks. Add all of the Daikon slices to a baking sheet and set aside. In a small bowl, combine the oil, chili paste, tamari/soy sauce, ginger, sugar and salt. Drizzle this over the daikon slices and then use your hands to toss them until evenly coated and in a single layer. Place the baking sheet in the preheated oven and roast until they begin to darken on the sides, approx. 15 minutes. Then flip once, cooking for 5-10 more minutes. Transfer fries to a paper towel lined plate and serve warm.