

Veggie Box Newsletter

Fall Week 12, Tuesday, November 28



Local food can feel plentiful during the warmest months of the year, when a wide variety of fresh fruits and vegetables are available and farmers markets flourish across Michigan. As winter approaches and temperatures drop, does eating and shopping for local produce feel more challenging? Keep an eye out for farmers markets that stay open year-round, including our own Allen Farmers Market, featuring a wide selection of winter produce and value-added foods.

While growing options are more limited for farmers during the winter, the use of season extension techniques allow for a wide variety of foods to be grown, even when there is snow on the ground! Food can be grown in a protected environment like a hoophouse. Late season crops can be stored, letting farmers continue to sell a diverse inventory throughout the winter.

Preservation techniques are also important when it comes to eating local during the winter—as local food consumers we can plan ahead for the cold months by canning, pickling, fermenting, drying, and freezing foods to enjoy during the winter. So although only two weeks of Fall Veggie Box are left, you can still continue to support local food by shopping at local farmers markets or co-ops (and maybe your freezer)!

Producer Spotlight *Ferris Organic Farms*

The Ferris family farm was established more than 160 years ago and was farmed organically until the early 1950s. The land was farmed conventionally until the 1970s when the farm transitioned to organic to improve the health of the soil. Now the 200-acre farm is certified organic and have an 'on-farm' certified organic dry bean and grain cleaning facility, which was the first of its kind to be certified organic in the Midwest.

Crop Profile *Celeriac*

While you're probably familiar with its close cousin, celery, this week's featured item is actually the root; celeriac! While its green top may look similar to celery, they are actually not the same plant. Celeriac is a bit more uncommon here in the US, but has been enjoyed for centuries throughout Europe. Initially, celeriac was used for religious and medicinal purposes throughout Italy, Greece, and Egypt. While the plant had been known of and used for many years, it wasn't until 1623 that it was actually recorded as a food. That record brought a new popularity to celeriac, which was then widely cultivated throughout Europe by the end of the 1600s. Today, celeriac is great when paired with potatoes, used in stews, featured in a salad...there are many great uses for celeriac! With a few more weeks left of winter weather, it's the perfect time to try out a nice and warm celeriac recipe (hint: look for it on the back page!). We hope you enjoy this unsung hero.

What's in the Box?

Organic Long of Tropea Onion, Cinzori Farms, Ceresco

Organic Collard Greens, Cinzori Farms, Ceresco

Organic Radish 'Black Spanish', Cinzori Farms, Ceresco

Organic Popcorn, Ferris Organic Farm, Eaton Rapids

Kohlrabi, Titus Farms, Leslie

Organic Salad Mix, Green Wagon Farm, Ada

Organic Celeriac, Green Wagon Farm, Ada

Add-ons

Bread, Stone Circle Bakehouse, Holt

Meat, Grazing Fields Cooperative, Charlotte

Coffee, 517 Coffee Company, Lansing

Recipes and Tips!

Black Radish Chips

- 1 LB (full share) Veggie Box black spanish radishes
- olive oil
- salt and pepper

Preheat the oven to 350F. Wash radishes. Remove root and top ends. Slice thinly and evenly, approx 1/8 in. (**Tip:** A kitchen mandolin helps!) Add to large bowl with olive oil, salt and pepper. Toss until well coated.

Line a baking sheet with greased aluminum foil. Arrange radishes in single layer. Bake 20-30 minutes, until lightly brown and slightly crisp.

Tip: These will not get as crispy as regular fried potato chips. Watch carefully from 15 min mark and remove when browned.



Celeriac Mash

- Veggie Box Celeriac
- Last week's Veggie Box potatoes, peeled and cut into 1/2 inch pieces (half share)
- 1/3 cup heavy cream
- 3 tablespoons butter
- Salt and Pepper to taste

Place the celeriac cubes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer 12 minutes. Add the potatoes, and continue boiling until the vegetables are very tender, about 15 minutes more. Drain and allow to steam dry for a minute or two. Return the vegetables to the pot, and stir over medium-high heat until liquid is no longer pooling from the vegetables. Remove from the heat, and pour in the cream and butter. Mash with a potato masher until almost smooth. Season with salt and pepper. Enjoy!

Tropea Onion Jam

- 1lb (full share) of Veggie Box Tropea Onions, diced small
- 2 Cups Sugar
- 1 Cup Full-Bodied Red Wine
- 1/2 Teaspoon Sea Salt
- 10 Whole Peppercorns
- 1 Whole Clove
- 1 Bay Leaf
- 1-inch Piece Vanilla Bean
- 1/2 Cinnamon Stick
- 2 Tablespoons Red Wine Vinegar

Combine the onions, sugar, wine, and side in a heavy bottomed saucepan.

Create a sachet using cheesecloth to hold the peppercorns, clove, bay leaf, vanilla bean and cinnamon stick, and tie securely with kitchen string.

Add the sachet to the pot and continue to cook over medium high heat until the mixture reaches 225 degrees F., or until the mixture thickens. Add the vinegar to the jam and stir.

Canning*:

Ladle the jam into hot, sterilized jars leaving a 1/4 inch headspace.

Wipe the rims with a warm, clean cloth and secure the lids firmly.

Process the jars in a boiling water bath that covers the lids by 1-inch for 10 minutes.

Remove the jars from the water bath and allow to cool to room temperature.

Store in a cool dark place before using.

Eat onion jam on bread with a rich cheese, like brie or blue cheese.

**Not up to canning? Store your jam in the fridge and use within a week.*

