

Veggie Box Newsletter

Fall Week 4, Tuesday, October 3rd

Michigan foodways have their deepest history in Indigenous peoples who lived largely along the banks of the lakes and rivers of this very aquatic state. Their food systems moved with the changing of the seasons, largely defined by fishing and hunting, small-scale agriculture, maple syrup tapping, wild rice harvesting, and other ways the Anishinaabe lived with the land. The European settlement of Michigan largely destroyed much of these sustainable ways of sourcing food, and also brought in many different cultures from around the world over the past few centuries. The foodways we see today in Michigan are most influenced by the immigrant populations that have flocked to this state. Many German, Dutch, English, Irish, Swedish, Polish, and Finnish immigrants settled here in the early 1800s. As part of the Great Migration in the early 1900s, many Black Americans moved to Michigan from the South, bringing soul food traditions with roots in both Southern and African culture. Immigrant communities from Yemen, Iraq, Lebanon, India, and Mexico continue to add even more layers to the foodways of Michigan. Michigan-based commercial food and drink industry giants, such as Gerber, Vlasic pickles, Kellogg's, Jiffy, and Faygo, have spread the foodways of Michigan across the country. Classic food and drink from Michigan include pasties, sauerkraut, shawarma, minoomin (wild rice), soul food and bbq, coney dogs, Vernor's, apple and tart cherry everything, fresh lake fish and smoked whitefish, packzi, to name just a few. A people's food is the most important way for them to connect with their culture. How can we connect with our own cultures through food, rediscovering the recipes and ingredients that our ancestors used, while honoring the neighbors, land and seasons around us?

Producer Spotlight *Phillips Orchard and Cider Mill*

Phillips Orchard and Cider Mill is a sixth generation family farm, founded in 1852 growing 36 varieties of apples, 15 varieties of peaches, 2 varieties of plums, pumpkins, winter squash and a few other things. Phillips also operates an on-farm bakery 7 months of the year, making from scratch pies, bread and other baked goods. Through the generations, Phillips has been committed to providing the area with high quality food, that is a great value to customers.

Crop Profile *Pie Pumpkin*

Pumpkins are indigenous to North America and are one of the oldest domesticated plants. The name originates from the Ancient Greek word *pepon* meaning large melon. While we think of pumpkins as separate from squash, there isn't actually a botanical or scientific difference between them and are predominantly derived from *Cucurbita pepo*. Pie pumpkins are a smaller variety that, like their name implies, are perfect for making pies! Large pumpkins are not considered great for baking because their flesh has more water content and therefore less flavor. Pie pumpkin flesh is starchier and has great flavor. You can make more than pies with this variety though. Try making soups, curry, or use them as a substitute for any squash recipe.



What's in the Box?

Garlic, *Ten Hens Farm, Leslie*

Salad Mix, *Hunter Park GardenHouse, Lansing's Eastside*

Organic Parsley, *Monroe Family Organics, Alma*

Organic Pie Pumpkins, *Monroe Family Organics, Alma*

Organic Potatoes, *Monroe Family Organics, Alma*

Cherry Tomatoes, *Peckham Farms, Lansing*

Italian Plums, *Phillips Orchard and Cider Mill, St. Johns*

Add-ons

Bread, *Stone Circle Bakehouse, Holt*

Coffee, *517 Coffee Company, Lansing*

Meat, *Heffron Farms Market, Belding*

Recipes and Tips!

Stuffed Pumpkin

- 1 Veggie Box Pumpkin
- Salt & freshly ground pepper
- 1/4 pound of stale bread, thinly sliced and cubed
- 1/4 pound of cheese (of your choice), cubed
- 2 Veggie Box garlic cloves, coarsely chopped
- 1/4 cup chives
- 1/3 cup heavy cream
- Pinch of freshly grated nutmeg

Center a rack in the oven and preheat the oven to 350F. Line a baking sheet with a silicone baking mat or parchment, or find a Dutch oven with a diameter that's slightly larger than your pumpkin. Using a very sturdy knife, cut a cap out of the top of the pumpkin. Clear away the seeds and strings from the cap and from inside the pumpkin. Season the inside of the pumpkin generously with salt and pepper, and put it on the baking sheet or in the pot. Toss the bread, cheese, garlic, and herbs together in a bowl. Season with pepper and pack the mix into the pumpkin. Stir the cream with the nutmeg and some salt and pepper and pour it into the pumpkin. Put the cap in place and bake the pumpkin for about 2 hours, check after 90 minutes or until everything inside the pumpkin is bubbling and the flesh of the pumpkin is tender enough to be pierced easily with the tip of a knife. Because the pumpkin will have exuded liquid, remove the cap during the last 20 minutes or so, so that the liquid can bake away and the top of the stuffing can brown a little.



Tabbouleh

- 1/3 cup extra-virgin olive oil
- 3 tablespoons lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup fine #1 bulgur
- Veggie Box parsley, finely chopped
- Pint of Veggie Box cherry tomatoes, finely chopped
- 2 green onions, finely chopped
- 1 clove Veggie Box garlic, finely chopped
- 1/4 cup fresh mint leaves, finely chopped

Whisk the olive oil, lemon juice, salt, and pepper in a large bowl until well combined. Stir in the bulgur (look for extra fine bulgur that doesn't require cooking). Let the grains soak up the dressing until they are plump and most of the moisture is absorbed, about 20 to 30 minutes. Meanwhile, add the parsley, tomatoes, green onions, garlic, and mint to one side of the large bowl with the bulgur, but don't mix yet. When the bulgur is plump, and the lemon-olive oil mixture is mostly absorbed, stir everything together until well combined. Serve at room temperature or chilled from the fridge.

Dessert Grilled Plums

- Neutral oil (ex: olive or vegetable oil)
- 2 to 4 plums

Preheat your grill to medium-high heat. Meanwhile, slice your plums in half and remove the pit. Lay out on cooking sheet and brush the plums with oil. Place plums cut side down onto grill, cover and cook for about five minutes or until grill-marked and heated through.

Serving ideas:

- Serve alongside your favorite ice cream!
- Top with whipped cream and your favorite chopped nuts.
- Serve with honey butter and a sprinkle of cinnamon.
- Top with yogurt and your favorite granola.

This Is Just To Say

I have eaten
the plums
that were in
the icebox
and which
you were probably
saving
for breakfast
Forgive me
they were delicious
so sweet
and so cold

William Carlos Williams