

Veggie Box Newsletter

Fall 2024 · Week 7 · Tuesday, October 29th

Welcome to week 7 of Fall Veggie Box, and happy Halloween! Halloween, like many other holiday traditions, is rooted in our agricultural past and was connected with the end of the harvest season. Many traditions around this time of year revolve around food, like bobbing for apples and carving pumpkins--two activities you can do with this week's box! Apple bobbing comes from the Roman festival celebrating Pomona, the goddess of fruit and orchards, which was celebrated around November 1. The Romans believed that the first person to catch an apple with their teeth would be the first to get married in the new year. It was also believed that if you peeled an apple in one long unbroken piece and throw it over your shoulder while being spun around, the shape of the peel on the ground would represent the first initial of your true love!

The tradition of carving pumpkins actually began with carving turnips or rutabagas (or potatoes or beets in some cases) in the shape of a demon's face and placing a candle inside. The carved root vegetables were placed in windows and doorways to frighten evil spirits and welcome the deceased spirits of loved ones inside. The name jack-o-lantern on the other hand comes from the Irish legend of Stingy Jack, who after stealing money from the devil, was doomed to roam the earth forever with only a carved turnip to light his way. Whether you carve your pumpkin or eat it, we hope you have a Happy Halloween!

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 *Fennel*

Fennel is a flowering plant in the carrot family that is native to the Mediterranean region. There are two main types of fennel: herb fennel and Florence fennel, or the Italian finocchio. This herb's stems, seeds, and feathery leaves that look just like its cousin dill are all harvested and used. Florence fennel, however, is grown primarily for its large, bulb-like bottom that is eaten as a vegetable. Typically, the trimmed off green tops only garnish dishes. Regardless of type, fennel has a strong anise or licorice flavor. The crisp bulbs can be eaten raw by cutting into thin slices for salads and slaws. If it's cooked, the bulb's flavor becomes softer and more mellow. In various cultures, fennel has a long history for its uses as an herb, food source, and object in important rituals. It has also been considered one of the best carminatives, which are used to reduce gas, bloating, and nausea, and was baked or boiled along with other foods to make them easier to digest. Today, fennel is still used in many of the same ways and may make a helpful digestive aid in addition to being a delicious vegetable or spice.



What's in the Box?

Garlic, Wildflower Eco Farm, *Bath*

McIntosh Apples, Phillips Orchard and Cider Mill, *St. Johns*

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

Organic Bulb Fennel, Green Wagon Farm, *Ada*

Organic Carrots, Green Wagon Farm, *Ada*

Organic Chard, Green Wagon Farm, *Ada*

Organic Pie Pumpkins, Cinzori Farms, *Ceresco*

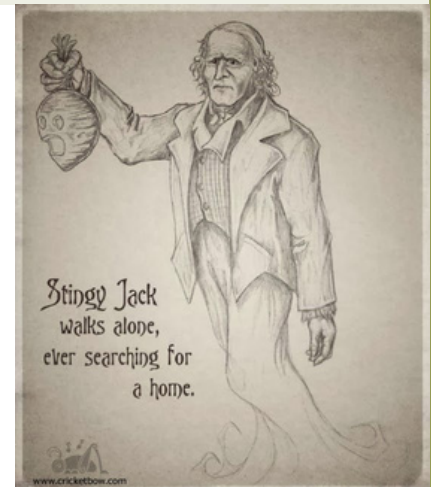
Organic Yellow Onions, Cinzori Farms, *Ceresco*

Add-ons

Eggs, Grazing Fields Cooperative, *Charlotte*

Bread, Stone Circle Bakehouse, *Holt*

Meat Variety, Sausage Breakfast Patties, Grazing Fields Cooperative, *Charlotte*



Recipes and Tips!

Slow-Roasted Fennel and Onions with Tahini and Spices

- ⅓ cup extra-virgin olive oil
- 2 tablespoons tahini
- 1½ teaspoons ground cumin
- 1 teaspoon paprika
- 1 teaspoon ground coriander
- ½ teaspoon ground cinnamon
- 1 tablespoon grated lemon zest, plus 2 tablespoons lemon juice
- Kosher salt and ground black pepper
- Full share Veggie Box fennel bulbs, trimmed, halved lengthwise and cut into 1-inch wedges
- Full share Veggie Box onions, sliced into ½-inch rounds (don't separate the layers after slicing the onion, try to keep the rounds mostly intact.)
- Optional: 1 cup lightly packed fresh mint, chopped, and/or fresh fennel fronds, chopped (hold off adding until ready to serve).

Heat the oven to 450°F with a rack in the middle position. In a 9-by-13-inch baking pan, stir together the oil, tahini, cumin, paprika, coriander, cinnamon, lemon juice, 1 teaspoon salt, 2 teaspoons pepper and ½ cup water. Add the fennel and onions; toss until well coated, then distribute in an even layer, making sure the onions are evenly dispersed amongst the fennel wedges. Cover tightly with foil and bake for 1 hour.

Uncover and bake until the liquid has cooked off and the vegetables are browned and very tender, about another 15 minutes. Cool on a wire rack for about 15 minutes. Sprinkle the lemon zest and herb garnish over the top and serve.

Adapted from 177Milkstreet.com

Pumpkin Puree

- 1 Veggie Box pie pumpkin
- Fine sea salt, optional

Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper. Rinse and pat dry the pumpkin. Cut one side of the pumpkin from the stem down to the bottom of the pumpkin, but don't try to cut through the stem (it's too hard). Remove the knife, rotate the pumpkin to the opposite side, then do the same. When there is a slit down both halves of the pumpkin, put down the knife and pull the halves apart. They should separate at the stem. Scoop out the seeds and most of the stringy bits. Lightly season the inside of the pumpkin halves with salt, then place cut side down onto the baking sheet.

Bake until the pumpkin until the pumpkin is easily pierced with a knife in several places, and the flesh pulls away from the skin, 45 to 60 minutes.

Cool until you can safely handle the halves, then scoop the soft flesh into a food processor. Depending on your pumpkin size, you may need to do this in two batches. Process until very smooth, 3 to 5 minutes. Use in the Pumpkin Waffles recipe on this newsletter, or in the recipe of your choosing!

Vegan Pumpkin Waffles with Cinnamon Baked Apples

Waffles:

- 2 1/2 cups all-purpose flour
- 2 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 2 tsp ground cinnamon
- 1 tsp ground ginger (or 1 tablespoon grated fresh Veggie Box ginger from last week)
- 1/2 tsp ground or freshly grated nutmeg
- 1/4 tsp cloves
- 2 cups rice or soy milk
- 1 cup pureed pumpkin (see recipe in this newsletter)
- 1/3 cup oil
- 1/3 cup brown sugar
- 2 tsp vanilla extract

Preheat your waffle maker to manufacturer's instructions. Sift together the flour, baking powder, salt & spices. In a separate bowl, vigorously whisk together the soy milk, pumpkin, oil, brown sugar & vanilla until well emulsified. Pour the wet ingredients in the dry and mix. Prepare waffles according to the manufacturer's instructions. Enjoy with the following recipe for baked apple topping and maple syrup!

Baked apple topping:

- 3 Veggie Box apples
- 1 Tbsp lemon juice
- 1/2 Tbsp coconut oil (optional)
- 1/3 cup coconut sugar (or sub organic cane sugar)
- 3/4 tsp ground cinnamon
- 1/2 tsp fresh grated last week's Veggie Box ginger
- 1 pinch nutmeg
- 1 1/2 Tbsp cornstarch or arrowroot starch (for thickening the sauce)
- 1 1/2 Tbsp fresh apple juice or water
- 1 pinch sea salt

Preheat oven to 350 degrees F (176 C) and set out a 9×13-inch (or similar size) baking dish.

Peel and core apples, quarter, and use a paring knife to thinly slice lengthwise. The thinner the better!

Just try to be consistent so they cook evenly.

Add to your baking dish and top with lemon juice, coconut oil (optional), coconut sugar, cinnamon, ginger, nutmeg, cornstarch (or arrowroot), apple juice (or water), and a pinch of salt. Toss to combine. Then loosely cover with foil.

Bake for 45 minutes (covered). Then carefully remove foil and bake for an additional 10-15 minutes or until the apples are very fork tender (especially in the center of the dish) and slightly caramelized.

Thank you Veggie Box member Seven Mattes for sharing these delicious recipes!