



[Wild Arugula](#)
[Chervil](#)
[Little Gem Lettuces](#)
[Sugar Snap Peas](#)
[New Potatoes](#)
[White Spring Onions](#)
[Meyer Lemons](#)
[Cauliflower](#)
[Sicilian Artichokes](#)
[Purple Cabbages](#)

****Disclaimer to the above vegetable list**:** The list above is *approximate*. When we run short of an item, we substitute with something else similar. Andy will make sure it will be a good value. In the meantime, we appreciate your patience and a sense of adventure with these boxes. Enjoy!

Storage: Wild Arugula, Chervil, & Spring Onions: Remove any ties or rubber bands, and store loosely in bags in the fridge. Lettuces, Snap Peas, Lemons, Cauliflower, Artichokes & Cabbages: Store in bags in the fridge. Potatoes: These are new potatoes – not cured. Store in a plastic bag in the fridge and use within the first few days.



Purple Sicilian Artichokes. Photo by Andy Griffin.

Salad of wild arugula, shaved baby artichokes and fennel from chef Amy Sweeney at Ammo

Juice of 1½ lemons, divided
1/3 cup best-quality olive oil
Sea salt
Freshly ground black pepper
4 baby artichokes
1 head fennel
Small wedge of Parmigiano-Reggiano
½ pound wild arugula, washed and dried
Leaves from 4 parsley sprigs

Place the juice from one lemon into a large bowl. While whisking, slowly add the olive oil to emulsify. Add sea salt and pepper to taste and set aside.

Place the remaining lemon juice in a medium bowl and fill with cold water. Peel the artichokes down to the tender core, and slice them lengthwise on a mandoline or as thinly as possible. Place the slices in the acidulated water to keep them from turning brown. Trim the fennel and also slice lengthwise, reserving in the acidulated water.

Shave the Parmigiano-Reggiano with a vegetable peeler (four pieces of shaved cheese per serving) and set aside.

Toss the arugula into the large bowl with the dressing. Drain the artichokes and fennel, pat dry and toss them into the bowl with the arugula.

Divide the salad among four salad plates and top with the shaved Parmigiano-Reggiano and parsley. Serve immediately.

**Spicy Wok-Charred Snow (or Snap) Peas
By David Tanis for NYT Cooking**

2 tbsp vegetable oil
6-8 small dried red chiles
1 lb snow peas (or snap peas), trimmed
1 bunch scallions, trimmed, chopped in 1-inch lengths
salt and pepper
4 garlic cloves, minced
½ tsp grated ginger
½ tsp toasted sesame oil
3 tbsp crushed roasted peanuts
2 tbsp roughly chopped cilantro

Put vegetable oil in a wok over high heat. When oil looks wavy, add chiles and let sizzle for a few seconds. Add snow peas and scallions and season well with salt and pepper. Cook vegetables over high heat, stirring constantly, until cooked through and lightly charred, 2 to 3 minutes. Peas should be bright green and crisp-tender.

Add garlic, ginger and sesame oil, toss well and cook 1 minute more. Transfer to a serving platter and sprinkle with peanuts and cilantro.

Potato Scallion Curry

1-inch ginger, minced
2 cloves garlic, minced
1 medium onion, chopped
1 bunch scallions or spring onions, chopped
4-6 potatoes boiled, chopped (big pieces) optionally remove peel
2 small green chiles
2 tsp curry powder
"Popu"
1½ tbs oil (olive, sesame, canola, etc.)
1 pinch fenugreek
¼ tsp mustard seed
1 tsp cumin seed

In a large saucepan, prepare the popu. When the seeds crackle, add garlic and stir until aroma emerges. Add scallions, onion and green chiles. Stir until onions soften and become translucent. Add potatoes and ginger. Stir for 1-2 minutes. Add curry powder, stir for 1-2 minutes. Remove from heat. Can be served as a filling for dosas, with rice, or chappatis.

Gobi Dal — Lentils with Cauliflower from *Recipesource.com*

½ lb Masoor Dal (Pink Lentils)
1 cauliflower
1 bunch purple onions, finely chopped (or 2 reg. onions)
½ cup ghee or oil (I used less with great success: 2 Tablespoons; a light olive oil in place of the ghee. -Julia)
1 teaspoon Ground Chili
2 teaspoons Freshly Ground Black Pepper
½ Tablespoon ground cumin
½ Tablespoon ground coriander
2 teaspoons ground turmeric
Juice of ½ Lemon
2½ cups vegetables or chicken Broth
2 oz Dried Coconut
½ Tablespoon Flour
1 teaspoon Salt
4 ounces Raw Cashew Nuts

Wash the Lentils well and drain. Heat the Ghee or Oil in a large saucepan and fry the Onions. When they soften add the Chili, Pepper, Cumin, Coriander, and Turmeric. Stir in well and cook for 30 seconds or so. Add the Lentils. Stir well to ensure that each grain is coated and add the Lemon Juice. Cut the Cauliflower into small florets and add to the pan. Add the Chicken Stock and the Coconut. Bring to the boil and simmer for 20 minutes. Mix the flour with some of the liquid to form a smooth paste and stir into the saucepan. Add the Salt and Cashews. Cook a further 5-10 minutes until the Lentils have formed a thick sauce. This dish is a complete meal in itself when served with plain boiled rice.

Cream of Artichoke Heart Soup Adapted from Recipes from the French Kitchen Garden by Brigitte Tilleray

6 artichokes
S & P
2 ½ cups stock: chicken or vegetable
1 Tablespoon milk
2 teaspoons cornstarch
½ cup creme fraiche or sour cream
1 heaped Tablespoon finely chopped chervil (if you don't know what to do with the rest of your chervil, try adding to a green salad: it's divine that way!)

Cut off the stalks at the base of the artichokes. Cook until done, so a fork can easily pierce your artichokes. Trim away tough outer leaves and chokes that might be present. (Most of ours are small and tender enough they don't have a choke at all.)

Place the hearts in a saucepan with the stock. Bring to the boil, the puree. Make a paste with the milk and cornstarch. Stir gently into the soup over low heat until it thickens. Add the creme fraiche and chervil. Season to taste with Salt and Pepper. Stir a bit more and serve.
Serves 6

Whole Wheat Penne with Cabbage and Cumin From *Almost Vegetarian* by Diana Shaw

2 t olive oil.
1 onion, thinly sliced
1 large carrot, peeled, thinly sliced (any color carrot will do fine)
2 cups shredded red cabbage
1 medium potato, peeled and sliced paper thin
1 t cumin seeds
4 oz. fontina or taleggio cheese, thinly sliced
3 cups whole wheat penne pasta

Heat the oil in a large non-stick skillet (or use more oil if using a regular skillet) over medium heat. When hot, add the onion, carrot, cabbage, potato, and cumin, and sauté until the onion is soft and limp, about 8 minutes. Cover and let steam until the cabbage is very tender and the potato has cooked through, about 12 minutes. Turn off the heat.

Meanwhile, cook the penne according to package directions. Drain, then quickly toss it into the skillet, along with the cabbage mixture and the cheese. Toss briskly with two wooden spoons and serve at once, in warmed bowls.

Mariquita Farm's Vegetable Recipes A to Z page:
<http://mariquita.com/recipes/index.html>