



[Rainbow Carrots](#)  
[Cilantro](#)  
[Mixed Daikon Radish](#)  
[Sweet Potatoes](#)  
[Chard](#)  
[Little Gem Lettuce](#)  
[Winter Squash](#)  
[Escarole](#)  
[Green Onions](#)  
[Apples](#)  
[Lemons](#)

**\*\*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:** Carrots: Remove and compost greens – the roots stay crisper longer without their greens attached. Cilantro, Chard & Green Onions: Remove ties and store loosely in bags in the fridge. Radishes, Lettuce, Escarole, Apples & Lemons: Store in bags in your crisper in the fridge. Whole Pomegranates need not be stored in the fridge but will last longer if they are. Sweet Potatoes: Store in a cool, well-ventilated spot in your kitchen, not in the fridge. Use within a few days. Winter Squash: store in a cool, dry place in your kitchen or pantry. If the squash doesn't have nicks/ fresh gashes it should last for months.



Sweet Potatoes. Photo by Andy Griffin.

**Carrot Salad with Lime and Cilantro**

4 medium carrots  
 1 tbsp fresh lime juice  
 1/8 tsp finely grated fresh lime zest  
 2 tbsp finely chopped fresh cilantro leaves  
 1 tsp vegetable oil  
 fresh cilantro springs

Finely shred carrots and in a bowl toss together with remaining ingredients and salt and pepper to taste. Serve salad garnished with cilantro.

**Vietnamese Daikon and Carrot Pickles  
By Elise Bauer for Simply Recipes**

2 lbs carrots (about 5 medium sized carrots), peeled  
 2 lbs daikon radishes (about 2 large daikon), peeled  
 1 cup plus 4 tsp sugar  
 2 tsp salt  
 2 ½ cups white vinegar  
 2 cups warm water (warm enough to easily dissolve sugar)

Julienne the carrots and the daikon radishes: Cut them first crosswise into 2½-inch long segments. Then cut ¼-inch thick slices lengthwise. Stack the slices and cut them again into ¼-inch thick batons.

Massage with salt and sugar: Place the carrots and daikon radishes in a large bowl. Sprinkle with 4 teaspoons of sugar and 2 teaspoons of salt. Use your clean hands to toss the carrots and daikon with the salt and sugar until well coated.

Continue to mix the carrots and daikon with your hands until they begin to soften, about 3 minutes. They are ready once you can bend a piece of daikon all the way over without it breaking.

Rinse: Transfer the carrots and daikon to a colander, rinse with cool water and drain well.

Make vinegar sugar mixture: In a bowl (a 8 cup pyrex measuring cup works great for this) mix together one cup of sugar, the white vinegar and the warm water, until the sugar dissolves.

Pour vinegar mixture over carrots and daikon in jars: Prepare clean jars. Pack the daikon and carrots tightly into the jars. Pour over the pickling liquid to cover. Seal. Refrigerate.

The pickles should sit at least overnight before eating; their flavor will improve with time. They should last 4 to 6 weeks in the refrigerator. Makes about 5 pint jars full.

## **Escarole Soup**

¼ lb White beans  
5 c vegetable or chicken broth  
2 Tablespoons olive oil  
2 Tablespoons minced garlic  
1 onion, diced  
2 c chopped escarole  
Salt and pepper -- to taste  
croutons, optional

Soak the beans overnight in water. Drain. Place beans in a pot, add broth, cover and cook over medium heat until beans are soft, about 30 minutes. (or use canned white beans if there isn't time to soak and cook...) Meanwhile, place another pot on the stove, add oil, place over medium heat, add garlic and onion and cook, stirring occasionally, for 7 minutes, or until onions soften. Add the escarole and continue to cook until wilted, another 10 minutes. Add the beans and broth to the pot with the escarole. Add salt and pepper as desired, cover and simmer for 20 minutes. Serve hot, with the addition of croutons if desired. Serves 8.

## **Winter Squash Stew with Cauliflower and Tomatoes From Chef Jonathan Miller**

2 onions, chopped  
2 garlic cloves, chopped  
2 tsp. cumin, ground  
2 TBL dry oregano, toasted  
2 TBL chili powder  
2 lb hard squash, peeled and diced  
8 oz mushrooms, cut into bite sized pieces  
1 head cauliflower, cut into florets  
3 TBL sesame seeds, toasted  
small handful of almonds, toasted  
2 lb tomatoes, crushed or pureed  
1 cup frozen peas  
small handful cilantro, chopped

Heat some olive oil in a large saucepan or soup pot. Add the onions and sauté until they have softened, about 8-10 minutes. Add the garlic, cumin, oregano, and the chili powder and cook another couple minutes. Add the squash, mushrooms, some salt, and 3 cups of water or vegetable stock. Bring to a boil, cover, lower heat and simmer slowly until the squash is tender, about 20 minutes. Stir regularly so the mixture doesn't char on the bottom of the pot. Run almonds and sesame seeds in a food processor for a few seconds to finely chop them, then add to the stew with the cauliflower and tomatoes. Cook until the cauliflower is done to your liking, at least another 7 minutes. Add peas and cilantro, taste for seasoning, adding more salt or chili powder if you like, and serve warm.

## **Silver Dollar Sweet Potatoes, from The Garden of Eating, by Rachel Albert-Matesz and Don Matesz**

2 TBS melted, unrefined coconut oil or EV olive oil  
2 tsp. apple pie spice, ground ginger or cinnamon  
4 large or 6 medium sweet potatoes (2-2½ lb.)

Preheat oven to 400F. Put oil in custard cup and set out spices. Rinse and scrub sweet potatoes with bristle brush. Pat dry. Remove rough sections and any soft or black spots. Peel if desired. Cut into 1/3-inch thick rounds with sturdy vegetable or chef knife or use a mandoline for potato chip-like texture. Cut in ½-inch thick rounds for softer, French fry-like texture.

Working quickly to keep sweet potatoes from oxidizing, lightly brush cut surfaces with oil, dust with spices, rub spiced halves together and arrange on 2 large cookie sheets or shallow baking pans. (For easy cleanup, line with unbleached parchment paper.) Bake 15 minutes. Flip slices with metal spatula if desired, and bake 10 to 15 minutes longer, until just tender. Serve. Refrigerate leftovers and use within 3 days.

### Variations:

**Sweet Potato Fries:** Omit spices. Use only enough oil to lightly grease baking pans or line with unbleached parchment. Gently beat 3 to 4 large egg whites until frothy. Slice sweet potatoes, promptly add to egg whites, and turn to coat thoroughly. Arrange on prepared sheets and bake.

**Baked Spiced Sweet Potato Halves:** To save time, cut raw sweet potatoes in half lengthwise. Rub or brush cut sides with oil or ghee and dust with pie spice or cinnamon. Rub 2 spiced halves together to spread seasonings. Place cut side down on baking sheet lined with unbleached parchment for ease of clean up. Bake until bottom side is golden brown and tubers are tender when poked with a fork or skewer, 20 to 40 minutes, depending on size.

## **Quick Apple Crisp From Anne S. in Santa Cruz**

Preheat oven to 375F. Cut a bunch of apples (peeled or not) into a pie dish, until it's full or you use up all your apples. Blend 1 cup flour, 1 cup brown sugar and 1 stick butter in a mixer (add a bit of cinnamon if you like), with a fork, or your fingers - blend until crumbly and mostly mixed. Press the topping firmly over the apples, covering the entire surface of the dish. Bake for about 45-60 minutes, until the topping seems nice and the apples are soft (poke 'em with a fork to check). Serve warm or cold. Yum!

---

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