



Little Gem [Lettuces](#)
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 Limes
 Pomegranates
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[Chard](#)
[Kale](#)
[Beets](#)

****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: [Lettuces](#), [Cauliflower](#), [Chantenay Carrots](#), [Turnips](#), [Radishes](#), [Limes](#), [Kale & Beets](#): Store in bags in the fridge. [Carrots](#): Remove and compost greens. Carrots will stay crisp longer without their greens attached. Store roots in a bag in the fridge. [Pomegranates](#): Store in a cool spot on your kitchen counter. [Leeks & Chard](#): Remove any ties or rubber bands, and store loosely in bags in the fridge.



Leeks.
Photo by
Andy
Griffin.

Roasted Root Vegetable Salad with Pomegranate Ginger Dressing by Jessica From Nutritioulicious

Top with sliced chicken breast or a sprinkling of goat cheese for some added protein.

For the Pomegranate Ginger Dressing:

1 cup pomegranate arils (or ½ cup 100% Pomegranate juice)
 1 tablespoon lemon juice
 1 teaspoon freshly grated ginger
 2 tablespoons extra-virgin olive oil
 1 teaspoon whole grain Dijon mustard
 ¼ teaspoon ground cinnamon
 ¼ teaspoon kosher salt
 Freshly ground pepper, to taste

For the Salad:

1 cup cubed carrots
 1 cup cubed parsnips
 1 cup quartered Brussels sprouts (try the cauliflower here)
 2 tablespoons olive oil, divided
 1 cup cubed butternut squash
 1 cup cubed sweet potatoes
 1 cup cubed beets
 6 cups arugula
 4 tablespoons pomegranate seeds
 4 tablespoons toasted pecan halves

To make dressing: If using fresh pomegranate arils to make the dressing, pulse them in a small food processor until juiced. Strain juice and discard seeds.

In a small bowl or covered jar, combine pomegranate juice with remaining dressing ingredients. Whisk together or shake in closed jar until emulsified. Shake again before using.

To make salad: Preheat oven to roast at 400 degrees F. Line two large baking sheets with aluminum foil or parchment paper.

On one prepared baking sheet, toss carrots, parsnips, and Brussels sprouts (or cauliflower cut in to small florets) with 1-tablespoon olive oil. Spread in a single layer.

On second prepared baking sheet, butternut squash, sweet potatoes, and beets with remaining tablespoon olive oil. Spread in a single layer.

Place both trays in the preheated oven and roast until all vegetables are tender and brown in spots, approximately 15 minutes for the tray with carrots and 20 minutes for the tray with butternut squash. Stir halfway through cooking time for even browning. Remove from oven and set aside until cool enough to handle.

In a large bowl, combine arugula with roasted root vegetables, pomegranate seeds, and toasted pecans. Drizzle about two-thirds of the Pomegranate Ginger Dressing over salad and toss to combine. Store remaining dressing in the refrigerator for another use. Serves 4.

Cauliflower Soup from Chef Jonathan Miller

Cauliflower, cut into florets
2-3 carrots, chopped
1 onion, chopped
2-3 T herb of choice (parsley or thyme are good)
Broth of choice (chicken stock, veggie stock, or even water), up to 1 quart, depending on size of cauliflower
1-2 c half and half or cream

Sauté the onion and carrots in oil or butter. Cook them until the onions are really soft but not brown. Add the cauliflower and the herbs and cook a few minutes. Add your broth until it comes up just below the level of your veggies and simmer until the cauliflower is cooked, around 12-15 minutes. Add some cream and blend in a blender, then check for salt and pepper.

Braised Baby Turnips and Carrots from Alice Waters' *Chez Panisse Vegetables*

A very simple stewing is all that is wanted for very tiny and delicate turnips and carrots. Wash and trim the vegetables. Both should be tender enough to make peeling unnecessary. Trim off the carrot tops but leave a half-inch or so of the stalks. Leave the tender turnip greens attached, trimming off only the leaves that are wilted or damaged. Put the young roots in a saucepan with a little butter and water, and stew gently, covered, until softened but not overcooked. Season with salt and pepper and serve. This is especially nice if you have a variety of carrots of different shapes and colors.

Garden Soup with Lacinato Kale and Cauliflower Adapted from Vegetable Soups from Deborah Madison's Kitchen by Deborah Madison

2 onions or 2 large leeks, diced
½ pound potatoes, diced (a few small or one large)
2 Tablespoons olive oil, plus extra to finish
2 cups stemmed and slivered lacinato kale
2 cups (more or less) small cauliflower florets
1 garlic clove, minced
S & P to taste
6 cups broth: vegetable, bean broth, or chicken stock
Asiago cheese for grating at the end

Wash the leeks if using. Chop the potato, leaving the skin on if you like if it's organic. Warm the olive oil in soup pot over med. heat. Add the leeks and the potato, give them a stir, and while they're warming up, slick the kale off its ropy stems, then slice the leaves into short ribbons. Add the kale to the pot along with the cauliflower, garlic, and salt. Cook for about 5 minutes. Add the stock, bring to a boil, then lower the heat and simmer until the vegetables are tender, about 20 minutes. Ladle the soup into bowls and drizzle some olive oil into each. Season with pepper and grate a little cheese into the soup.

Turnip or Rutabaga Puree with Leeks from Deborah Madison's *Vegetarian Cooking for Everyone*

1 small potato, peeled
2 pounds turnips and or rutabagas, thickly peeled
2 medium chopped leeks, white and light green parts only
1 garlic clove or 1 stalk green garlic, chopped
salt and pepper
2 T or more cream, buttermilk, or milk
2 T butter
2 t chopped thyme

Chop the potato and turnips the same size. If using rutabagas, chop them about half the size of the potato. Put the vegetables, leeks, and garlic in a pot with cold water just to cover, add ½ t salt, and simmer, partially covered, until tender, 15-20 minutes. Drain, reserving the liquid.

Mash the vegetables with a fork for a rough-textured puree or pass them through a food mill. Add 2 T or more cream or reserved broth to thin the puree. Stir in the butter and thyme and season with S and P to taste.

Variations: Stir 1 cup grated gruyere cheese into the puree. Or simmer the vegetables in milk instead of water. Add a Tablespoon of roasted garlic and a teaspoon finely chopped rosemary to the puree. Or enrich the puree with a little crème fraiche and stir in 1 cup watercress sprigs that have been blanched briefly in boiling water, then finely chopped.

Soft Polenta with Leeks Adapted from *Bon Appétit*

3 tablespoons butter
3 large leeks (white & pale green parts only), thinly sliced
2¼ cups (or more) water
2 cups canned chicken broth
1 bay leaf
1 cup polenta
1/3 cup freshly grated Parmesan cheese

Melt 2 tablespoons butter in heavy large saucepan over medium heat. Add leeks; stir to coat. Cover and cook until leeks soften, stirring occasionally, about 10 minutes. Add 2¼ cups water, broth and bay leaf.

Bring to boil. Gradually whisk in polenta. Reduce heat to medium-low and cook until mixture is thick and creamy, stirring often and thinning with more water if necessary, about 35 minutes.

Remove pan from heat. Discard bay leaf. Stir in remaining 1-tablespoon butter and Parmesan cheese. Season polenta to taste with salt and pepper. Divide polenta among plates. Serves 4.

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