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Mystery

****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, Radishes, Lemons, Lettuces, & Broccoli: Store in bags in the fridge. Spigariello, Leeks, & Chervil: Remove any ties or rubber bands, and store loosely in bags in the fridge. Winter Squash: store in a cool spot on your kitchen counter.



Spigariello. Photo by Andy Griffin.

Roasted Carrot & Quinoa Salad
Adapted from a recipe by Chef Jonathan Miller

1 cup quinoa, rinsed
a bunch of small carrots, roasted
1 radish, sliced thin and cut in 1/2-inch pieces
handful of almonds, roughly chopped
parsley, chopped
lemon juice
olive oil
salt

Toast quinoa in a saucepan until nutty and colored. Add 2 cups of water, a little salt, and bring to a boil. Cover, lower the heat, and steam for 15 minutes or until the quinoa is completely cooked. Rest for 5 minutes. Cool.

Scrub and trim the carrots and slice them in half lengthwise (and again into quarters lengthwise if your carrots are particularly fat at one end. Toss with olive oil and salt, spread in single layer on a sheet pan and roast at 400 degrees until tender and browned on the edges. Allow to cool, then chop into small dice.

Toss all the vegetables with the quinoa and season with salt. Add a generous amount of lemon juice and olive oil, taste, and serve at room temperature or chilled.

Baked Kale Frittata
From *The Saratogian* in NY.

1 bunch of kale* (3 cups chopped) (try spigariello here!)
1 large onion
Vegetable cooking spray
1 teaspoon olive or vegetable oil
1/4 cup water
5 eggs
1/2 cup skim milk
1/3 cup grated cheddar type cheese
1/2 teaspoon salt
1/4 teaspoon pepper

Preheat oven to 375 degrees. Coat a 9-inch round baking pan with vegetable cooking spray. Wash kale and tear the leaves from the stem. (Use the stems in a stir-fry.) Chop the kale and onion. Heat oil in a large frying pan over medium-high heat. Add the onion and sauté for 3-5 minutes until soft. Stir in kale and water. Cover and cook for 5 minutes. Remove from heat and allow to cool. In a large bowl, combine eggs, milk, cheese, salt and pepper. Blend in kale mixture. Pour the mixture into the baking pan. Bake for 20 minutes. Remove from oven and let sit for two to three minutes. Slice into wedges and enjoy. Makes six servings.

Bean Soup with Spigariello Broccoli
From *Seed To Table*, January 2009

½ pound dried beans, presoaked
½ pound Spigariello
1 ounce guanciale or bacon, finely diced
1 tablespoon olive oil
1 very large carrot, peeled and diced
½ very large sweet onion, diced
1 tablespoon (about) minced fresh rosemary
2 large cloves garlic, minced
¼ cup diced sundried tomatoes
½ pound ham, diced
a drizzle of vinegar
fresh ground pepper to taste

Put the presoaked beans into a large pot with 6 cups water. Bring to a boil, turn the heat down and simmer, partly covered.

While the beans are cooking prepare the Spigariello. Remove the largest bottom leaves, trim off the leaf stems and discard, coarsely chop the leaves. Cut off and discard any tough bottoms from the shoots (if the stalks are large enough you can peel off the tough skin and use the tender inner parts). Cut the shoots crosswise into pieces. Add the chopped broccoli to the beans and continue to simmer, partly covered.

Put the guanciale or bacon in a medium skillet over medium low heat. Sauté the guanciale or bacon until crisp. Add the carrot, onion, and rosemary to the skillet, turn the heat up a bit and cook, stirring frequently, until the vegetables start to brown. Remove the skillet from the heat, stir in the minced garlic and chopped tomatoes and set aside.

When the beans are nearly tender (the amount of time to this stage will vary depending on the age of the beans - the older they are the longer it takes), stir in the sautéed vegetable mixture (sofrito) and diced ham; continue to cook the soup until the beans are fully tender but not falling apart. Taste for salt (I added none because of the saltiness of the guanciale and ham), add a splash of vinegar (amazing how a touch of vinegar can brighten the flavor), and grind in some fresh black pepper. Serves 4.

Fresh Chervil Relish

For use as a soup garnish, sandwich spread, or with warm or chilled trout or salmon.

1 cup chervil leaves
2 tbsp. fresh lemon juice
2 tbsp. minced red onion
1 tbsp. olive oil

Combine all ingredients in food processor and whirl until finely minced.

Creamed Leeks
From *Small Victories* by Julia Turshen

1 bunch leeks, finely chopped
3 tbsp unsalted butter
Kosher salt
½ cup half-and-half or 2 Tbsp each heavy cream and whole milk

Sauté leeks in butter. Puree half the mixture in a blender with a splash of heavy cream or half-and-half, and stir it back into the rest of the vegetables (or use an immersion blender to puree some, but not all, of the vegetables). This makes a delicious bed for roast chicken, grilled steak, or pork chops.

Curried Mushroom & Squash Soup
From the *Moosewood Cookbook* by Molly Katzen

At least one and one-half hours to prepare and simmer; makes 4-5 servings.

2 medium butternut or acorn squash
2½ cups water or stock
1 c. orange juice
2 Tbl. Butter
½ c. chopped onion
1 medium clove crushed garlic
6 oz. mushrooms, sliced
½ tsp ground cumin
½ tsp coriander
½ tsp ground ginger
½ tsp cinnamon
¼ tsp dry mustard
1 tsp salt (or to taste)
a few dashes cayenne
optional: fresh lemon juice
garnishes: chopped, toasted, almonds yogurt

Split the squash lengthwise and bake face-down in a 375 oven on an oiled tray, 30 minutes or until quite soft. Cook and scoop out the insides. You'll need about 3 cups worth. Put it in the blender with the water or stock and puree until smooth. Combine in a kettle or saucepan with the orange juice.

Heat the butter in a skillet and add the garlic, onion, salt and spices. Sauté until the onion is very soft. (You may need to add a little water if it sticks). Add mushrooms, cover and cook 10 minutes.

Add the sauté to the squash, scraping the skillet well to salvage all the good stuff. Heat everything together very gently. Taste to correct seasoning. Since this is a fairly sweet soup, you may want to spruce it up with some fresh lemon juice.

Serve topped with yogurt and chopped, toasted almonds. (Note: this soup need not be served immediately. Simmer a while, and the flavors can mature.)

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