



[Kohlrabi](#)

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[Rainbow Carrots](#)

[Green Garlic](#)

[Mizuna](#)

[Wild Arugula](#)

[Bianca Riccia](#)

[Spigariello](#)

[Mixed Turnips](#)

[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:** [Kohlrabi](#), [Scallions](#), [Chard](#), [Green Garlic](#), [Mizuna](#), [Wild Arugula](#), [Bianca Riccia](#), & [Spigariello](#): Remove any ties or rubber bands, and store loosely in bags in the fridge. [Lettuces](#), [Carrots](#), [Turnips](#) & [Lemons](#): Store in bags in the fridge.



Kohlrabi. Photo by Andy Griffin.

**Stir-Fried Kohlrabi**

*From [The Goodness of Potatoes and Root Vegetables](#) by John Midgley*

3 kohlrabi, peeled

3 medium carrots

4 tablespoons peanut or safflower oil

3 cloves garlic, peeled and thinly sliced

1 inch piece gingerroot, peeled and thinly sliced

3 green onions, sliced

1-2 fresh chili peppers, sliced, optional

salt

4 tablespoons oyster sauce (optional)

3 teaspoons sesame oil & soy sauce, each

Slice kohlrabi and carrots into thin ovals. Heat oil in large heavy skillet; when it begins to smoke, toss in garlic and ginger. Stir once then add kohlrabi and carrots; toss and cook 2 minutes. Add green onions and chilies; stir-fry 1 minute, then pour in ½ cup water. Cover, reduce heat and cook 5 minutes.

Remove cover and toss in a little salt and the sesame and soy, and oyster if using. Serve with rice.

**Roasted Kohlrabi with Crunchy Seeds**

*Adapted from [Perfect Vegetables](#) by the Cook's Illustrated Team*

3 medium kohlrabi bulbs, peeled and cut into ¾ inch cubes

2 Tablespoons olive oil

2 teaspoons sesame seeds

1 teaspoon poppy seeds

½ teaspoon fennel seeds, coarsely chopped

S & P to taste

Preheat oven to 450 degrees. Toss the kohlrabi, oil, seeds, and S & P together in a large bowl until combined. In a single layer spread the mixture onto a rimmed baking sheet. Roast (with rack in middle position), shaking pan occasionally, until the kohlrabi is browned and tender, about 30 minutes.

Transfer to a bowl and adjust seasonings to taste, serve immediately.

**Mariquita Farm's Vegetable Recipes A to Z page:**

<http://mariquita.com/recipes/index.html>

## **Fried Chard Cakes with Wilted Frisee and Mascarpone from Chef Jonathan Miller**

Butter  
2 shallots, minced  
2 garlic cloves, minced  
2 bunches chard  
½ c flour  
½ c cornstarch  
Dijon  
bread crumbs  
1 large bunch frisee, roughly chopped (try the Bianca riccia here!)  
½ c mascarpone  
grapeseed oil for frying

Heat a large saucepan and add a couple tablespoons butter. Add half the shallots and all the garlic and sauté for a minute. Add the chard (whole, cleaned) and cook just until wilted, a couple minutes. Remove from heat and drop the chard and shallots in a fine meshed strainer so they can drain. When cool enough to handle, squeeze out as much liquid as possible.

Chop the chard finely and stir in some salt. Taste to make sure you like it. Now form it into small rounds or patties and set them on a plate.

In a bowl combine the flour and cornstarch with a little salt and stir well. Put that on a plate. Get out a clean plate or sheet pan and set that next to the flour. Put the breadcrumbs on another large plate or sheet pan next to the clean plate.

Drop each chard ball/patty into the flour and coat it well, pressing it gently into the shape you prefer. Transfer those to the clean plate. Spread a little Dijon over the top of each patty. Put the patties, Dijon side down, on the breadcrumbs. Spread a little Dijon on the other side of the patties, then sprinkle bread crumbs over them so they are coated on all sides. Transfer them back to the clean plate and refrigerate until cool, about 20 minutes.

Heat a large skillet and add a little butter. Add the frisee and a hit of salt and cook until wilted. Add the mascarpone and heat through. Taste to make sure you like it (maybe add some bacon here...), and keep warm while you fry the chard cakes.

Heat a skillet and add enough grapeseed oil to give you a half inch of oil in it. Make sure the oil gets really hot but doesn't smoke. Add the chard cakes

and fry on one side until golden, about a minute or two. Flip and finish on the other side. Transfer the warm frisee to a serving plate and top with the chard. Serve warm.

## **Green Garlic Soup Au Gratin**

8 Stalks Green Garlic  
1 Tablespoon Olive Oil  
1 Tablespoon Butter  
2 Tablespoons Butter, plus 2 teaspoons Butter  
8 sl Day-old Bread  
1¼ c chicken or vegetable Broth  
¼ teaspoon Salt  
¼ teaspoon Ground Black Pepper  
½ c Parmesan Cheese, grated

Remove and discard upper third of garlic stalks; (green leaf ends) thinly slice bulb. Heat olive oil and 1 T butter until beginning to foam. Add garlic; sauté 1-2 minutes. Reduce heat, cover tightly, and cook 15-20 minutes, stirring occasionally. Spread bread with 2 T butter; oven toast until lightly golden. Add broth to garlic, season with salt and pepper and bring to a boil. Ladle into 2 oven-proof serving bowls; cover with toasted bread and top with cheese. Dot each with a teaspoon of butter. Bake at 450F for 10 minutes, until cheese has melted and turns golden.

## **Mizuna Salad with Kohlrabi and Pomegranate Seeds adapted from Martha Stewart Living**

2 large celery stalks  
1 medium kohlrabi bulb (8 oz), trimmed and peeled  
1 small pomegranate  
3½ cups mizuna (3 oz) or other tender, bitter salad greens such as arugula, Bianca riccia, or dandelion  
2 tablespoons champagne vinegar  
1/8 teaspoon coarse salt  
1/8 teaspoon freshly ground pepper  
1/8 teaspoon sugar  
½ teaspoon Dijon mustard  
3 tablespoons extra-virgin olive oil

Using a mandoline or a sharp knife, thinly slice the celery and kohlrabi. Cut kohlrabi slices into ¼-inch-wide strips. Halve pomegranate; remove enough seeds to yield ½ cup. Add seeds, celery, kohlrabi, and mizuna to a serving bowl.

Whisk together vinegar, salt, pepper, sugar, and mustard. Whisking constantly, add oil in a slow, steady stream; whisk until emulsified. Toss with salad.