



[Red Gem Lettuces](#)  
[Wild Arugula](#)  
[Cabbages](#)  
[Chervil](#)  
[Rainbow Carrots](#)  
[Cauliflower](#)  
[Dandelion](#)  
[Chard](#)  
[Kohlrabi](#)  
[Formanova Beets](#)  
[Snow Peas](#)

**\*\*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, Cabbage, Carrots, Cauliflower, & Snow Peas: Store in bags in the fridge. Wild Arugula, Chervil, Dandelion, & Chard: Remove any ties or rubber bands, and store loosely in bags in the fridge. Kohlrabi & Beets: Separate greens from bulbs. Store each separately in bags in the fridge. Use greens within 1-2 days, as you would any cooking green like chard or kale.



Chervil. Photo by Andy Griffin.

**Bruschette con Pesto di Rucola**

**Adapted from The Simple Grande Gardening Cookbook by Jean Ann Pollard**

The Bruschette: Cut into squares: slices of sturdy bread. Brush with olive oil and rub with a clove of garlic. Then grill or broil until light brown.

The Spread: In a food processor or blender, combine until smooth:

A handful of wild arugula  
 S & P to taste  
 2 small garlic cloves  
 ¼ cup toasted pine nuts or walnuts  
 ¼ cup olive oil

Blend together to make a thick paste. Add:

½ cup Parmesan cheese

Top the bruschette. Makes about 1 cup.

**Coleslaw with Bacon Buttermilk Dressing**

**Adapted from Perfect Vegetables by Cooks Illustrated**

Salting and draining the onion with the cabbage helps mellow the harsh raw onion flavors.

1 pound green cabbage (~½ a medium head), shredded  
 1 large yellow or orange carrot, shredded  
 ½ medium onion, sliced thin  
 salt  
 6 ounces bacon (about 6 slices), cut into ¼-inch pieces (turkey bacon is fine. Or, maybe smoked almonds chopped up for that smoky crunch?)  
 ½ cup buttermilk  
 2 T olive or vegetable oil  
 2 T vinegar: cider or champagne  
 1 T caraway seeds  
 ¼ t dry mustard  
 2 t sugar  
 black pepper to taste

Toss cabbage, carrot, onion, and 1 t salt in a colander or large mesh strainer set over a medium bowl. Let stand until the vegetables wilt, at least 1 hour or up to 4 hours. Rinse the vegetables under cold running water (or in a large bowl of ice water if serving immediately). Press, but do not squeeze, to drain; pat dry with paper towels.

Fry the bacon in a medium skillet over med. heat until crisp and brown, about 6 minutes. Transfer the bacon with a slotted spoon or chopsticks to a plate lined with paper towels; discard the fat. (Skip this step if using nuts or prepared real or fake bacon bits.)

Stir together the buttermilk, oil, vinegar, caraway seeds, mustard, and sugar in a medium bowl. Toss cabbage, carrot, onion, and bacon in the dressing. Season to taste with salt and pepper. Serve.

**Chervil** is the classic herb for flavoring such foods as salmon, trout, potatoes, spinach, asparagus, and green beans. Chervil also goes well in salads with other herbs, like dandelion, chives and sorrel. In the middle ages in Europe, chervil was eaten raw in salads to renew the blood. Many modern herbalists recommend chervil as an aid to digestion. To try it, sprinkle a tablespoon of fresh chervil leaves on a serving of green salad and eat with a meal. (The Good Herb by J. Hurley)

### **Chervil soup**

**Adapted from Recipes from the French Kitchen Garden by Brigitte Tilleray**

2 # potatoes  
2 cups water  
1 generous bunch fresh chervil  
½ cup crème fraiche or sour cream  
2 Tablespoons butter  
S & P to taste

Peel and wash potatoes, then cut into thick slices. Cook in boiling salted water for 15-20 minutes or until tender. Meanwhile, wash chervil well, shake out extra water and chop well. (Use a sharp knife or kitchen scissors.) Puree the potatoes using a hand blender or food processor, using the cooking liquid to keep it soupy. Return soup to pan (if you're using a food processor, with a hand blender your soup is still in the pan!) Add the chopped chervil and leave to infuse for 2 minutes. Stir well and add S & P to taste. Stir in the butter and crème fraiche over a very low heat. Serve as soon as the butter has melted. Serves 6

### **Sauteed-Braised Cauliflower**

**The Victory Garden Cookbook, Marian Morash**

Slice or dice cauliflower, or cut into ¼-½-inch flowerets. Melt a combination of butter and oil (or either one) and toss cauliflower in it until coated. Cover pan, reduce heat to low, and cook for 3-5 minutes, stirring occasionally. Sprinkle with herbs and additional butter, if desired, and serve.

**With Garlic & Oil:** Add a garlic clove when tossing the cauliflower in oil.

**With Tomatoes:** To larger flowerets, add your favorite tomato sauce or peeled, seeded and chopped tomatoes combined with fresh herbs such as basil. Cover and simmer as above until flowerets are barely tender.

**In Vinegar:** Sauté in oil with garlic, add some red or white wine vinegar, then cover and cook until cauliflower is tender.

**With Peppers:** Toss the cauliflower in butter or oil with strips of red and green pepper. Cover, and cook until tender.

**With Olives:** Add black olives or large green olives stuffed with pimiento.

**With Cream:** Toss cauliflower in butter and coat with heavy cream. Cover pan and cook until cauliflower is tender. Uncover, and reduce cream so it just coats the cauliflower. Sprinkle with lemon juice; season with salt and pepper.

**With Nuts:** Sauté cauliflower in butter, cover pan, and braise until barely tender. Uncover, add toasted almonds, walnuts, or pistachio nuts, saute over high heat for 1 minute.

**With Capers or Anchovies:** After sautéing in butter or oil, toss in capers or anchovies and cook for 1 minute before serving.

### **Warm Dandelion Greens Salad**

¾ pound dandelion leaves  
2 Tablespoons olive oil  
1 Tablespoon red wine vinegar  
½ teaspoon salt  
freshly ground pepper to taste  
4 ounces smoked bacon  
1 slice French or Italian bread, cubed  
2 Tablespoons red wine vinegar  
1 hard boiled egg, crumbled

Wash the greens and tear into small pieces. Put into a warmed salad bowl with the oil and vinegar. Sprinkle with salt and pepper. Toss lightly.

Fry bacon until half cooked. Add bread cubes and fry until cubes are golden and the bacon is completely cooked. Tip contents of the pan (fat and all if you want to be completely French about it) onto the greens. Toss quickly.

Put the vinegar into the pan and heat rapidly. When it is bubbling fiercely, pour onto the greens and toss. Serve immediately with a sprinkling of the crumbled egg on top. Serves two.

### **Dandelion Recipe**

1½ tbs. olive oil  
7½ cups (packed) of young dandelion greens  
6 cloves of garlic, chopped  
¾ cup sesame seeds  
2½ tsp. Bragg's liquid amino's or tamari soy sauce

Toast the sesame seeds in a frying pan over medium heat, stirring constantly, 2- 3 minutes or until lightly browned and fragrant. Immediately remove from pan and set aside.

Gently sauté the dandelion leaves and garlic in the olive oil 15 minutes, stirring often. 3. Stir in the Bragg's liquid aminos and sesame seeds and serve hot. Serves 6.

### **Sesame Snow Peas**

**Gourmet September 1996**

½ pound snow peas, trimmed and strings discarded  
1 teaspoon Asian sesame oil  
1 scallion, sliced thinly on diagonal  
2 teaspoons sesame seeds, toasted lightly

Cut snow peas on diagonal into long thin slices. Have ready a large bowl of ice and cold water. In a saucepan of boiling salted water blanch snow peas 15 seconds and drain in a colander. Immediately transfer snow peas to ice water to stop cooking and drain well. In a bowl toss snow peas with oil, scallion, sesame seeds, and salt to taste.

---

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