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****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, Lettuce, Artichokes, Summer Squash, & Cabbage: Store in bags in the fridge. Carrots: Remove and compose greens. Carrots will stay crisper longer without their greens. Store carrots in a bag in the fridge. Chard, Spring Onions, Sorrel & Zaatar: Remove any ties or bands, and store loosely in bags in the fridge.



Zaatar on top of a tote of Meyer Lemons. Closely related to oregano, thyme and marjoram, this herb can be substituted in dishes with them. Photo by Andy Griffin.

Kohlrabi Cooking tips:

It's excellent cooked or raw. Try it both ways.

Grate kohlrabi into salads, or make a non-traditional coleslaw with grated kohlrabi and radish, chopped parsley, green onion, and dressing of your choice.

Try raw kohlrabi, thinly sliced, alone or with a dip. Peel and eat raw like an apple.

Steam kohlrabi whole, 25-30 minutes, or thinly sliced, 5-10 minutes. Dress slices simply with oil, lemon juice and a fresh herb, or dip in flour and briefly fry.

Sauté grated kohlrabi in butter, add herbs or curry.

Add sliced or cubed kohlrabi to heart soups, stews or a mixed vegetable stir-fry.

Chill and marinate cooked for a summer salad. Add fresh herbs.

**Apple and Kohlrabi Slaw
Adapted from Pheobe B.**

2 tart apples, cored & grated or julienned on a mandolin
 2 large kohlrabi or four small, peeled & grated or julienned on a mandolin
 2 Shallots, diced (½ of an onion also works)
 4 tablespoons Italian parsley, coarsely chopped
 2 tablespoons olive oil
 1 tablespoon sherry vinegar
 S & P to taste

Mix all of the above and season to taste with S & P. Serves 4 as a side dish.

**Artichokes Provencal
Adapted from *The Vegetable Market Cookbook*
by Robert Budwig**

6 baby artichokes, purple or green, or hearts of 6 larger globe artichokes
 juice of 1 lemon
 2 teaspoons olive oil
 1 medium sized onion, OR 2-3 spring onions, finely chopped
 sprig of fresh thyme or 1 tsp dried thyme (or try zaatar here!)
 2 bay leaves
 salt and pepper
 1 cup white wine, preferably a dry white wine

Cut the leaf tips off the baby artichokes and trim off the rough outer leaves. Cut each artichoke in half and remove the choke if necessary. Immediately drop artichokes into a bowl of water to which you've added lemon juice to avoid the artichokes turning dark colored.

Heat the oil in a large frying pan over a low heat. Add the onion, drained artichokes, herbs, S & P and wine. Cook, covered, for 45 minutes, or until tender, stirring from time to time. Serve warm or at room temperature.

Thyme-Braised Zucchini in Creme Fraiche

4 tbsp unsalted butter
4 medium zucchini, about 1¼ lbs., trimmed and thinly sliced
Salt and freshly ground black pepper
Zest of one lemon and juice of ½ lemon
2 tbsp finely minced fresh thyme (or try the Zaatar here)
¾ cup crème fraîche

Melt butter over low heat in skillet. Add zucchini, salt, pepper, lemon juice and thyme. Cover skillet and braise over low heat for 6-8 minutes, or until just tender. Uncover skillet. Gently fold in crème fraîche and just heat through. Correct seasoning and serve at once. Serves 4.

Chard With Parmesan from Alice Waters of Chez Panisse

1 bunch of chard
3 tablespoons butter
1 handful freshly grated Parmesan cheese

Pull the leaves from the ribs of one or more bunches of chard. Discard the ribs (or save them for another dish) and wash the leaves. Cook leaves until tender in abundant salted boiling water, 4 minutes or so. Drain the leaves, cool, squeeze out most of their excess water, and chop coarse. For every bunch of chard, melt 3 tablespoons butter in a heavy pan over heat. Add the chopped chard and salt to taste. Heat through, and for each bunch of chard stir in a generous handful of freshly grated Parmesan cheese. Remove from heat and serve.

Butter-Braised Spring Onions with Chives From *Bon Appetit*, May 2013

8 spring onions (about 1 pound), root ends trimmed
4 tablespoons unsalted butter, divided
Kosher salt
¼ cup chopped fresh chives

Lay onions in a large skillet, trimming top of dark greens to fit. Add 2 tablespoons butter and ½ cup water to skillet; season with salt. Bring to a boil; cover. Reduce heat and simmer onions until greens are soft and bulbs are almost tender, 15-20 minutes. Uncover and cook, turning onions occasionally, until bulbs are completely tender, 5-8 minutes longer. Transfer onions to a plate. Simmer cooking liquid in skillet until reduced to 2 tablespoons, about 1 minute. Remove from heat and whisk in remaining 2 tablespoons butter. Return onions to skillet and turn to coat with sauce. Top with chives.

Greens and Fish

An old authentic French recipe

½ pound chard
½ pound spinach
few leaves of sorrel
one garlic clove
2 pounds thin fish fillets
Crusty bread

Place the greens and one peeled, crushed garlic clove in a pot and cook for ten minutes, then chop. Add the fish, and cook for 10-15 minutes until done-NO longer. Place piece of crusty bread on a plate and serve the fish and the chopped greens beside one another with the liquid.

Sorrel Vichyssoise from *Gourmet*

1 cup finely chopped white and pale green part of leek, washed well
½ cup finely chopped onion
2 tablespoons unsalted butter
1 pound boiling potatoes
4 cups chicken broth
2 cups water
½ pound fresh sorrel, stems discarded and shredded coarse
½ cup heavy cream (milk has been substituted successfully)
¼ cup snipped fresh chives, or to taste

In a large saucepan cook the leek and the onion with salt and pepper to taste in the butter over moderately low heat, stirring, until the vegetables are softened, add the potatoes, peeled and cut into 1-inch pieces, the broth, and the water, and simmer the mixture, covered, for 10 to 15 minutes, or until the potatoes are very tender. Stir in the sorrel and simmer the mixture for 1 minute. Purée the mixture in a blender in batches, transferring it as it is puréed to a bowl, and let it cool. Stir in the cream or milk, the chives, and salt and pepper to taste, chill the soup, covered, for at least 4 hours or overnight, and serve it sprinkled with the additional chives.

Zaatar Salad By Zahra Abdalla, *Cooking with Zahra*

2 bunches of fresh zaatar
1 small red onion, finely sliced
¼ cup olive oil
1 tsp sumac
1 lemon, juiced
Pink salt
pepper

Remove the zaatar leaves off the stem, wash and dry. In a medium sized bowl mix onions, oil, sumac and salt. Cover bowl with plastic wrap and leave the ingredients to sit for about 10 minutes.

Uncover bowl, add zaatar leaves and lemon juice. Toss the ingredients together and serve.

Roasted Purple Cabbage By Melinda Strauss of *Kitchen-Tested.com*

1 large purple cabbage
1 Tbsp olive oil
2 tsp garlic powder
1 tsp paprika
½ tsp salt
¼ tsp pepper

Preheat oven to 400 degrees F. and line two baking sheets with parchment paper. Slice the cabbage into 1-inch-thick rounds and place them on the baking sheets in a single layer. Brush the tops with olive oil and sprinkle with garlic powder, paprika, salt and pepper. Roast until the cabbage is tender and edges are golden, 40 to 45 minutes. Serve as a side or with a meat sauce.

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