



[Carrots](#)

[Daikon](#)

[Savoy Cabbage](#)

[White Turnips](#)

[Red Radishes](#)

[Peanuts](#)

[Baby Tat-soi](#)

[Cheddar Cauliflower](#)

[Limes](#)

[Couve Tronchuda \(Portuguese Cabbage\)](#)

[Red Formanova Beets](#)

Disclaimer to the above vegetable list: The list above is approximate. There may be differences in your box. We ask for patience and a sense of adventure with these boxes. Thank you!

Storage: [Carrots](#): Remove and compost greens. Store carrots in a plastic bag in the fridge. [Daikon](#): Store in a plastic bag in the fridge. [Savoy Cabbage & Couve Tronchuda](#): Give a quick rinse of water and store in a plastic bag in the fridge. Good keeper. [Turnips ,Radishes & Beets](#): Remove greens and store bulbs in a plastic bag in the fridge. Store greens in a separate bag and use as a cooking green. [Peanuts](#): These have been cured so just store them in a bowl in a cool spot on your counter. [Baby Tat-soi](#): Store in the plastic bag they come in in the fridge. No coldest drawer. [Cauliflower](#): Rinse and store in a plastic bag in the fridge. Good keeper. [Limes](#): Store in a plastic bag in the fridge.



(Photo of Tatsoi by Andy Griffin)



(Photo of Savoy Cabbage by Andy Griffin)

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.

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### Pear and Turnip Soup

*Sundays at Moosewood Restaurant*

1 medium onion, chopped

1 T butter

3 medium-large turnips, peeled and chopped (about 3 cups)

3 large [pears](#), peeled, cored, and chopped (about 3 cups)

1 t fresh or dried [thyme](#)

½ t salt

1 ¼ C vegie stock or water

¼ t nutmeg

1 ½ -2C pear or apple juice

freshly ground pepper

shredded [daikon radish](#) (optional)

a few raspberries (optional)

In a large saucepan, sauté the onion in butter for about 5 minutes, until translucent but not browned. Add the chopped turnips and pears along with the salt and herbs. Sauté for another 10 minutes or so, stirring occasionally.

Add the stock or water and cook, covered, on low heat for 20-30 minutes, until the turnips are soft and tender. Add the spices. In a blender or food processor, puree the soup with the juice, until smooth and thick. Season with pepper to taste. Serve with optional garnishes, if desired.

## **Oriental-Flavor Cabbage Slaw (with Tat soi)**

(Adapted from the *Greens Cookbook*)

¾ lb. Napa cabbage (or Savoy Cabbage)

¾ lb. red cabbage

2 lg carrots, grated

4-5 green onions, sliced thin

¼ C rice vinegar

2 T soy sauce

2 T olive oil

1 ½ t sesame oil

1 ½ T grated ginger

2 garlic cloves, minced

½ t anise

pinch of sugar

pinch of red pepper flakes, optional

salt

handful of tatsoi, trimmed and cleaned for garnish

Shred the cabbages finely. Mix the cabbages with the carrots and green onions in a large serving dish.

Place the rice vinegar and soy sauce in a small bowl. Whisk in the oils, ginger, garlic, anise, sugar and red pepper flakes. Toss the slaw with the dressing and let it stand at cool room temp. for 30 minutes to an hour.

The slaw may be refrigerated, tightly covered, for as long as 24 hours, tossing it once or twice. Bring the slaw to cool room temp., taste, adjust the seasoning. Just before serving, garnish with the tat soi.

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Caldo Verde, a traditional Portuguese soup

2 garlic cloves, chopped

olive oil

1 large onion, chopped

6 oz linguica, thinly sliced

1 lb potatoes, diced

1 bunch couve tronchuda, shredded

Heat a pot with some olive oil in it and add the garlic, onion, and half the sausage. Cook over moderately high heat, stirring, until the onion is soft, about 8 minutes. Add about 2 quarts of water, the potatoes, and some salt. Boil, reduce heat to low, and simmer until the potatoes are tender, about 8-10 more minutes. Mash the soup with a masher, or use a food processor to create a coarsely mashed, rustic texture. Return the soup to a simmer and add the couve tronchuda and simmer until it is cooked down, at least another 5 minutes. Add the remaining linguica and heat through, tasting for seasoning. Serve warm with quality olive oil drizzled on top.

Cumin Lime Cauliflower

(Bethany Mann aka [Bitter Betty!](#))

Cut cauliflower into very small pieces, approximately the size of a big piece of popcorn.

Toss with lime and olive oil and crushed garlic to coat. Season to taste with cumin, salt and pepper.

Roast in 400 degree oven on baking sheet in a single layer for 10-15 minutes, until slightly browned and crispy.

Serve as a side or on a bed of fresh baby spinach or lettuce as a salad.

Roasted Beets with Curry Dressing

(Adapted from Delicious TV, Servings: 6)

6 medium beets roasted

Olive oil

Salt

2 cloves garlic crushed

2 Tbl yogurt

2 Tbl Mayo (regular or vegan)

4 tsp curry powder

3 Tbl fresh lemon juice

10 tbl olive oil

4 Tbl chopped cutting celery or cilantro

Directions:

Preheat oven to 375. Wash, trim and wrap beets individually in foil. Place in a shallow pan and roast until tender. A sharp kitchen paring knife should pierce through the foil easily. Set aside to cool. Mix dressing by combining all ingredients except oil. When all ingredients are smooth, whisk in the oil and set aside. Many people don't prepare fresh beets because of the staining juices. Wearing laytex or vinyl gloves will protect your hands and preparing on a covered surface will protect your cutting board. I often roast beets without wrapping and use them skin included. However, this is an alternative method. Whatever method you use, it is well worth the effort!

Unwrap the beets, and rub away skin. Slice into wedges and set into your dish. Spoon curry over the beets and serve at room temperature.

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