



Julia's notes:

Medium Fennel cooked or raw: sliced thin with lime juice, green onions, and shaved parmesan

Broccoli di Cicco: use the stems and leaves too. Cook up like any broccoli florets. It's sweet, should be used within 3-4 days to experience truly fresh broccoli.

Red Carrots grated raw or cooked, best in savory dishes. Cut into batons then roast with olive oil like a 'baked' French fry.

Baby Carrots

Mid-Sized Leeks These will look similar to the green garlic, rub the greenest green part and smell to tell them apart.

Erbette Chard mild chard, we like it sautéed with a bit of mustard and garlic.

Spring Garlic Find green garlic or spring garlic recipes. A True Spring Treat!!!

Puntarelle famous in Rome. Recipe →

Parsley classic Italian flat leaf. I put the leaves into green salads

Spigariello mild cooking green similar to collards or chard. Related to broccoli. Tip from fellow mystery shopper Emily MacL: we sauteed the spigariello & tossed w/ whole wheat pasta, caramelized onions, toasted walnuts, & goat cheese. Yum!

Chantenay Carrots big, orange, & classic

White turnips grated raw like a radish, cooked into any soup or stew to tone down.

Rapini

Puntarelle Salad

1 head puntarelle: cut the white part into thin strips then plunge into ice water. They should curl up a bit. Leave them in the water while you make the dressing:
Mix together: (I use a small blender jar for this)

2-3 stalks green garlic or 2 cloves garlic, chopped

3 anchovy fillets, rinsed, patted dry

Large pinch of coarse kosher salt

1/4 cup extra-virgin olive oil

1 tablespoon red wine vinegar

2 teaspoons Dijon mustard

Dress the puntarelle curly sticks.

Jasmine Rice with Spring Garlic

3 tablespoons extra-virgin olive oil

1 1/2 cups jasmine rice (10 ounces), rinsed

1 1/4 cups thinly sliced spring garlic

3 cups chicken stock or low-sodium broth

1 tablespoon kosher salt

Preheat the oven to 375°. In a medium cast-iron casserole, heat the olive oil until shimmering. Add the rice and spring garlic and cook over moderately high heat, stirring constantly, until the rice is lightly browned, about 5 minutes. Add the stock and salt and bring to a boil over high heat. Boil uncovered for 5 minutes, until the liquid is nearly absorbed.

2. Cover the rice and bake for 10 minutes, until it is tender but firm and the liquid is completely absorbed. Let the rice stand, covered, for 5 minutes. Fluff the rice with a fork, transfer to a bowl and serve.

**Mariquita
a
Mystery
Thursday
2/21/08 @**