

[Strawberries](#) x 3 baskets

[Fava Beans](#)

[Kohlrabi](#)

[Carrots](#)

[Radishes](#)

[New Potatoes](#)

[Agretti](#)

[Baby White Turnips](#)

[Cardoon](#)

[Lettuce: Winter Density](#)



Kohlrabi, Photo by Andy Griffin

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: Remove twisty ties/rubber bands from all
Storage tips from [Chef Jonathan](#):

Strawberries: if eating the same day you pick them up, then leave on the counter. Do not rinse until just before eating. If eating the following day, put in tupperware that has a lid, and store in the fridge. No coldest drawer. Absolutely no rinsing until just before eating. Eat within 36 hours.

Cardoon: Give them a drink and save the huge plastic bag that holds all your veggies to use for the cardoon. If necessary, cut the stalks in half to store them in the fridge. No coldest drawer. Use within the week.

Kohlrabi: Remove twisty ties/rubber bands and store in a plastic bag. Use within the week.

Chantenay Carrots: Top carrots and clean off any mud. Store in plastic bag. Excellent keeper. Coldest drawer OK.

Lettuces: Remove twisty ties/rubber bands, give a drink and store loosely in a plastic bag. The sooner you eat them, the sweeter they will be.

Carrots: Remove and discard/compost tops, then store the carrots in a plastic bag. Good keepers. Coldest drawer ok.

Fava and Crab Risotto from the LA Times Food Section

2 pounds fava beans, in pods
3 Tablespoons butter
1/2 large onion, chopped
1 cup arborio or other short grained rice
grated peel of 1 lemon
1 sprig plus 4 leaves mint
5 to 6 cups vegetable broth
oil
1/4 cup crab meat
shredded fresh mint leaves

Shuck fava beans. Cook beans in pot of boiling salted water 2 minutes, then drain. Place immediately in ice water to stop cooking and peel all but 16 to 20 beans. Set aside.

Melt butter in heavy saute pan. Add onion and stir until onion is soft. Add rice and stir until rice is opaque, about 1 minute. Stir in lemon zest.

Add mint sprig to vegetable broth in saucepan, bring to a boil, then keep at a low simmer. Add 1 to 1 1/2 cups broth to rice and cook, stirring constantly, until broth is absorbed by rice. Continue adding broth in this manner, until rice is chewy but tender, about 18 minutes. Mixture should be rather soupy. Add peeled fava beans and keep cooking, stirring, 2 3 more minutes.

Heat enough oil for frying in skillet. Quickly deep fry reserved unpeeled favas until shells brown and burst, about 30 seconds.

Serve risotto in bowls. Garnish with crab, shredded mint leaves and fried favas.

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**from Deborah Madison:**

Skinned favas are a brilliant spring green. If you have enough favas and enough time, cook them as a side dish. Otherwise, add them to spring vegetable stews and pasta dishes. One pound of pods yields about 1/2 cup of beans. They go well with olive oil, yogurt, rosemary, dill, parsley, and thyme.

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Giant Crusty and Creamy White Beans with Greens Adapted from Super Natural Cooking by Heidi Swanson

½ pound medium or large dried white beans, cooked
3 tablespoons olive oil or clarified butter
Fine grained sea salt
1 onion, coarsely chopped
4 cloves garlic, chopped
½ baby chard, washed and roughly chopped, or 1 bunch kale, cut into wide ribbons
Fresh ground black pepper
Extra virgin olive oil for drizzling
Freshly grated parmesan for topping

Drain the beans, then heat the oil or butter over med-high heat in the widest skillet available. Add the beans to the hot pan in a single layer. If you don't have a big enough skillet, just do the sauté stop in two batches or save the extra beans for another use. Stir to coat the beans with the oil/butter, then let them sit long enough to brown on one side, about 3 or 4 minutes, before turning to brown the other side, also about 3 or 4 minutes. The beans should be golden and a bit crunchy on the outside and soft and creamy on the inside. Salt to taste, then add the onion and garlic and cook for 1 or 2 minutes, until the onion softens. Stir in the greens and cook until just beginning to wilt. Remove from the heat and season to taste with a generous dose of salt and pepper. Drizzle with a bit of top-quality extra virgin olive oil, and sprinkle with freshly grated parmesan. Serves 6-8 as a side dish.

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### **From Chef Jonathan Miller**

#### **Olive Oil Braised Favas with Thyme**

3 lb fava beans  
olive oil  
leaves from 12 branches thyme

Shell your fava beans. Bring a large pot of salted water to a boil and blanch the shelled beans for 1-2 minutes. Drain and cool under cold water. Peel the skins off the favas so you are left with the bright green inner bean.

Heat a quarter cup of olive oil in a small saucepan and add the peeled favas. Braise over low heat for 5-7 minutes, or until the favas are softened and taking on a little of the oil. Add the thyme leaves and braise just another minute or two. Remove from heat, strain the

beans from the oil (reserve the oil for another use), and season with salt. Serve warm.

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[Recipes A-Z on our website](#)

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### **[Coffee Bar Pop-Up Series featuring Mariquita Farm!](#)**

**Thursday, May 19th (with an encore seating May 20th) in San Francisco**

[Il Cane Rosso](#) chef, Lauren Kiino, is serving a three-course market dinner that will exclusively feature Mariquita Farm produce. Menu highlights include a starter with meyer lemon-mint vinaigrette and wild flowers, crispy pork belly with Mariquita Farm roasted nettles and fregola salad, and for dessert, lemon panna cotta with almond shortbread and strawberries. Our own Andy Griffin will be on hand to discuss farming techniques and answer guests' questions. **The Ladybug Buying Club will also be there with extra crates of strawberries available for purchase.** Cost is \$40 for three-course meal (with optional \$15 wine-pairing). To reserve your spot, please RSVP to [info@canerossosf.com](mailto:info@canerossosf.com). We hope you can join us!

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### **Eating Thistles by Andy Griffin**

On September 19th, 1832, biologist Charles Darwin passed through the



remote Argentine settlement of Guardia Del Monte, and noted that the village marked the southernmost limit of the cardoon infestation on the pampas. Cardoon, or *Cynara cardunculus*, is a big thistle. Darwin had passed by weed patches where cardoons stood as high as a horse's back in thickets that covered hundreds of square miles. This week we're harvesting bunches of cardoon for your CSA share boxes. "Why," you may ask, "is my farm growing a plant that science has described as a pernicious and invasive weed?" I can speak to your doubts but words only go so far, so I'm including a recipe at the end of this history. Cardoons are good food, and the proof is in the gratin.

Cardoon is a sister to the artichoke, but instead of eating

the immature flower bud, we eat the petiole, or leaf stalk. Cardoons make flower buds that look like small, spiny artichokes, but you'd have to be hungry to make eating them worth the pain. A number of different cardoon varieties that have been developed by farmers, and most of them have been selected to have few, if any spines. Massed over hundreds of thousands of acres, the way that Darwin encountered them, I'd imagine that cardoons would be a dreary sight indeed, but in a garden setting the plants are beautiful and sculptural. I've found that cardoons offer excellent habitat for Ladybugs to breed and multiply in, so our cardoon patch not only serves as a food crop, it's also an insectary crop that benefits the rest of our more common vegetables.



Cardoons evolved around the rim of the Mediterranean Sea, and people have eaten them for a long time, but Roman gardeners are thought to have been responsible for taming this thistle into a garden vegetable. It was a Roman custom to dip tender, young cardoon stems in a simple sauce of warm olive oil and butter and eat them raw. The bigger stems were typically baked, steamed, or fried. As the Roman Empire expanded, the practice of growing cardoons extended as far north as the climate permitted. The cardoon, like the artichoke, is frost tender, so it didn't become established in colonies like Britannia or northern Gaul, but Roman cardoon recipes found favor in warmer regions. To this day, cardoons are much appreciated in Spain, southern France, and northern Italy.

When the Spanish conquistadores came to South America they brought their long horned cattle and their cardoons with them. A terrestrial age of Taurus dawned as wild cattle multiplied like fleas across the southern plains. Their sharp hooves cut the turf and wore it away, providing a place for feral cardoon seed to germinate. Soon, isolated outcroppings of cardoons metastasized into thorny jungles. The cardoons reacted to their new freedoms by shedding all vestiges of tender domesticity and reverting to their original vicious, spiny habits, just as the feral Spanish cattle grew ever more wily and wicked as they outwitted and outfought the native panthers. The

Spaniards had come to America hoping to bring culture to a wild continent. But instead, their civilized companions, the cow and the cardoon, went "native" and reverted to their horny and thorny natures. When gauchos gave chase to descendents of the wild Iberian cattle, hoping to slaughter beef, the longhorns could disappear into oceans of thistles and thorns and be lost to the bolo, the riata, and the corral for good. The dance of progress had taken one step forward and two steps back, and that's an interesting dialectical evolution to ponder.

Photo #1: Cardoon stems.

Photo #2: Cardoon is a thistle. Here's a picture of my daughter as a young girl in the cardoon patch on Mariquita Farm. The plants don't have spines.

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Photos by Andy Griffin

### [Martin's Cardoon Potato Gratin](#)

My friend Martin made this, it was delicious! Of course, anything with 1/2 & 1/2 and cheese could be delicious...

8-10 stalks Cardoon  
2-3 medium potatoes  
8 oz grated parmesan cheese  
1 pint half and half or cream  
S & P to taste

Blanch the cardoon stalks in water that has a splash of vinegar or lemon juice until medium tender. You can peel them if you like. We don't. Cut the cardoon stalks in 1/4 inch crescents, across the grain, like you would celery. Peel the potatoes. Cut the potatoes into batons, about like a french fry. Toss the cut, blanched cardoon stalks with the potatoes directly in a gratin dish. Reserve a handful of the cheese for the top and toss the rest of the cheese with the cardoon/potato mixture. Add the pint of half and half (or cream if using.) Season with salt and pepper.

Bake in a 425 oven 40 minutes or so: until golden brown and the potatoes are all the way through.

From [Chef Jonathan Miller](#):

## Cardoon Gratin

Really diverse and excellent box this week, but let's address



Address our elephant in the room immediately: the Cardoon! I will be the first to admit that I have not shown much love to this vegetable. The last time I tried it, which was years ago, I quite unsuccessfully put it into a tabbouleh, hoping its artichoke-like flavor might fit nicely into the salad. I'm sure I didn't cook the cardoon properly, so my attempt yielded a stringy, tough cardoon that was completely unappetizing. This year, it was my mission to give it the respect its elder status has earned, so I found two dishes for you that are worth making. Up front, a classic French preparation that is rich and delicious, a creamy gratin. This recipe was mined from an old issue of Saveur, and is apparently a famous dish from Tours, prime cardoon country. Make sure you do not short the cardoon its cooking time. That's the key to making it palatable. Also keep in mind that it acts like a sponge, so be sure the liquid you use to cook it in tastes really good.

- 3 c cream
- 1 c chicken stock
- 1 bay leaf
- 3 lb cardoon
- 1 c gruyere, grated

Put the cream, stock, and bay leaf in a large saucepan and season with salt and pepper.

Trim your cardoons, then slice them into pieces around 2 inches long, immediately dropping them into the cream bath to prevent discoloring.

Heat the cardoons until the cream comes to a boil, then simmer over medium-low heat for about an hour. Remove the cardoon pieces with a slotted spoon, putting them into a gratin/casserole dish and continue to boil the cream until reduced to 3/4 c.

Pour the cream over the cardoons, top with the gruyere, and bake at 350 until the top has colored a little bit, about 30 minutes. Serve warm.

## Sauteed Cardoon with Thyme and Pine Nuts

Almost all the cardoon recipes I found used a lot of cream and cheese or deep fried the stalk. I wanted to find a method that anyone could eat, not just those of us who never watch what we eat. I discovered a recipe on the [Hunter Angler Gardener Cook blog](#). This is indeed worth making. Remember that cardoon discolors like artichoke hearts do, so make sure it goes immediately into its cooking water after trimming.

- 1 lemon
- 1/2 lb cardoon, trimmed
- 1 onion, halved and thinly sliced
- 2 T olive oil
- 2 T sherry
- 2 T honey
- 1/4 c pine nuts, toasted
- 1 T thyme (fresh)

Bring a pot of salted water to boil and squeeze in the juice of 1 lemon. Cut the cardoon into large pieces and simmer for 45 minutes. Remove and cut into 1/2 inch pieces.

Heat the olive oil in a skillet and add the onion. Saute until softened and beginning to color, then toss in the cardoon for about 2 minutes. Add the sherry and reduce it until it is nearly evaporated, then add the honey, stirring to heat through. Add the pine nuts and cook for another minute or so until the sauce is thick. Remove from heat and season with salt and pepper, finishing with the thyme. Delicious!

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Kohlrabi Gratin

Last week I contributed a recipe utilizing raw kohlrabi. This week I'm doing a dish where it gets cooked. Since I had cream and thyme on hand from doing the cardoons, I



figured I may as well use it for the kohlrabi, too. These are simple, individual gratins that only take a few minutes to put together, then are baked off for 30 minutes. Make sure you have some good bread to mop up the extra cream! And be sure to use your kohlrabi greens like you would turnip greens. They are tasty!

3 small kohlrabi, peeled
2 T thyme (fresh)
1/2 c grated gruyere
1/2-3/4 c cream

Slice the kohlrabi into thin circles, then blanch them in boiling water for just a minute. Butter the bottoms of 4-5 individual ramekins (the 1/2 c size). If your kohlrabi slices don't fit into the ramekins, cut them into half circles. Layer the kohlrabi in the ramekins, seasoning each layer with salt, pepper, and some thyme leaves. When all the kohlrabi is used up, top with a little of the gruyere. Pour in a little cream into each ramekin, but do not submerge the top layer of kohlrabi. Bake at 350 for about 30 minutes until nicely colored and the kohlrabi is soft. Serve warm.

Photos by Shelley Kadota.

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### **Pork Tenderloin with Roasted Carrots**

Here's a nice dish I taught at a cooking class over the weekend, and is great way to use your baby carrots.

1 lb baby carrots  
1 T olive oil  
1 T butter, softened  
2 garlic cloves, sliced  
1 jalapeno, chopped  
1 t honey  
1/2 t chile powder  
1/2 t cumin, ground  
1/4 t salt

1 pork tenderloin  
2 t oregano, dried  
2 t cumin, ground  
1 t chile powder  
1 t smoked paprika  
1 T salt  
1 T olive oil

Heat the oven to 400. Put the carrots on a sheet pan. Combine the olive oil, butter, garlic, jalapeno, honey, chile powder, cumin and salt in a bowl, mixing with your fingers until it is a paste, then toss with the carrots,

making sure the carrots get coated well. Toss and roast until tender, 30 minutes.

Dry the tenderloins. Combine the oregano, cumin, chile powder, smoked paprika, and salt in a bowl, then rub the tenderloins with it. Sear the pork, then finish it in the oven until cooked to your liking, maybe 8-10 minutes. Rest for 5-10 minutes. Slice and serve with the carrots.



**And, more recipes and links from Julia!**

[Girl's Gone Child: Eat Well: Kohlrabi!](#)

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Roasted Kohlrabi with Crunchy Seeds

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

3 medium kohlrabi bulbs, peeled and cut into 3/4 inch cubes
2 Tablespoons olive oil
2 teaspoons sesame seeds
1 teaspoon poppy seeds
1/2 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.



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Recent posts:

From Andy:

We're harvesting cardo on this



week, which brings Winnie the Pooh to mind: “The old grey donkey, Eeyore, stood by himself in a thistly corner of the forest, his front feet well apart, his head on one side, and thought about things. Sometimes he thought sadly to himself, “Why?” and sometimes he thought, “Wherefore?” and sometimes he thought, “Inasmuch as which?”---**A.A.Milne**

In the newsletter-and here- we'll try to answer the "Why," "wherefore," and "inasmuch." Photo of Primavera & Sweetpea by Andy Griffin.

From Gudrun E. (aka [Kitchen Gadget Girl](#)): Trying raw kohlrabi for the first time tonight, per recommendation from Mariquita Farm newsletter. Very tasty!

From Maryann M.: I shredded the kohlrabi in the food processor and sauteed it in some butter and added a little parmesan at the end. Wish there was more.

From Andy/Julia: Next week we're planning to do green kohlrabi. Don't forget to use the leaves as you would a kale or collard; they're half of the bunch.