



MYSTERY THURSDAY

INCANTO
March 20th, 2008

Broccoli di kale OR broccoli di cicco
cook leaves & stems too! from lacinato
kale plants or our standard di cicco

Agretti cooking green see note →

Green Garlic looks like small leeks,
smells/tastes like garlic

Medium Leeks

Baby Carrots (loose)

Fennel shaved into a salad or chopped and
cooked like celery

Wild Arugula spicy salad green! YUM.

Escarole use as a hearty cooked green, or
as a salad.

Garlic Chives: try making pesto, or
google-ing recipes.

Chantenay Carrots

Turnips

Rapini

Red Beets

One More Item: a true mystery. ☺

**NEXT TWO MYSTERY NIGHTS: YOU
CAN PREORDER IF YOU LIKE, THEY
MIGHT SELL OUT. WE DID TONIGHT!:**

4/3 AZIZA 5-7PM

**4/17 PICCINO 5-7PM. TO BE
CONFIRMED**

**RECIPES A-Z ON OUR WEBSITE:
MARIQUITA.COM**

AGRETTI:

I can't find recipes for it! (it's not glasswort
like in England, that's a different agretti!)
So taste the plant. (photos are on our
website) We enjoy it as a salad green mixed
with escarole or lettuce, or on it's own. I
also wash and chop it and add it to my
weekly grain salad.

I've made agretti the way I would chard or
broccoli: chopped and sautéed with olive
oil, garlic, S & P and chile flakes. I then
tucked this cooked up agretti into
quesadillas and it worked well.

I gave some agretti to our friend John
Mauceri, our resident Italian. He tried it
with eggs because he saw some ideas in
Italian on the web about eggs. BUT John
found the agretti 'disconcerting' with eggs.
So he tried the following:

Pasta tossed with a cheesy roux (yes,
glorified mac & cheese) cooked up with
some shredded ginger and a bit of chopped
jalapeno. Then he tossed the nearly finished
dish with 2 inch lengths of agretti: he said it
was GREAT. Beautiful too.

Please send me (via email) your ideas of
how you use agretti! Thanks. -julia

Wild Arugula: This is an herb, vegetable
or salad green, depending on the recipe.
Try it torn up as a salad on it's own with
chopped apples & blue cheese, or just add
to a lettuce salad for a zip. Or as a lettuce-
replacement on a sandwich. It can also
replace spinach in many cooked spinach
recipes. (How about that famous American
appetizer: spinach dip?)