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[Tomatoes](#)

[Mexican Mouse Melons](#)

[Pomegranate](#)

**\*\*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:** [Radicchio](#), [Escarole](#), [Lettuce](#), [Peppers](#), [Apples](#), [Mouse Melons](#) & [Pomegranate](#): Store in your crisper in the fridge. Whole Apples and Pomegranates need not be stored in the fridge but will last longer if they are.

[Carrots](#): Remove greens from roots and compost the greens. Store carrots in a bag in the fridge. The roots stay crisp longer without their greens. [Delicata Squash](#): store in a cool, dry place in your kitchen or pantry. If the squash doesn't have nicks/ fresh gashes it should last for months. [Tomatoes](#): Store in a cool spot on your kitchen counter until you use them. Do not refrigerate – that makes them mushy and less tasty.



Considered high in anti-oxidants and vitamins C and K, pomegranates are delicious in sauces, dressings and salad, as well as eating fresh. Photo by Shelley Kadota.

### **Baked Radicchio**

Adapted from Lidia's Italy by Lidia Bastianich

Serve as an antipasto or a vegetable course, over soft or baked polenta.

1½ pounds round or long radicchio, 2 or 3 firm heads

4 tablespoons butter

4 tablespoons extra virgin olive oil

1 medium-large onion, peeled and sliced in ¼-inch-thick half-moons (2 cups)

3 large garlic cloves, smashed and peeled

1 teaspoon coarse sea salt or kosher salt, or to taste

1 tablespoon red wine vinegar

Freshly ground black pepper to taste

1 cup freshly grated Grana Padano or Parmigiano Reggiano

Trim the radicchio heads, discarding wilted or bruised outer leaves and slicing off the very bottom if tough and discolored (don't remove the core). Slice the heads in quarters or sixths, into wedges about 3 inches wide. Cut through the core, so the leaves are held together. Arrange a rack in the center of the oven, and heat to 375°F.

Put the butter and 2 tablespoons of the olive oil in the skillet, and set over moderate heat. When the butter is melted and foaming, stir in the onion and garlic and cook for a minute, then lay in all the radicchio wedges in one layer. Sprinkle on the salt, cover the pan, and cook slowly, turning the wedges over and stirring the onion every couple of minutes.

After 10 minutes or so, when the radicchio is softened slightly but still firmly holding its shape, stir the vinegar with ½ cup water and pour into the pan. Raise the heat a bit and bring the liquid to the boil, turning the wedges and stirring. Cook for a couple more minutes, until the pan juices are reduced and syrupy and the wedges are lightly caramelized.

Remove the skillet from the heat, and arrange the radicchio wedges in the baking dish in one layer. Spoon the onion all around, and pour the skillet liquid over. Drizzle on the remaining 2 tablespoons olive oil, season with freshly ground black pepper, and sprinkle the grated cheese in an even layer, covering the radicchio.

Tent the dish with aluminum foil, pressing it against the sides. Bake covered for about 20 minutes, remove the foil, and bake another 5 minutes or more, until the radicchio wedges are tender and moist and glazed golden on top.

## **Radicchio Strudel**

**Adapted from the LA Times Feb. 2003**

2 heads treviso radicchio or 1 head chioggia or equivalent  
3 Tablespoons olive oil  
2 cloves garlic, finely minced  
1 teaspoon salt  
1 sheet puff pastry, thawed at room temp 20 or so minutes  
flour for rolling  
2 ounces mozzarella, cut into small cubes  
1 egg lightly beaten with 1 teaspoon water

Trim the ends of the radicchio and cut in half (lengthwise if using a long variety such as treviso), then cut the pieces into quarters. Finely shred each piece.

Heat the oil in a large skillet. Add the garlic and cook 30-40 seconds, taking care not to burn it. Add the radicchio and cook, stirring often until wilted, about 4 minutes. Sprinkle salt in and stir well. Set aside to cool.

Roll the puff pastry out on a lightly floured surface into a rectangle about 14 by 12 inches. Lay the radicchio in a stripe down the center. Dot the top of the radicchio with the cheese. Fold both sides of the pastry over the center and brush the underside edge with the egg wash; press to seal. Brush the rest of the egg wash over the surface of the strudel. Place on a baking sheet and refrigerate 10-15 minutes.

Meanwhile, heat the oven to 400 degrees.

Bake until golden brown, 20-25 minutes. Cut crosswise into 12 pieces and serve.

## **Escarole Frittata from Chef Jonathan Miller**

Great anytime, but also a great buffet dish, this frittata looks wonderful with a colorful topping of tomatoes, or salsa. Meat eaters can add sausage.

olive oil  
1 onion, chopped  
1 sweet pepper, chopped (try the cubanelles here)  
1 head escarole, chopped  
8 eggs, beaten  
½ c grated fontina or gruyere  
3 T parsley, chopped

Heat the oil in a 10 inch skillet, preferably cast iron. Sauté the onion and pepper until softened but not browned, about 8 minutes. Add the escarole and some salt and sauté until wilted and soft. Combine the eggs, the cheese, and the parsley together and pour into the skillet, making sure the ingredients are evenly distributed. Cook over low heat, covered, until the eggs are set, another 5-8 minutes or so. Alternatively, finish the top of the frittata under the broiler. Allow to cool and then unmold to a serving plate. Top with sour cream, chopped tomatoes, your favorite salsa, and some sliced tomatoes on the side.

## **Roasted Delicata Squash & Onions From EatingWell Test Kitchen**

2 pounds delicate squash  
1 medium red onion, sliced  
2 tablespoons extra virgin olive oil, divided  
¼ teaspoon salt  
1 teaspoon chopped fresh rosemary  
1 tablespoon maple syrup  
1 tablespoon Dijon mustard

Preheat oven to 425 F. Cut squash in half lengthwise, then crosswise; scoop out the seeds. Cut lengthwise into ½-inch-thick wedges. Toss with onion, 1-tablespoon oil and salt in a large bowl. Spread in an even layer on a baking sheet. Roast, stirring once or twice, until tender and beginning to brown, about 30 minutes.

Combine the remaining 1-tablespoon oil, rosemary, syrup and mustard in a small bowl. Toss the vegetables with the dressing.

## **Sunday Chili**

**Adapted from the *Vegetarian Times***

3 cups dry kidney beans  
2-3 onions  
4 cloves garlic, minced  
1 colored bell pepper, chopped (use red cubanelles here)  
1-2 cups coarsely chopped green cabbage  
½ cup diced unpeeled potatoes  
2 cups chopped tomatoes,  
1 to 2 tbs chili powder  
½ tsp cumin  
½ cup uncooked brown rice  
5 cups water or vegetable broth (I used broth)  
salt and pepper to taste

Soak beans overnight in cold water to cover. Drain. Put beans in slow cooker. (Or skip all this and use canned if in a hurry) In a large skillet over medium-high heat, water sauté onion and garlic until soft, about 3 to 5 min. (or oil sauté them in a tablespoon cooking oil) add bell pepper, cabbage, potatoes, tomatoes, chili powder, and cumin. Continue cooking, stirring frequently, for 3 min; transfer to slow cooker. Add rice and broth, cover and cook on low for 6 to 8 hours. Season to taste. Serves 8.

## **Quick Apple Crisp from Anne S. in Santa Cruz**

Preheat oven to 375F. Cut a bunch of apples (peeled or not) into a pie dish, until it's full or you use up all your apples. Blend 1 cup flour, 1 cup brown sugar and 1 stick butter in a mixer (add a bit of cinnamon if you like), with a fork, or your fingers - blend until crumbly and mostly mixed. Press the topping firmly over the apples, covering the entire surface of the dish. Bake for about 45-60 minutes, until the topping seems nice and the apples are soft (poke 'em with a fork to check). Serve warm or cold.