

[Gold Chard](#)
[Winter Luxury Pumpkin](#)
[Potatoes](#)
[Gala Apples](#)
[Celery](#)
[Cheddar Cauliflower](#)
[Romanesco Cauliflower](#)
[Pan di Zucchero Chicory](#)
[Chantenay Carrots](#)
[Watermelon Radish](#)
[Parsley Root](#)

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!

Chard: Remove any twisty ties/rubber bands and give it a nice drink. Store loosely plastic bag in the fridge. No coldest drawer. **Pumpkin:** Store on your counter out of direct sunlight. Excellent keeper. **Potatoes:** Store in the bag that they come in. Good keeper. **Apples:** Store in the bag they come in. Coldest drawer is ok, in fact preferred. Good keepers. **Celery:** Store in a plastic bag in the fridge. Trim tops if necessary so that it fits inside the bag, otherwise the celery may wilt. **Cauliflower:** Store in a plastic bag in the fridge. Coldest drawer ok. **Pan di Zucchero:** Save your large bag for this and store in the fridge. Use right away unless you have tons of space available in your fridge! **Chantenay Carrots:** Remove any rubber bands and remove the greens. Wash the carrots right away and drop in a bag while still damp. Store in a plastic bag in the fridge. **Radishes:** Separate the greens from the roots if they are still attached and store the greens the way you would chard or any cooking green. Roots can also be stored in a plastic bag. If you like radish greens, then use them within the first two days. They yellow quickly. **Parsley Root:** Store in a plastic bag in the fridge. Coldest drawer OK. Keeps just like carrots.



Watermelon Radish
(Photo by Andy Griffin)

Chantenay Carrots
(Photo by Andy Griffin)



Pan di Zucchero Saute

- one head of pan di zucchero (can substitute any radicchio or escarole here)
- splash of olive oil or other neutral cooking oil or butter
- 1-3 cloves chopped fresh garlic
- 2-5 cut up anchovies
- S & P to taste
- 1 cup or less of white wine or water

Cut up one head of Pan di Zucchero. Saute in a bit of olive oil with 1-3 cloves chopped fresh garlic, and 2-5 cut up anchovies. (Rinse off salt first if they are the salted-in-the-jar kind instead of the tinned type.) Sprinkle with Salt (and Pepper if you like). Stir for a few seconds. Add about 1/4 cup to 3/4 cup of white wine or water and cover with well fitting lid. Let steam down some (5 minutes? perhaps a bit more), then stir until it looks like a cooked down but delicious mess. You can find Julia's photo essay of this recipe at:

<http://www.mariquita.com/images/photogallery/prepared%20food/pan%20di%20zucchero%20with%20anchovy/pan%20di%20zucchero%20saute.html>.

Parsley Root (also called Dutch Parsley, Hamburg Parsley, Rooted Parsley, Turnip-Rooted Parsley, Heimischer, Petoushka)

Parsley Root is sometimes called Hamburg Parsley. It's often called to be cooked with other roots together, and this vegetable is crucial for the flavoring of some traditional chicken soup recipes. You can add this chopped vegetable anywhere you're cooking up carrots, celery and onions for a vegetable soup or braise, or a meat-based concoction. The leaves are just parsley leaves, and they are great to cook/eat raw as well, anywhere you would use parsley.

Lentil Soup with Parsley Root and Carrots

- 1 lb Dried lentils, -washed and drained
- 1/4 c Lard, bacon drippings, -or oil
- 2 med. Onions or leeks, chopped
- 1 parsley root or parsnip, chopped
- 2 med. Carrots, sliced
- 1 c Sliced fennel or celery
- 8 c Water
- 1 t Salt to or to taste
- Several whole black pepper-corns
- 2 Whole cloves
- 2 Bay leaves
- 1 lg Potato, peeled and grated
- 2 lg Links (or 4 small) smoked -sausage, skin pricked-with fork
- 2 tb Good vinegar

In a large pot, heat fat and add carrots, root vegetable and onions. Saute until onions are golden. Add lentils, water, celery, and seasonings. Grate the potato into the mixture and add sausage. Simmer covered 1 hour until lentils and vegetables are tender. Remove bay leaves. Add vinegar just before serving and adjust salt. Serve with a crusty bread and salad. Serves 6

Pan di Zuccheru Pizza with Walnuts (Chef Jonathan Miller)

I love the pizza crust from the Greens Cookbook, so I'm reprinting it here. Use any good melting cheese you like here - gruyere, gouda, fontina. I used fontina. This is a super simple, and delicious pizza.

3 T milk
3 T warm water
pinch sugar
1 ¼ t yeast
1 T olive oil
½ c flour
2 T whole wheat flour
2 T rye flour
1 ¼ t salt

small handful walnuts
olive oil
1 large red onion, quartered and thinly sliced
½ head pan di zuccheru, finely chopped
3 garlic cloves, minced
pinch chili flakes
vinegar
3 oz fontina, grated

Mix the milk, water, sugar, yeast, and olive oil in a bowl, stirring until the yeast dissolves. Add the flours and salt, mixing well. Knead this dough until smooth, but still tacky, about 5 minutes. Put a little olive oil into a bowl then drop in the dough, turning it to coat it with the oil. Allow to rise for about an hour in a warm place.

Toast the walnuts in a 350 degree oven until colored and fragrant, about 7 minutes.

Heat a skillet, add some olive oil, and saute the onion until softened and just starting to color, then add the pan di zuccheru and the garlic. Saute until wilted, about 5 minutes, then finish with some salt, a generous pinch of chili flakes, and a small splash of red wine vinegar. Taste.

Heat a pizza stone to 500 degrees. Shape your dough, put it on a generously floured pizza peel, and put all but a couple tablespoons of fontina on the bottom of the crust. Top with the pan di zuccheru, then the walnuts, then the remaining cheese. Slide it onto the pizza stone and bake for 10 minutes. Check on the crust to make sure it's done, and pull it out and allow to rest a couple minutes before cutting and eating.

Pan di Zuccheru Soup (Chef Jonathan Miller)

1 head pan di zuccheru, chopped
2 qt water
½ lb ground sausage
1 lb ground beef
1 onion, chopped
3 garlic cloves, chopped
3 eggs
1 c mozzarella, grated
cider vinegar
2 hard cooked eggs
chives

Put the pan di zuccheru in a pot with the water and bring to a boil. Simmer for 1 minute and turn off the heat.

Brown the sausage in a large skillet, mixing well. Add the beef and brown it as well. Add the onion and garlic, cover, and cook until soft, about 10 minutes. Pour off any fat, then add the meat and onions to the pan di zuccheru. Return soup to a simmer and cook another 10 minutes with the meats. Beat the eggs together, then add them to the soup, stirring while you add them so they don't cook into clumps. Add the mozzarella and stir well until melted. Finish with a couple tablespoons of vinegar (or not, if you don't like it).

Serve hot, garnished with chopped hard cooked egg and chives.

Israeli Couscous with Apple, Fennel, and Parsley Root (Chef Jonathan Miller)

This is a fun little salad. Bright and refreshing. This is good on its own, but since Dungeness season opens today, you might consider serving this with crab. Make sure you don't peel your apple(s) for this. The color of the skin helps make this salad look better.

1 c water
½ rice vinegar
⅓ c sugar
1 ½ T salt
1 whole clove
1 t mustard seeds
½ t pepper
1 t grated fresh ginger
1 small jalapeno, seeded and minced
1 c Israeli couscous
olive oil
1 large or two small apples, cut into small dice
1 large or two small fennel, cored and finely diced
1-2 parsley root (peeled), cut into small dice
3 tangerines, or 1 orange, peeled and sectioned
½ - ¾c raisins
¼ c chopped parsley, plus a small amount of very small whole leaves

Put the water, vinegar, sugar, salt, clove, mustard, pepper, ginger, and jalapeno in a small saucepan. Bring to a boil, stirring until the sugar and salt dissolve. Continue to boil until the mixture is reduced to ½ cup. Remove from heat and allow to cool completely. Remove the clove.

Cook the couscous according to the package instructions. Remove from the pot and immediately toss with a very small amount of olive oil to keep from clumping together. Allow to cool.

Combine the apples, fennel, parsley root, tangerines, raisins, and the chopped parsley in a bowl. Gently toss with a few tablespoons olive oil. Add the cooled couscous and gently toss again.

Begin to add the reduced spiced vinegar a little at a time, stirring so everything gets coated. Keep tasting as you add it so you don't go farther than you like. Use as much of, or as little of the dressing you like. Finish with the whole parsley leaves and serve at room temperature.

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