

[Eggplant](#)
[Friarelli Peppers](#)
Red [Potatoes](#)
[Cherry Tomatoes](#) OR Black Prince [Tomatoes](#)
[Carrots](#)
[Spinach](#) OR [Broccoli](#)
[Lettuce](#)
[Summer Squash](#)
Red [Beets](#)

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 vegetables and everything into the fridge. **Eggplant:** Store in a plastic bag in your fridge. Give the bag some humidity by adding a tiny bit of water, but not too much. Best used within the week. **Peppers & Potatoes:** Leave them in the bag they come in and put them in the crisper drawer of your fridge – not the coldest drawer. **Tomatoes:** Store at room temperature on the counter, left open. Check your basket for split tomatoes and eat or use them right away as they attract flies. Do not refrigerate your tomatoes! They turn mushy. **Summer Squash:** Store in a plastic bag in the fridge. No coldest drawer. **Broccoli:** store in a plastic bag. Use within the week. **Carrots & Beets:** Separate from their greens, compost the carrot greens, and store roots in a plastic bag in the fridge. Coldest drawer OK. **Lettuce, Beet greens and Spinach:** Remove any rubber bands/twisty ties and store loosely in plastic bags. Not in the coldest drawer.



"Nadia" Black Italian Eggplant (top) Photo by Shelley Kadota & Friarelli Peppers (bottom), Photo by Andy Griffin

Rice with Eggplant and Zucchini

(Adapted from 1080 Recipes by Simone and Ines Ortega -- Julia's favorite Spanish cookbook)

2 Tablespoons olive oil
2 onions, chopped
1 clove garlic, chopped
2 summer squash (medium), diced
1 eggplant, diced
2 cups long grain rice
5 cups boiling vegetable or chicken stock
1 cup grated parmesan cheese, generous cup
1 Tablespoon chopped parsley or basil
Salt to taste

Heat the oil in a paella or large heavy skillet. Add the onion and garlic and cook over low heat, stirring occasionally, for 5 minutes until softened. Add the summer squash and eggplant and cook, stirring occasionally for 5 more minutes. Stir in the rice and cook, stirring constantly, for 2 minutes, then pour in half the boiling stock. Cook until almost all the stock has been absorbed, then pour in the remaining stock, and cook until it has been absorbed and the rice is tender. This will take about 15-20 minutes. Season with salt to taste. Sprinkle with the cheese and herb and serve.

A few recipes from Chef Jonathan Miller:

I know that some people haven't yet been able to take the time to fully appreciate eggplant yet, so I'm going to provide a few different recipes showcasing it in different ways. Pick the one that sounds best to you.

Love eggplant - can't get enough. **Marinated Eggplant**

Eggplant gets sauced up a lot - almost as though cooks are trying to hide it. Here's a way to showcase the sweetness and texture of eggplant all by itself. Simple and super tasty. I like it with thin slices of a young, moist parmesan on the side.

2 whole eggplants
olive oil
balsamic vinegar
4 garlic cloves, peeled and sliced thinly
handful basil leaves, julienned

Slice the eggplants into ½ inch thick slices. Brush each slice liberally with olive oil and sprinkle some salt on each side. Grill the eggplant over a hot fire until softened, about 3-4 minutes for the first side, then flip and grill the other side. The second side will only take a minute or two.

Put an eggplant slice into a small, rimmed serving dish or casserole dish and drop a couple slices of garlic on top. Give it a splash of vinegar and a sprinkling of basil leaves. Put another slice on top of the first slice and repeat the seasoning. Repeat the process until all the eggplants are done. Cover and chill in the refrigerator until cold. Serve chilled or at room temperature, either by itself or as part of a fresh salad.

Like Eggplant, but prefer it sauced up.

Roasted Vegetable Napoleon

Some version of this dish was super popular about 15 years ago, and I kept seeing it pop up on menus as a vegetarian option all over the place. It is really good and worth revisiting. Use any good roasting vegetable you have. This utilizes squash and eggplant coming in the box plus a few others. Experiment with how you slice the vegetables for a different look, making the dish messier or cleaner looking based on your preference. I have made different dressings over the years, but since I am overloaded on cherry tomatoes right now, I'm suggesting it. You can make a similar dressing with roasted red peppers, or use a very thin tapenade instead.

4 large portabella mushrooms, stems discarded
3 garlic cloves, minced
1 large eggplant, sliced into thick rounds
1 large red onion, sliced into thick rounds
2 roasted red peppers (ok to use jarred)
2 tomatoes, sliced thickly
2 large, or 4 small summer squash, julienned
4 large, thick slices of fresh mozzarella
½ basket cherry tomatoes
white wine vinegar
olive oil
balsamic vinegar
small handful basil leaves, julienned
salad greens of choice

Put the portabella caps, gill side up, on a baking sheet and drizzle some olive oil over each. Sprinkle with salt and the minced garlic. Roast in a 400 degree oven until cooked through and soft, about 10-15 minutes. Allow to cool.

Brush the eggplant with a little olive oil and salt each slice. Roast until softened and cooked through, also about 15 minutes. Roast the onion in a similar manner, but it will take the onion about 45 minutes. Roast the tomato slices as well, also with a little oil and salt, until they are sweet, about 25 minutes.

Sauté the julienned squash in a large skillet with a little oil and salt.

Put the tomatoes in a blender and blend with a little salt and a few splashes white wine vinegar. While the blender is running, pour in a little olive oil (maybe 4T) and blend well. Taste to make sure you like it and adjust seasonings if necessary.

Once everything has been roasted, layer your veggies: Keep the portabellas on their baking sheet and top with the eggplant, then the red onion, then the mozzarella, then the roasted red peppers, then a little of the julienned and sautéed summer squash, and finally the tomatoes. Stack them carefully so that it holds together while you move the tray around. Heat the napoleons in the oven until they are warmed through, about 7 minutes or so.

Put some lettuce greens on a plate and top with the napoleons, transferring each with a large spatula. Be careful not to let them topple over. Drizzle each with a generous amount of the cherry tomato dressing, a little balsamic vinegar, and a generous sprinkling of basil. Serve warm.

Not sure I like eggplant. Surprise me.

Eggplant and Yogurt Spread

This is like a baba ganouj without the tahini, but with yogurt. Very straightforward and a nice spread for sandwiches or for use as a dip.

1 large eggplant, halved lengthwise
3 garlic cloves, unpeeled
peel and juice from 1 lemon
olive oil
2-4 T parsley, chopped
2-4 T plain yogurt

Oil a baking sheet and put the eggplant, cut side down, on the sheet and put the garlic cloves on the same sheet. Bake at 350 until very soft, 30-35 minutes. Allow to cool, then scrape all the eggplant flesh out of the skins and put into a food processor. Squeeze the garlic from its skins and add to the eggplant. Add the lemon peel and juice, a little olive oil, the parsley, some salt, and the yogurt, then process until smooth. Taste and adjust seasonings if necessary and serve chilled or at room temperature.

Braised Beets and Salmon with Arugula Cream

I had been missing the beets and last week's golden beets were delicious just roasted up. This week red beets reappear in the box and you'd be surprised at how delicious they are with salmon. Try this dish I picked up from some food magazine many years ago. Omit the arugula cream if you like, or incorporate the arugula without the cream. If I were to do that, I'd wilt the arugula in a skillet with oil first, then top it with the beets and salmon. Yum!

1 bunch beets
1/3 c balsamic vinegar
1/3 c soy sauce
1/2 c chicken stock
olive oil
1/4 c white wine
3/4 c cream
very large handful arugula leaves
4 salmon filets, with skin

Heat the oven to 400. In a saucepan that can also go into the oven, put the beets, the vinegar, soy sauce, chicken stock, and a few tablespoons of olive oil. Bring to a simmer, cover, and transfer to the oven. Oven braise until the beets are cooked through, about an hour. Remove the beets from the liquid and peel them, then cut them into very thin wedges. Strain the braising liquid.

In another small saucepan, bring the wine to a boil and add the cream. Reduce by half and then remove from heat. Add the arugula and stir well. Season with salt and pepper and check to make sure you like it.

Heat a large skillet until very hot. Season both sides of your salmon filets with salt and pepper. Sear the fish, skin side down, until the skin is crispy, about 3 minutes. Flip and sauté for another minute or two to finish cooking the fish. Put the beets on a plate and top with the salmon, the arugula cream and a drizzle of the beet braising liquid.

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