



Yukon Gold [Potatoes](#)

Fuji [Apples](#)

Chioggia [Radicchio](#)

Castelfranco [Radicchio](#)

[Escarole](#)

Lacinato [Kale](#) OR [Spigariello Greens](#) OR Savoy [Cabbage](#)

[Carrots](#)

White [Turnips](#)

Broccoli di [Spigariello](#)

[Chervil](#)

Baby Gold [Chard](#)

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: [Potatoes & Apples](#): Store in the bag they come in in the fridge. [Radicchio](#), [Escarole](#), [Kale](#), [Spigariello Greens \(bunched\)](#) & [Savoy Cabbage](#): Give a quick rinse of water and store in a plastic bag in the fridge. Good keepers. [Carrots](#): Remove and compost greens. Store carrots in a plastic bag in the fridge. [Turnips](#): Remove greens and store turnip bulbs in a plastic bag in the fridge. Store greens in a separate bag and use as a cooking green. [Broccoli di Spigariello](#): Store in the fridge in the plastic bag they come in. [Chervil](#): Rinse with water, shake excess water off and store in a plastic bag in the fridge. [Baby Gold Chard](#): Store in the plastic bag they come in in the fridge. No coldest drawer.



(Photo of Radicchio
Castelfranco by
Andy Griffin)



(Photo of Gold Chard by
Andy Griffin)

[Pasta with Braised Radicchio](#) (From [EatingWell](#))

Radicchio's main flavor characteristic is bitterness. Here, braised in a garlicky, prosciutto-enriched broth, the ruby-colored green's powerful bite melts to a mellow meatiness.

- 1 tablespoon extra-virgin olive oil
- 3 cloves garlic, slivered
- ¼ teaspoon crushed red pepper
- 2 ounces thinly sliced prosciutto, cut into 2 ½ -inch-long matchsticks
- 2 large heads [radicchio](#), cored and sliced
- Freshly ground pepper to taste
- 1 14-ounce can reduced-sodium chicken broth
- Salt to taste
- 1 pound whole-wheat linguine or spaghetti
- ½ cup freshly grated Parmesan cheese, divided

Preparation

Bring a large pot of water to a boil for cooking pasta. Place a pasta-serving bowl and 4 individual pasta bowls in a warm oven.

Heat oil in a large nonstick skillet over medium-low heat. Add garlic and crushed red pepper. Cook, stirring, until tender and fragrant but not brown, 30 to 60 seconds. Add prosciutto and cook, stirring, until lightly browned, 2 to 3 minutes. Add radicchio, increase heat to medium and cook, turning with tongs, until wilted, 4 to 5 minutes. Season with pepper.

Pour in broth and bring to a simmer. Reduce heat to low and simmer, uncovered, until radicchio is tender, about 10 minutes.

Meanwhile, cook pasta in a pot of boiling salted water until al dente, 8 to 10 minutes. Drain and place in the warm serving bowl. Add sauce and ¼ cup Parmesan; toss to coat. Taste and adjust seasonings. Serve immediately, passing remaining ¼ cup Parmesan separately. (6 Servings)

Escarole Soup

- ¼ lb White beans
- 5 c vegetable or chicken broth
- 2 Tablespoons olive oil
- 2 Tablespoons minced garlic
- 1 onion, diced
- 2 c chopped [escarole](#)
- Salt and pepper -- to taste
- croutons, optional

SOAK THE BEANS OVERNIGHT IN WATER. Drain. Place beans in a pot, add broth, cover and cook over medium heat until beans are soft, about 30 minutes. (or use canned white beans if there isn't time to soak and cook...) Meanwhile, place another pot on the stove, add oil, place over medium heat, add garlic and onion and cook, stirring occasionally, for 7 minutes, or until onions soften. Add the escarole and continue to cook until wilted, another 10 minutes. Add the beans and broth to the pot with the escarole. Add salt and pepper as desired, cover and simmer for 20 minutes. Serve hot, with the addition of croutons if desired. Serves 8

Chard in Dijon Mustard Sauce

2 ½ tbsp. olive oil
1 lg. bunch green onions, chopped
2 cloves garlic, finely chopped
½ lb. mushrooms, sliced
1 bunch [chard](#), finely shredded, including stems
1 tbsp. Dijon mustard

Heat the oil in a large skillet. Sauté the gr. onions and garlic for 2 minutes until softened and tender. Add mushrooms and cook 4 to 5 minutes more. Add chard, cover and cook over low heat for about 5 minutes, or until chard is tender but still crisp. Mix in mustard and heat 1 to 2 minutes more. Stir and serve immediately.

[More Recipes from a Kitchen Garden, Shepard & Raboff](#)

Castelfranco Radicchio and Chicken Salad (Chef Jonathan Miller)

leftover chicken, shredded (from ½ a chicken)
1-2 T mayonnaise (or creme fraiche)
2 t capers, rinsed and patted dry
2 t Dijon
1 T [parsley](#), chopped
olive oil
1 shallot, chopped
1 small garlic clove, chopped
1 head [radicchio](#) castelfranco, roughly chopped
1 T more chopped [parsley](#)
1 [avocado](#), peeled and sliced thinly

Pull any skin off the leftover chicken, and then take the meat off the bones. Shred the chicken with your fingers or two forks. Combine with the mayo, capers, Dijon, parsley, and some salt and pepper. Taste and adjust seasoning as necessary.

Heat a saucepan and add a few tablespoons of olive oil. Sauté the shallot and garlic briefly over medium heat (about 1-2 minutes) until softened but not brown. Add the castelfranco radicchio and some salt. Sauté just until wilted, a couple minutes. Taste and adjust seasoning if necessary (use a little vinegar to perk it up if you like). Remove to a serving plate. Sprinkle with a little more parsley, then top with the shredded and dressed chicken. Finish with the avocado and serve.

Grilled Radicchio with Cannelini Beans

Simpler than this appears, it is a delicious and crowd pleasing dish. I frequently add fennel to this dish, either roasted or raw, combining it with the beans. You could also add cheese (gruyere, fontina gouda are nice choices here) to this with good results.

1/2 c cannelini beans
1 bay leaf
2 T [tarragon](#), chopped
1/2 t fennel seeds, ground
2 T sherry vinegar
2 t Dijon
2 T sour cream
olive oil
2 heads [radicchio](#) Chioggia
2 T [parsley](#), chopped

Rinse beans and soak overnight in cold water to cover. Drain, put in a saucepan with water to cover by 2-3 inches, drop in the bay leaf, and bring to a simmer. Simmer until tender but not mushy, 30-45 minutes. Add salt at the 20 minute mark. Drain.

While beans cook, whisk the tarragon, vinegar, fennel seeds, dijon, and sour cream together. Add olive oil while you whisk (about 6 tablespoons here) to complete the vinaigrette.

As soon as you drain the beans toss with the vinaigrette so the beans take on the flavor while they are still warm.

While the beans cook, quarter the radicchio through the root end, making sure each quarter keeps some root so the leaves can hold together. Drizzle olive oil over the cut sides of the radicchio so that it can work its way down in between the leaves. Sprinkle with salt and allow to sit until the beans are done. Right after you toss the beans with the vinaigrette, heat a grill and grill the radicchio, cut side down, over a medium-hot flame. Grill until charred a little bit and hot, then turn to the other cut side (each quarter will have two cut sides). Grill until charred and wilted, a minute or two longer. Remove from grill.

Put the beans on a serving plate, top with the grilled radicchio, and sprinkle with the parsley. Serve immediately while still warm.

Wilted Escarole with Grilled Apples, Walnuts, Cheddar

When you grill your apples, make sure they don't get too mushy. However, you are trying to soften them somewhat to enhance the sweetness. It's not all about the grill marks. Keep them off center from the flame and do your best. They are nice this way. You can skip that part, though, and still have a delicious salad with raw apples.

¼ c walnuts
walnut oil
2 small [apples](#), cut into medium wedges
sherry vinegar
olive oil
thick slices of sour bread with a good crust
1 [shallot](#), peeled and sliced thinly
1 head [escarole](#)
2 T parsley, chopped
3 oz aged cheddar, cut into small dice

Toast the walnuts in a 350 degree oven until toasted and fragrant, about 10-15 minutes. Remove and toss with a teaspoon or so of walnut oil.

Toss the apple wedges with a splash of vinegar and a little olive oil. Heat a grill and put the apples cut side down. Grill over medium heat until colored and just softened. Turn to the other cut side (each apple wedge will have two cut sides) and continue to grill until softened and sweet, but not mushy. Remove and keep warm. While the grill is still on, brush some oil on the bread and grill until darkened and refreshed, a couple minutes per side. Sprinkle with a little salt.

Heat some olive oil in a skillet and sauté the shallot and escarole until wilted. Remove from heat and season with salt. Put the escarole and any cooking juices in a serving plate. Sprinkle with the parsley, then top with the apples and walnuts. Finish with the cheese and bread slices. Serve warm.

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