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 Mystery

**\*\*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:** Sweet Potatoes: Use within a few days. Any needless handling causes bruising and shortens their shelf life. Store them at a cool room temperature with good air circulation, not in the refrigerator. Winter 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. Carrots: Remove and compost the greens. Carrots stay crisper longer without their greens. Store the carrots in a bag in the fridge. Broccoli, Lettuce, Escarole, & Apples: Store in bags in your crisper in the fridge. Green Onions, Chard, & Mustard Greens: Remove ties and store loosely in bags in the fridge.



Parisian Round Carrots. Photo by Andy Griffin.

**Sweet Potato Puree with Roasted Garlic  
Alice Waters' Chez Panisse Vegetables**

1 head garlic  
 2# sweet potatoes  
 2# russet potatoes  
 salt & pepper  
 2 cups milk  
 ¼ to ½ cup extra-virgin olive oil

First roast the garlic: Wrap the head in foil, put in a preheated 400 degree F oven and bake for 30-40 minutes, or until completely soft. (Test with the tip of a knife.) When cool, cut the top free from the head, separate the cloves, and set aside.

Peel and quarter the sweet potatoes and russet potatoes. Put them in a pot with a steamer insert. Season with a teaspoon of salt and steam over medium high to high heat until cooked, about 20 minutes. Drain, add the unpeeled roasted cloves of garlic, and puree through a food mill, using the fine disk. Return the puree to the pot and reheat over low heat. Scald the milk in a separate saucepan and add from 1 to 2 cups to the potatoes, depending on how dry they are. Then add the extra-virgin olive oil to taste, and season with salt and pepper. Serve immediately or keep warm in a double boiler. Serves 6 to 8.

**Butternut Squash Soup  
By Maplebird from Allrecipes**

2 tbsp butter  
 1 small onion, chopped  
 1 stalk celery, chopped  
 1 medium carrot, chopped (or several Parisian!)  
 2 medium potatoes, cubed  
 1 medium butternut squash, peeled, seeded and cubed  
 1 (32 fl oz) container of chicken stock  
 salt and freshly ground black pepper to taste

Melt the butter in a large pot, and cook the onion, celery, carrot, potatoes, and squash 5 minutes, or until lightly browned. Pour in enough of the chicken stock to cover vegetables. Bring to a boil. Reduce heat to low, cover pot, and simmer 40 minutes, or until all vegetables are tender.

Transfer the soup to a blender, and blend until smooth. Return to pot, and mix in any remaining stock to attain desired consistency. Season with salt and pepper.

**Mariquita Farm's Vegetable Recipes A to Z page:**  
<http://mariquita.com/recipes/index.html>

### **Mustard Butter Pasta with Broccoli** **Adapted from The Tassajara Recipe Book**

5/8 cup butter, softened (or part olive oil)  
4 Tbsp Dijon mustard  
2 cloves garlic  
2 Tbsp parsley, well minced  
2 Tbsp chives, finely sliced or green onion, minced  
Salt and Pepper  
1 Tbsp oil  
2 cups broccoli, cut into small florets  
¾ pound pasta

Blend butter and mustard. Set aside. Slice garlic and pound it with a mortar with a healthy pinch of salt. When the garlic is pulpy add the parsley and chives (or onions) and pound a bit more to release the flavors. Blend this mixture into the mustard mixture with a few twists of black pepper.

Bring a large amount of water to a boil with the tablespoon of oil and a spoonful of salt. Add the pasta to the boiling water. If you are using fresh pasta, add the broccoli at the same time. If using dried pasta, add the broccoli for the last couple minutes of cooking. As soon as the pasta and broccoli are done, drain and put them in a 12" skillet allowing a bit of the cooking water to dribble in. Add the mustard mixture and, over moderate heat, toss the mixture until everything is evenly coated. Keep the heat low enough that the butter doesn't bubble or fry as that would change the flavor. Adjust salt and pepper to your taste and serve.

### **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. Yum!

### **Market Strata from Julia**

2 cups (more or less) brown or white mushrooms, sliced  
1 cup (more or less) chopped onion, green or white  
garlic chopped, optional  
2 bunches Chard, washed and coarsely chopped  
½ pound broccoli crowns, coarsely chopped  
butter or olive oil  
1 loaf day old bread, sliced and cut or torn into large pieces  
2 cups grated cheese, such as a cheddar or Swiss type melting  
cheese  
salt and pepper to taste  
4 eggs  
2 cups milk

Butter or oil a large oblong pan (such as the glass Pyrex ones many of us have on hand). Place all bread pieces that will comfortably fit into pan only up to the rim. Put a little over half the cheese on top of the bread pieces.

Sauté the onions and mushrooms in oil, add a little garlic if you

like. When the onion is translucent, add broccoli and chard, cook until the chard is mostly wilted but still bright green. Put this vegetable mixture on top of bread in baking pan.

Whisk together the milk and eggs (I usually measure out the milk in a large measuring cup, then add the eggs, then whisk in the same cup.) Pour over vegetables and cheese. Cover and refrigerate at least 1-2 hours, or over night. Cook at 350 degrees for about 1 hour. Add the rest of the grated cheese about 40 minutes after putting into the oven. Serve salt and pepper at the table.

### **Chicken Sausage, Escarole and White Bean Stew** **Adapted from Take 5 150 five-ingredient recipes edited by Nancy Gagliardi et al makes 4 servings**

1 lb Italian chicken or turkey sausage links (hot or mild)  
1 onion or 1-2 garlic cloves, chopped (optional)  
1 head escarole, cut crosswise into inch-thick pieces  
1 14 ounce can broth (seasoned chicken, plain chicken, vegetable... your choice)  
1 15 ounce can white beans (sometimes called cannellini beans), drained and rinsed  
2 C water  
1/3 cup chopped Genovese or other basil  
S and P to taste

Spray a large Dutch oven (nonstick if you have one) with olive oil (or other) spray and set over medium-low heat. Add the sausage and onion/garlic and cook, turning occasionally, until browned and cooked through, about 10-12 minutes. Remove sausages to a cutting board and slice when cool enough to handle.

Return sausage to the same pot; add the escarole, broth, beans, and water. Bring Stew to a simmer and cook until escarole is just tender, about 10 minutes. Stir in the basil and add S and P to taste (it might not need any salt), and serve.

### **Warm Salad of Mustard Greens and Black-Eyed Peas** **Cooking Light, October 2001**

2 bacon slices, chopped  
12 cups torn mustard greens, stems removed (~12 oz)  
¼ teaspoon salt  
¼ teaspoon black pepper  
1 tablespoon extra-virgin olive oil  
½ cup chopped green onions  
2 teaspoons caraway seeds  
3 garlic cloves, minced  
1 jalapeño pepper, seeded and chopped  
1 (16-ounce) can black-eyed peas, rinsed and drained  
¼ cup balsamic vinegar

Cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan, reserving 1-tablespoon drippings in pan; set bacon aside. Add greens; cook 4 minutes or until wilted. Combine greens, salt, and black pepper in a large bowl, set aside. Add oil to pan. Stir in onions, caraway seeds, garlic, and jalapeño; cook 1 minute. Add peas; cook 1 minute. Stir in vinegar, and bring to a boil. Add pea mixture to greens mixture. Sprinkle with reserved bacon.