
[French Fingerling Potatoes](#)

[Sunflower Sprouts](#) *

[Arugula](#)

[Brussels Sprouts \(!\)](#)

[Dill](#)

[Escarole](#)

[Fennel](#)

[Chantenay Carrots](#)

[Watermelon Radishes](#)

[Portuguese Cabbage](#) *

[Loose Spinach](#)

[Romanesco](#) *

** I will have **dried apricots** (\$9/1# bag); and Rebecca's **Sheep Milk Yogurt**: \$7.50/1 pint. Ask when you arrive if you're interested.

Disclaimer to the above vegetable list: The list above is approximate. There may be differences in your box. Please be patient and adventurous with your veggies! If there are too many share them around: people in your life will love you for it.

Fridge Management: *Everything* into the fridge. Top the carrots. If space is difficult, top the fennel bulbs and cook up (or salad up) the escarole and portuguese cabbage. That should help a little!

* Veggie notes: These Sprouts are from New Natives: use within 3 days for best effect. Put into a salad, onto a sandwich: or cook them up like spinach or in a stir fry, really! The Cabbage is a leafy form of 'regular' green cabbage: use the whole thing as in any cabbage recipe. The Romanesco is a form of cauliflower: use it just like any cauliflower!

[Recipes A-Z on our website](#)



Portuguese Cabbage, also called Ponca de Povoá

Pasta Arugula

from Rosemary Webb

1/2 to 1 bunch of chopped arugula (one inch sizes) 3/4 pound of pasta (I used tiny shells) Juice of one half lemon 2 tablespoons of dry white wine 2 cloves of finely minced garlic 3 teaspoons of olive oil 1/8 to 1/4 cup of chicken broth or other mild broth Cook pasta and toss with raw arugula, while the pasta is cooking place the rest of the ingredients in a glass bowl and heat for 1 minute in the microwave. toss everything at once. Salt and pepper to taste. Serve immediately.

[Golden Crusted Brussels Sprouts Recipe from Heidi at 101 Cookbooks](#)

Escarole and White Bean Salad with Fennel and Gruyere Cheese

adapted from *The Greens Cookbook* by Deborah Madison w/ Edward Espe Brown

- 1/2 cup small dry white beans
- 1/4 teaspoon salt
- Mustard Vinaigrette (see below)
- 1 Tblspn green onions/chives, thinly sliced
- 1 to 2 tablespoons Italian Parsley, chopped
- 1 sm. fennel bulb sliced into 1/4 inch pieces
- 3 oz Gruyere cheese, cut into julienne
- Pepper
- 6 handfuls (about 12 cups) escarole leaves
- 2 tablespoons butter
- 2 slices rye bread or Country French Bread, cut into cubes for croutons

Sort through the beans and rinse them well. Cover them with boiling water and let them soak for 1 hour; then pour off the soaking liquid. Cover them generously with fresh water, bring them to a boil, add the salt, and lower the heat to a simmer. Cook until the beans are tender but still hold their shape, 45 minutes or longer, as needed. Drain, and save the liquid to use in a soup stock. (I would be occasionally tempted to skip this step with a can of rinsed cannelloni beans... JW) While the beans are cooking, prepare the vinaigrette. When the beans have cooled down so that they are warm but no longer hot, toss them with half the vinaigrette and the herbs, fennel and cheese. Season to taste with salt, if needed, and freshly ground black pepper, and set aside. Prepare the greens. Use the pale inner leaves of the escarole, torn or cut into pieces; tear or slice the radicchio into smaller pieces. Wash the greens carefully, giving special attention to the bases of the escarole leaves, which often hold a lot of silt. Spin them dry and if they are not to be used right away, wrap them in a kitchen towel and store them in the refrigerator. Melt the butter in a skillet, add the bread cubes, and toss them well. Fry them over low heat until they are brown and crisp all over, shaking the pan every so often so they don't burn. To assemble the salad, toss the greens with the remaining

vinaigrette; then add the beans and the croutons and toss again. Arrange the salad in a shallow, flat bowl with the beans distributed evenly among the greens.

Mustard Vinaigrette 1/4 teaspoon dried tarragon 1/4 teaspoon fennel seeds 1 1/2 Tablespoons sherry vinegar 1/4 teaspoon salt 1 1/2 teaspoons Dijon mustard 2 Tablespoons creme fraiche or sour cream 6 tablespoons virgin olive oil Grind the tarragon and the fennel seeds with a pestle to bruise them and partially break them up. Put them in a bowl with the vinegar, salt, mustard, and creme fraiche or sour cream, and stir until the mixture is smooth. Whisk in the olive oil vigorously until the ingredients are completely amalgamated into a thick sauce. The dressing will be very strong.

Dill Carrot Salad

- 1 bunch carrots, scrubbed and grated
- 1/2 bunch dill, chopped
- 3-8 spring onions, chopped
- yogurt on it's own or mixed with a bit of sour cream or creme fraiche
- splash of vinegar
- S & P to taste

Mix all ingredients, then get creative. A bit of mustard, a few raisins, a few toasted nuts, some other grated vegetables.... Make this your own dish. Also: you can use a vinaigrette or yummy olive oil instead of the yogurt.

Cabbage, Carrots, and Onions with Sesame
Still Life with Menu by Mollie Katzen

- 6T sesame seeds
- 3/4t salt
- 3T toasted sesame oil
- 1 bunch green onions
- 1 large carrot thinly sliced
- 1 head of green cabbage coarsely chopped

Combine the sesame seeds and salt in a blender. Grind until they achieve the consistency of coarse meal. This is called gomasio or sesame salt. Set aside. Heat a medium-sized wok or large deep skillet. Add the sesame oil and the onions. Stir-fry over med-high heat for a couple of minutes. Add about a tablespoon of the gomasio. Keep stir-frying until the onions are soft and translucent (5-8 minutes). Add carrots and the cabbage, and sprinkle in about half the remaining gomasio. Keep stir-frying until everything is tender (another 10-15 minutes). Sprinkle in the remaining gomasio, and serve. Serves 4