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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.

Fridge Management: *Everything* into the fridge except the butternut squash. Top the carrots.

To Eat first: the broccoli, spinach, chard, and possibly the rapini will be best eaten in the first 1- 3 days. The escarole holds up remarkably well, but try to eat it within about 8 days or so.. the green garlic, scallions and leeks can just be trimmed and prepared when you get to them, the cabbage, carrots, fennel, and butternut can be held and prepared in a week or two or three, at least in my experience. Enjoy!

Veggie Notes: Eat all the broccoli di cicco: stems, leaves, and all. The escarole can be cooked up like chard/kale, stirred into a soup, OR made into a nice salad. So versatile!

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

All About Green Garlic:

It's also called spring garlic. It looks like a scallion, but it's in fact a young garlic plant and quite strong. You can use it raw: in modest amounts unless you're about to embark on a 2 week solo retreat with no other human contact. ☺

Prepare - Similar to leeks, green garlic stalks trap dirt and sand within the leaves. Rinse each stalk carefully. Once washed, the entire stalk can be used. The darkest green leaves can be tossed or boiled into a soup stock. Some folks keep their cleaned veggie trimmings in a bag in the freezer then make a vegetable stock when there is 'enough'. The dark leaves of the leeks can also be used in this way.

Store the green garlic- It can be stored in the refrigerator for up to three or four days, or even more: just trim the slightly slimed outer layer if necessary.

Green Garlic Risotto

3 to 4 servings

adapted from Michele Anna from *Kitchen Gardener*

3/4 lb. green garlic, washed and roots trimmed
6 to 7 cups chicken or vegetable stock

2 Tablespoons unsalted butter
1 shallot, minced
3 garlic cloves, minced
Kosher salt
1 1/4 cups Carnaroli or Arborio rice
3 oz. aged Asiago or other hard Italian style cheese, grated
Freshly ground pepper
2 Tbs. snipped chives, spring onions (light and dark green parts) or minced fresh Italian parsley

Cut the tender part of the green garlic the white and pale green part, generally about 3-6 inches long into thin rounds and set it aside. Coarsely chop the remaining

green garlic stems and place them in a large pot with the stock. Bring to a boil, turn off the heat, cover, and let steep for about 30 min.

When you're ready to start the risotto, remove the lid from the pan and turn the heat under the stock to medium low . It should stay warm but not boiling. Melt the butter in

a large sauté pan over medium heat. Add the shallot and sliced green garlic and saute until soft and fragrant, 5 to 6 minutes. Add the minced garlic and saute 2 minutes more. Season with about 3/4 tsp. salt, add the rice, and stir with a wooden spoon until each grain begins to turn milky white, about 3 minutes. Add the stock to the rice 1/2 cup at a time, stirring after each addition until the liquid is nearly absorbed. (The heat under the risotto should be high enough that the rice does not stew in the liquid, but low enough that the liquid does not evaporate the minute it hits the pan.) Continue to add stock and stir until the rice is tender, about 18 minutes. Just before the final addition of stock, stir in the cheese, taste, and season with salt and pepper. Stir in the last of the liquid and ladle the risotto into warm soup plates. Sprinkle with the chives or parsley.

Sunday Chili

adapted from the Vegetarian Times ||| The reasons I like this recipe: it's healthy, it's easy to make and easy to adapt to what I have on

hand. (any kind of bean, fresh or canned tomatoes, any allium: leeks, green garlic, 'regular' onions, etc, any kind of bell pepper (I personally don't care for green) or leave the pepper out, etc. you get the idea. -julia) AND it freezes well in smaller portions for when I'm having one of 'those' days!

3 cups dry kidney beans (I used canned, you can use nearly any kind of bean you have on hand)
2-3 onions
4 cloves garlic, minced
1 colored bell pepper, chopped, or a small jar of roasted red or yellow peppers, chopped
1-2 cups coarsely chopped green cabbage
1/2 cup diced unpeeled potatoes
2 cups chopped tomatoes, or 10 oz. can tomatoes, with liquid
1 to 2 tbs chili powder (or mix this with fresh hot peppers, finely chopped)
1/2 tsp cumin
1/2 cup uncooked brown rice
5 cups water or vegetable broth (I used broth) salt and pepper to taste

Soak beans overnight in cold water to cover. Drain. Put beans in slow cooker. (Or skip all this and use canned if in a hurry) In a large skillet over medium-high heat, water saute onion and garlic until soft, about 3 to 5 min. (or oil saute them in a tablespoon cooking oil) add bell pepper, cabbage, potatoes, tomatoes, chili powder, and cumin. Continue cooking, stirring frequently, for 3 min; transfer to slow cooker. Add rice and broth, cover and cook on low for 6 to 8 hours. Season to taste. Serves 8

Napa Kimchee

6 lb cabbage
1/4 cup Korean pickling salt or Kosher salt
8 scallions
1 1/2 cups shredded carrot
2 T grated fresh ginger
2 T garlic, peeled and finely chopped
2 T candied ginger (I use fresh ginger and add a bit more sugar)
2 t sugar
1/2 cup red pepper flakes
1 T salt

Remove limp outer leaves from the cabbage. Quarter the cabbage then cut across quarters into 1.5 inch-wide pieces. Put cabbage into large bowl with pickling salt. Toss to cover evenly. Let stand for 30 minutes, tossing a couple of times. Rinse with cold water and drain. Toss cabbage with remaining ingredients and pack into a large crock or covered pottery casserole. Add water to cover, about 3 cups. Let sit on counter for 1 to two days. Store in refrigerator, covered, in the crock or individual glass jars. *Note:* this recipe can be adjusted to one 2-lb cabbage. Divide the remaining ingredients by one third.

Recipe: Pumpkin "Hummus"

Based on the dish prepared by Lebanese chef and food writer [Anissa Helou](#).

Serves 6-8 as an appetizer

- 2 pounds (1 kg) peeled and seeded (see Note) pumpkin or butternut squash (not spaghetti squash) cut in 2-3 inch cubes
- 1/2 cup tahini paste
- 1 teaspoon minced garlic
- 1/3 -1/2 cup fresh lemon juice
- 1 teaspoon salt or more, to taste
- 1/2 teaspoon cumin
- 1/2 teaspoon sweet paprika, and more to sprinkle
- 1/2 teaspoon freshly ground black pepper or more, to taste
- 1 teaspoon lemon zest (optional)

Boil the pumpkin pieces in water for 10 to 15 minutes, until fork tender. Drain well and transfer to a blender with the tahini, garlic, 1/3 cup lemon juice, salt, cumin, 1 teaspoon paprika, and ground black pepper to taste. Pulse several times to make an homogeneous paste. Taste and adjust seasoning, probably adding more lemon as both pumpkin and tahini are quite sweet. I also like to fold in the lemon zest, which was not part of Anissas original recipe. Let cool and refrigerate, covered. Sprinkle with paprika and serve with crudités or toasted pita triangles.