

[English Peas](#)

[Lettuce](#)

[Fava Beans](#)

[Chard](#)

[Carrots](#)

[Spinach](#)

[Potatoes](#)

[Cilantro](#)

[Agretti](#)

[Baby Cabbage](#)

[Mint](#)

Mystery (could be anything!)

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. Thank you.

Fridge Management: *Everything* into the fridge. Top the carrots: the roots (actual carrots) store better that way. If space is an issue, consider shelling/eating the favas soon: they are a space hog! If you have room they will last for at least a few (more?) days as is in your fridge though. To Eat First: English peas are sweetest if you eat them soon: within a day or two. The rest of your box will last well. The spinach and chard are best if used within 2-4 days... but likely can last a week. The agretti, cabbage, etc will all last! The potatoes are 'new' so eat them within a week or they will spoil. Andy's [New Potato Blurb is on this recipe page](#).

NOTE: [Ball Game Today](#): plan accordingly!

**[Article about AGRETTI](#) that Andy wrote for our Two Small Farms Newsletter. (plus recipes!)

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



Above: Vicolo pizza crust topped with fava beans, goat cheese, parmesan, and wilted leeks.

Here's a funny email message I received a couple of weeks back: I think it's just someone who googled and found us, it's not anyone I know: it's about preparing agretti:

I have been searching the so cal farmers mkt for agretti but unfortunately the two farmers I have found who grow it choose to harvest it later than the Italians. I read with interests the recipes that your supporters have invented for agretti but really the Italians have the best solution with their simple boiling or steaming of the plant. Of course Italians would rather eat a boiled vegetable dribbled with a delicious extra virgin olive oil and a squirt of lemon more than anything in the world. Why? Because it is best that way and truest to the nature of the natural flavor. Im not sure why we in the USA think that good cooking is all about being elaborate. If though you want to take agretti a step further than a simple 5 minute blanch in salted water try serving it as an appetizer or main course with little boiled shrimp with oil and lemon. Or try with a boiled egg white and yolks separately chopped and prettily sprinkled over the little mound of agretti. This is about as adventuresome as my Italian friends will go without calling me blasphemous.

Sesame Agretti Salad

I sautéed about 4 Tbs of chopped leek in olive oil, then added the agretti cut into 1inch lengths. I added a liberal amount of crushed black pepper and a splash of water and covered to cook on low temp

for about 10 minutes. It tasted very good at this point, but I then refrigerated it and later turned it into a cold salad by adding sesame oil and sesame seeds and WOW! it was perfect. Like a Japanese salad with the perfect amount of salt (none added as the agretti naturally has its own saltiness). (from Mary H.)

Stir Fried Noodles with Cabbage and Chard

1 pound dried Japanese ramen noodles, or capellini
½ head or so red or green cabbage, leaves cut from stem and sliced thinly
2 tablespoons cooking oil
2 Tablespoons fresh ginger, minced
2 Tablespoons garlic, minced (fresh)
1 teaspoon dried chile flakes
2 or more cups thin onion slices: about 1 large or 2 medium red or white or yellow
1 bunch chard or other cooking greens (cleaned and sliced into thinnish strips), and or julienned carrots
2 Tablespoons sake or rice wine
sliced, toasted almonds, or toasted sesame seeds (optional)

Sauce: 4 Tablespoons soy sauce, 1 Tablespoon Worcestershire OR fish sauce, 3 Tablespoons rice wine or sake: mix all together.

Boil noodles according to package directions, but be sure not to overcook. Drain and rinse, set aside for a moment.

Heat oil in heavy, large fry pan over medium/high heat, then add ginger, onions, and chile flakes. After about a minute or two, add the garlic. Cover and cook for a good amount of minutes, until the onions are soft. Now add the cabbage, and carrots if you're using, and rice wine/sake. Cook until the cabbage is soft. Add the chard. Cook until it's bright green, about a minute or two. Add the Sauce. Stir around a bit. Add the cooked Noodles. Top with the almonds or sesame seeds. Serve.

Carrot Salad with Lime and Cilantro

4 medium carrots
1 TBS fresh lime juice
1/8 tsp. finely grated fresh lime zest
2 TBS finely chopped fresh cilantro leaves
1 tsp. vegetable oil
Garnish: fresh cilantro sprigs
Finely shred carrots and in a bowl toss together with remaining ingredients and salt and pepper to taste. Serve salad garnished with cilantro.

Black Beans with Garlic, Cumin, and Cilantro

16- to 19-ounce can black beans
2 garlic cloves
1 tsp. ground cumin
2 TBS olive oil
1/3 cup tomato juice or water
¾ tsp. salt
2 TBS chopped fresh cilantro
Rinse black beans and drain. Chop garlic. In a nonstick skillet cook garlic and cumin in oil over moderate heat, stirring, until fragrant. Add black beans, juice or water, and salt and cook, stirring, until beans are heated through. Stir in cilantro.

MINISTRONE WITH FAVA BEANS

2 cups shelled fava beans
2 tablespoons olive oil
1 small onion, coarsely chopped
1 stalk celery, coarsely chopped
1 tablespoon finely chopped flat-leaf parsley
1 carrot, coarsely chopped
1 cup coarsely chopped tomatoes
5 cups water
1/4 cup rice
2 cups chopped spinach
Salt

Cook fava beans in pot of boiling salted water two minutes. Drain and rinse under cold running water. Remove outer skins, discard and reserve beans.

Heat olive oil in soup pot over moderate heat. Add onion and celery and saute until onion begins to brown, seven to 10 minutes.

Add parsley, carrot and tomatoes and cook, stirring, several minutes. Add water and peeled beans, cover and cook over low to

moderate heat until beans are tender, about 50 minutes.

Add rice, cover and cook 10 more minutes. Add spinach, cover and cook over low heat until rice is tender, about 10 to 12 minutes.

Season to taste with salt and serve hot.

Makes four to six servings.

Mint Julep || From about.com

2 teaspoons sugar || 2 teaspoons water
6 to 8 mint leaves || 1/2 cup finely crushed ice
2 ounces Bourbon

Chill a silver tumbler or julep mug. Add to chilled mug the sugar, water, and mint leaves. Using a spoon, crush mint gently. Add a scant 1/2 cup of finely crushed ice; pour Bourbon over the ice. Do not stir, but let stand a few minutes until the mug is frosty.