
~[Chantenay Carrots](#)
~[Parsley Root](#)
~[Florentine Fennel](#)
~[Red Medium Beets](#)
~[King City Pink Beans](#) (dried)
~[Bianco di Maggio Onions](#)
~[Cucumbers](#)
~[Napolitano Basil](#)
~[Garlic Chives](#) ([image](#))
~[Tomatoes](#) Mixed varieties
~[Green Beans](#)
~[Summer Squash](#)
OR
[German Butterball Potatoes](#)

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 except the dried beans, tomatoes, and basil. Top the carrots & beets: the roots (actual carrots) store better that way. [Cook the beet greens](#) within a day or two: cook like chard or spinach. I toss the carrot greens, you can eat them safely if you're *that* hungry.

DRIED BEANS: these were grown and harvested by Andy and crew for just their own use. But there were too many. So this is the last of the harvest: please pick through the beans for the chaf and occasional tiny dirt clod. Pretend like you're living 300 years ago before mechanized bean threshers! Thank you.

[2004 Two Small Farms Newsletter w/ article by Andy about King City Pink Beans!](#)

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

[Dried Bean Recipes from ChowHound](#)

[Basil Storage/Preservation Thoughts](#)

[Basic Dried Bean Cooking Thoughts](#)

[How to use Fresh Fennel Fronds](#)



drawing by our daughter when she was about 8.

Lentil Soup with Parsley Root and Carrots

1 lb Dried lentils, -washed and drained
1/4 cup oil or bacon fat or lard
2 md Onions, chopped
1 parsley root, chopped
2 md Carrots, sliced
1 c Sliced fennel
8 c Water or broth
1 t Salt to or to taste
Several whole black pepper-corns
2 Whole cloves
2 Bay leaves
2 medium potatoes, peeled and grated
2 lg Links (or 4 small) smoked -sausage, skin pricked-with fork (optional of course!)
2 tb Good vinegar

In a large pot, heat fat and add carrots, root vegetable and onions. Saute until onions are golden. Add lentils, water, celery, and seasonings. Grate the potato into the mixture and add sausage. Simmer covered 1 hour until lentils and vegetables are tender. Remove bay leaves. Add vinegar just before serving and adjust salt. Serve with a crusty bread and salad. Serves 4-6

Mashed Potatoes and Parsley Root adapted from *Uncommon Fruits & Vegetables* by Elizabeth Schneider

3/4 pound parsley root (weighed with leaves)
1 1/4 pounds potatoes, peeled & cut into chunks
Butter to taste
A few Tablespoons hot milk or to taste

S & P (can use white pepper if you like)

Cut off parsley root tops and reserve for use in any recipe calling for parsley. Scrub roots with a brush, then cut into ½ inch slices. Drop parsley root and potatoes into a pot of boiling salted water. Return to a boil and cook until tender – check after about 15 minutes. Drain well. Add butter and hot milk and then mash with an official potato masher. Season to taste with S & P.

CHILLED BEET SOUP WITH CHIVES

adapted from Bon Appétit

1 1/2 teaspoons olive oil
3 medium carrots, peeled, chopped
1 bunch beets, cut into fourths, tops reserved for another use
1 onion, finely chopped
1 1/2 tablespoons balsamic vinegar
1 tablespoon sugar
2 cups buttermilk
Chopped fresh chives

Heat oil in large non stick skillet over low heat. Add carrots, beets and onion. Cover; cook until vegetables are just tender, stirring occasionally, about 20 Minutes. Add vinegar, cover and cook until vegetables are very tender, about 10 minutes longer.

Working in batches, add sugar and carrot mixture to blender or food processor. Purée. Transfer to large bowl. Mix in buttermilk. Season with salt and pepper. Chill until cold, about 3 hours. Top with chives.
Julia's note: I have an immersible blender, it's a GREAT soup tool: just blend the soup right in the pan. I highly recommend this gadget.

Fennel, Tomato and Feta Salad

Gourmet

2 medium fennel bulbs
4 smallish tomatoes, seeded and thinly sliced
2 teaspoons drained bottled capers
1/3 cup crumbled feta (1 1/2 oz)
1/2 teaspoon finely grated lemon zest
1 to 1 1/2 tablespoons fresh lemon juice (to taste)

1 tablespoon extra-virgin olive oil
1/2 teaspoon salt
1/4 teaspoon black pepper

Trim fennel stalks flush with bulb and discard stalks. Quarter bulbs lengthwise, then cut lengthwise into paper-thin slices (with mandoline or other adjustable-blade slicer, if available). Toss fennel with remaining ingredients in a large bowl. Cooks' note: Salad can be made 1 hour ahead. Makes 6 servings.

ROTI W/ BLACK BEANS AND BASIL

The Good Herb, Judith Benn Hurley
you could use the pink beans!

1 tbsp. plus 1 tsp. olive oil
1 small onion, thinly sliced
1 clove garlic, mashed through a press
1 medium tomato, medium chopped
2 tsp. good quality yellow curry powder
1 tsp. dried hot red pepper flakes, or to taste
1/4 cup dry sherry or mirin
2 1/4 cups cooked rice
1/2 cup cooked black beans, rinsed if canned
1/4 cup minced fresh basil (any type)
4 pitas (whole wheat are tasty)
2 tsp. Dijon mustard

Heat a large saute pan, then pour in 1 tbsp. of the oil. Add the onion, garlic, tomato, curry powder, and hot pepper and saute over medium high heat until the onion is just wilted, about 3 minutes. Add the sherry, rice, and beans and continue to saute until the rice is warmed through, about 3 minutes. Remove from the heat and stir in the basil.

Spread each pita lightly with the mustard. Scoop equal portions of the rice mixture onto one half of each pita. Fold each pita over into a half moon shape.

Wipe out the saute pan and heat the remaining 1 tsp. oil until hot and fragrant. Set the roti in the pan and let them sizzle over medium high heat until mottled brown, about 2 3 minutes on each side. Serve hot.
Makes 4 entree servings.