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- ~[Sweet Corn](#) eat it today or tomorrow for a treat!
 - ~[Romaine Lettuce](#)
 - ~[Kohlrabi](#) (1 green one, 1 purple)
 - ~[Carrots](#)
 - ~[Parsley Root](#)
 - ~[Gold Beets](#)
 - ~[Tomatoes](#) Mixed varieties
 - ~[Napolitano Basil](#)
 - ~[Pimiento de Padrón Peppers](#)
 - ~A Mystery
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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. Thank you.

Fridge Management: *Everything* into the fridge except the tomatoes and basil. Top the beets & parsley root: the roots store better that way. [Cook the beet greens](#) within a day or two: cook like chard or spinach. The parsley root greens are really JUST PARSLEY: Eat them like parsley. A multi tasking veggie...

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

[Basil Storage/Preservation Thoughts](#)

CORN NOTE: Your corn is 100% organically grown... and yes, that occasionally means a worm. If you get a worm or damage on the tip of the ear: take a large knife or cleaver and chop off the end & toss that part: enjoy the rest of the corn. In the supermarket when you see the tips chopped off: now you know why! In Mexico many people still eat the worms: they make tacos out of them by sautéing them with lard and chiles. In my house I toss them. If you are truly bothered by the worms, please look for conventionally-grown corn with the chemical sprays or try frozen: I'm not trying to be snotty, just honest.



Padron Peppers!? Yes, 1 basket for everyone, plus if you've ordered some as well. They keep well in the fridge: for at least a week or two!

PADRON RECIPE: We always do the same thing with them: sear them on high heat in a bit of oil, then serve while still warm with a good flaky salt. Serve with the stems still attached: they are the perfect finger food.

BEET AND PARSLEY SALAD

- 2 medium beets without greens
- 1 cup packed fresh flat-leaf parsley leaves
- 1/4 teaspoon salt, or to taste
- 1/4 teaspoon sugar, or to taste
- 1/8 teaspoon black pepper
- 2 teaspoons extra-virgin olive oil
- 2 teaspoons balsamic vinegar

Trim and peel raw beets, then cut into very thin slices (1/16 inch thick) with slicer. Make small stacks of slices and cut each stack with a sharp knife into very thin strips (1/16 inch thick).

Toss beets with parsley, salt, sugar, and pepper in a serving bowl until sugar is dissolved. Add oil and toss to coat. Sprinkle vinegar on salad and toss again. Serve immediately.

Makes 4 servings. Gourmet

Kohlrabi Cooking tips:

~Kohlrabi doesn't have to be peeled after cooking.

~It's excellent cooked or raw. Try it both ways.

~Grate kohlrabi into salads, or make a non-traditional coleslaw with grated kohlrabi and radish, chopped parsley, green onion, and dressing of your choice.

~Try raw kohlrabi, thinly sliced, alone or with a dip. Peel and eat raw like an apple.

~Steam kohlrabi whole, 25-30 minutes, or thinly sliced, 5-10 minutes. Dress slices simply with oil, lemon juice and a fresh herb, or dip in flour and briefly fry.

~Saute grated kohlrabi in butter, add herbs or curry.

~Add sliced or cubed kohlrabi to heart soups, stews or a mixed vegetable stir-fry.

~Chill and marinate cooked for a summer salad. Add fresh herbs.

~Kohlrabi leaves can be used like other greens. Store the leaves and bulbs separately. The globe will last for a few weeks in plastic in the fridge.

Dijon Vinaigrette

1/2 C extra virgin olive oil
2 T each plain non-fat yogurt, lemon juice and red wine vinegar
1 T Dijon mustard
2 teaspoons fresh herbs: thyme, rosemary, parsley, etc. or a mixture or dried, but use less if using dried.

Combine in a blender at medium-high speed. Chill overnight before serving.

Spicy but Simple Tomato Sauce from *Pasta e Verdura* by Jack Bishop
Serves 4. Best served with penne pasta.

1 ½ lbs whole tomatoes
¼ cup olive oil
4 large cloves garlic, minced
1 tsp. hot red pepper flakes, or to taste
1 tsp. salt
3 TBS minced fresh parsley leaves
1 lb. pasta

Bring 4 quarts of salted water to boil in a large pot for cooking the pasta. Roughly chop the tomatoes. Heat the oil in a large skillet. Add the garlic and hot red pepper flakes and saute over medium heat until the garlic is golden, about 2 minutes. Add the salt and tomatoes to the pan. Simmer, occasionally using a spoon to break apart the tomatoes, until the sauce thickens, about 15 minutes. Stir in the parsley. Taste for salt and hot pepper and adjust seasonings if needed. While preparing the sauce, cook and drain the pasta. Toss the hot pasta with the tomato sauce. Mix well and transfer portions to warm pasta bowls. Serve immediately.

Roasted tomatoes with anchovies, garlic, and parsley from *Bon Appétit* (May 2000)

Serve this rustic tomato mixture over pasta or as part of an antipasto platter.

1 ½ lbs large plum tomatoes, each cut lengthwise into 6 wedges
10 anchovy fillets, chopped
¼ cup chopped Italian parsley
2 garlic cloves, chopped
¼ tsp. dried crushed red pepper
½ cup olive oil

Preheat oven to 400°F. Arrange tomatoes, rounded side down, in single layer in 13x9x2_inch glass baking dish. Sprinkle with anchovies, parsley, garlic and dried red pepper, then salt and pepper. Drizzle with oil. Bake tomatoes uncovered until tender, wrinkled and starting to brown at edges, about 40 minutes. Makes about 3 cups.

****Sept. 2nd We'll be at 1 Fort Mason!**