



[Orach](#)

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[Bianca Riccia](#)

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****Disclaimer to the above vegetable list**:** The list above is *approximate*. When we run short of an item, we substitute with something else similar. Andy will make sure it will be a good value. In the meantime, we appreciate your patience and a sense of adventure with these boxes. Enjoy!

Storage: Orach, Par-cel, Wild Arugula, Scallions, Chard, Bianca Riccia & Spinach: Remove any ties or rubber bands, and store loosely in bags in the fridge. Carrots, Radishes, Snow Peas, & Fava Beans: Store in bags in the fridge.



Baby Fava Beans



Cicoria
Bianca
Riccia

Photos by
Andy
Griffin.

Orach Pasta by Julia

This is a mainstay and most tender cooking greens work.

2 cups cleaned and lightly chopped orach leaves

1 onion, chopped (you can use chopped garlic instead, but add it later so it doesn't burn)

S & P to taste

Olive oil to taste

2 cups hot cooked pasta, twirly shapes work best, the greens don't mix well with long straight spaghetti and fettucine

fancy but optional additions: roasted pine nuts or walnuts, crumbled blue or other cheese, grated Parmesan, etc.

Sauté the onion/garlic in the moderately hot oil (about 1-2 Tablespoons) until soft, add the greens and the S & P. Add garlic now if you're using it. Cook until the greens are wilted, about 2 minutes, depending on how hot your pan is. Mix with the hot pasta, and optional additions if you're using any of them. Serve.

Arugula Pesto Sauce by Julia

3 cups packed arugula (about ¾ pound), washed well and spun dry

1/3 cup pine nuts, toasted golden and cooled

½ cup freshly grated Parmesan cheese

½ teaspoon salt

1 large garlic clove, chopped

3 tablespoons olive oil

¼ cup hot water plus additional if desired

In a food processor pulse together all ingredients except oil and water until arugula is chopped fine. With motor running add oil in a stream, blending mixture until smooth. Sauce may be made up to this point 1 week ahead and chilled, its surface covered with plastic wrap. Bring sauce to room temperature to continue. Stir in ¼ cup hot water plus additional for thinner consistency if desired.

More recipes at Mariquita Farm's Vegetable Recipes A to Z page: <http://mariquita.com/recipes/index.html>

Tuna Dip with Lemon and Capers
Gourmet, July 1995

2 6-oz cans solid white tuna packed in oil, drained well
a 10 ¼-ounce package soft tofu, drained
3 scallions, minced
1 carrot, shredded fine
2 tablespoons minced fresh parsley leaves (try using the par-cel here)
2 tablespoons drained capers, chopped
3 tablespoons fresh lemon juice
Accompaniment: crackers or assorted crudites

In a bowl stir tuna with a fork until finely flaked. In another bowl whisk tofu until smooth. Stir tofu and remaining ingredients into tuna until combined and season with salt and pepper. Serve dip with crackers or crudites. Makes about 3 cups.

Spicy Wok-Charred Snow Peas
By David Tanis, *NYT Cooking*

2 T vegetable oil
6 to 8 small dried red chiles
1 pound snow peas, trimmed
1 bunch scallions, trimmed, chopped in 1-inch lengths
salt and pepper
4 garlic cloves, minced
½ tsp grated ginger
½ tsp toasted sesame oil
3 T crushed roasted peanuts
2 T roughly chopped cilantro

Put vegetable oil in a wok over high heat, and when the oil gets wavy, add the chiles and let them sizzle for a few seconds.

Add snow peas and scallions and season well with salt and pepper. Cook vegetables over high heat, stirring constantly, until cooked through and lightly charred, 2 to 3 minutes. Peas should be bright green and crisp-tender.

Add garlic, ginger and sesame oil, toss well and cook 1 minute more. Transfer to a serving platter and sprinkle with peanuts and cilantro. 4 to 6 servings.

Braised Whole Favas
Saveur, April 2007

½ cup extra-virgin olive oil
Grated zest of ½ lemon
1/3 cup fresh lemon juice
2 ½ lb. small to medium unshelled favas, rinsed well, trimmed, and strings removed
15 large cloves garlic, peeled and sliced
Sea salt and freshly ground black pepper
2 tbsp freshly grated pecorino

Put oil and lemon zest and juice into a large wide heavy nonreactive pot with a tight-fitting lid and heat over

medium heat until just warm. Add favas, garlic, and ½ cup water, season to taste with salt and pepper, and stir to coat pods. Bring to a simmer, reduce heat to medium-low, and cover pot.

Braise favas, stirring every 15 minutes or so and adding ½ cup water at a time, if necessary, to prevent favas from sticking to bottom of pot, until pods are completely tender, 1–1½ hours. Uncover pot and gently stir frequently about 5 minutes before favas have finished cooking to allow pot juices to thicken enough to coat favas well.

Transfer favas, garlic, and juices to a wide shallow dish, let cool, then cover and refrigerate until well chilled, 8–12 hours. Toss with additional lemon juice, if you like, and sprinkle with freshly grated pecorino just before serving. Serve well chilled.

Asian Style Spinach Salad with Daikon with Shiitake Mushrooms by Chef Jonathan Miller

Take liberties with this: vary the greens; wilt the greens and/or stir fry the daikon; include cilantro as well as mint; change the mushrooms to a combination of shrooms like oyster, shimeji, trumpet oysters, black trumpets; swap the shallot for scallions. There are lots of ways to mix this up to keep it fresh.

1 lb shiitake mushrooms, stems cut off
zest from 1 lemon
half serrano pepper, minced
½ c lime juice
½ c grapeseed oil
4 T shallot, minced
1 T nam pla (fish sauce)
1 bunch spinach and/or chard, washed and dried
1 large, or 2 medium/small daikon, peeled and julienned (try the Watermelon radish here)
3 T shredded mint leaves

Leave the shiitake mushroom caps whole unless they are big, in which case you might cut them in half. Toss them in a tiny bit of grapeseed oil and a small amount of salt and roast them in a 400 degree oven for 10 minutes.

While the mushrooms roast, mix the lemon zest, lime juice, serrano, grapeseed oil, shallot, and nam pla together. As soon as the mushrooms are done, toss them with the dressing and set aside.

Thinly slice the spinach leaves, keeping the tasty and crunchy stems in the salad. Toss them with the julienned daikon and then spread them out on a serving plate. Scatter the mushrooms and the dressing here and there over the top of the salad and then finish with the shredded mint.