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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: Cabbage, Bianca Riccia, Cauliflower, Peas, & Lettuces: Store in bags in the fridge. Potatoes: These are new potatoes – not cured. Store in a plastic bag in the fridge and use within the first few days. Spring Onions, Wild Arugula, Thyme & Sorrel: Remove any ties or rubber bands, and store loosely in bags in the fridge. Kohlrabi: Separate greens from bulbs. Store each separately in bags in the fridge. Use greens within 1-2 days, as you would any cooking green like chard or kale.



Bianca Riccia is salad chicory, like frisee or endive.
Photo by Andy Griffin.

Whole Wheat Penne with Cabbage and Cumin
From *Almost Vegetarian* by Diana Shaw

2 t olive oil.
 1 onion, thinly sliced
 1 large carrot, peeled, thinly sliced (any color carrot will do fine)
 2 cups shredded red cabbage
 1 medium potato, peeled and sliced paper thin
 1 t cumin seeds
 4 oz. fontina or taleggio cheese, thinly sliced
 3 cups whole wheat penne pasta

Heat the oil in a large non-stick skillet (or use more oil if using a regular skillet) over medium heat. When hot, add the onion, carrot, cabbage, potato, and cumin, and sauté until the onion is soft and limp, about 8 minutes. Cover and let steam until the cabbage is very tender and the potato has cooked through, about 12 minutes. Turn off the heat.

Meanwhile, cook the penne according to package directions. Drain, then quickly toss it into the skillet, along with the cabbage mixture and the cheese. Toss briskly with two wooden spoons and serve at once, in warmed bowls.

Potato Scallion Curry

1-inch ginger, minced
 2 cloves garlic, minced
 1 medium onion, chopped
 1 bunch scallions or spring onions, chopped
 4-6 potatoes boiled, chopped (big pieces) optionally remove peel
 2 small green chiles
 2 tsp curry powder

"Popu"

1½ tbsp oil (olive, sesame, canola, etc.)
 1 pinch fenugreek
 ¼ tsp mustard seed
 1 tsp cumin seed

In a large saucepan, prepare the popu. When the seeds crackle, add garlic and stir until aroma emerges. Add scallions, onion and green chiles. Stir until onions soften and become translucent. Add potatoes and ginger. Stir for 1-2 minutes. Add curry powder, stir for 1-2 minutes. Remove from heat.

Can be served as a filling for dosas, with rice, or chappatis.

Chicory and Wild Arugula Salad with Honey Vinaigrette adapted from a recipe by Aida Mollenkamp for Chow.com

Try the Bianca Riccia, in place of the Belgian endive in this recipe.

1 med head Belgian endive, coarsely chopped (~1 cup)
½ small head radicchio, coarsely chopped (~2 cups)
1½ oz baby arugula (about 1½ cups)
1½ tsp white wine vinegar
1 tsp honey
¼ tsp kosher salt, plus more as needed
1/8 tsp freshly ground black pepper, plus more as needed
2 Tbsp grape seed oil
¼ cup walnuts, toasted and coarsely chopped

Combine the greens in a serving bowl and set aside.

Whisk together the vinegar, honey, and measured salt and pepper in a small, nonreactive bowl. While constantly whisking, add the oil by pouring it in a thin stream down the side of the bowl. Whisk until all the oil is incorporated. Taste and adjust the seasoning as desired.

Gobi Dal — Lentils with Cauliflower from *Recipesource.com*

½ lb Masoor Dal (Pink Lentils)
1 cauliflower
1 bunch purple onions, finely chopped (or 2 reg. onions)
½ cup ghee or oil (I used less with great success: 2 Tablespoons; a light olive oil in place of the ghee. -julia)
1 teaspoon Ground Chili
2 teaspoons Freshly Ground Black Pepper
½ Tablespoon ground cumin
½ Tablespoon ground coriander
2 teaspoons ground turmeric
Juice of ½ Lemon
2½ cups vegetables or chicken Broth
2 oz Dried Coconut
½ Tablespoon Flour
1 teaspoon Salt
4 ounces Raw Cashew Nuts

Wash the Lentils well and drain. Heat the Ghee or Oil in a large saucepan and fry the Onions. When they soften add the Chili, Pepper, Cumin, Coriander, and Turmeric. Stir in well and cook for 30 seconds or so. Add the Lentils. Stir well to ensure that each grain is coated and add the Lemon Juice. Cut the Cauliflower into small florets and add to the pan. Add the Chicken Stock and the Coconut. Bring to the boil and simmer for 20 minutes. Mix the flour with some of the liquid to form a smooth paste and stir into the saucepan. Add the Salt and Cashews. Cook a further 5-10 minutes until the Lentils have formed a thick sauce. This dish is a complete meal in itself when served with plain boiled rice.

Spicy Wok-Charred Snow Peas By David Tanis for NYT Cooking

2 tbsp vegetable oil
6-8 small dried red chiles
1 lb snow peas (or snap 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 tbsp crushed roasted peanuts
2 tbsp roughly chopped cilantro

Put vegetable oil in a wok over high heat. When oil looks wavy, add chiles and let 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.

Sorrel Vichyssoise from *Gourmet*

1 cup finely chopped white and pale green part of leek, washed well
½ cup finely chopped onion
2 tablespoons unsalted butter
1 pound boiling potatoes (try your new potatoes here, peeled or not)
4 cups chicken broth
2 cups water
½ lb fresh sorrel, stems discarded and shredded coarse
½ cup heavy cream (I used milk successfully)
¼ cup snipped fresh chives, or to taste

In a large saucepan cook the leek and the onion with salt and pepper to taste in the butter over moderately low heat, stirring, until the vegetables are softened, add the potatoes, peeled and cut into 1-inch pieces, the broth, and the water, and simmer the mixture, covered, for 10 to 15 minutes, or until the potatoes are very tender. Stir in the sorrel and simmer the mixture for 1 minute. Purée the mixture in a blender in batches, transferring it as it is puréed to a bowl, and let it cool. Stir in the cream or milk, the chives, and salt and pepper to taste, chill the soup, covered, for at least 4 hours or overnight, and serve it sprinkled with the additional chives.

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