



Mariquita
Farm

MYSTERY
THURSDAY

PICCINO
April 28, 2011

[Agretti](#)
[Spigarello](#)
[Kohlrabi](#)
[Baby Carrots](#)
[Green Onions](#)
[Cilantro](#)
[Snap Peas](#)
[Rapini](#)
[Lettuce](#)
[Radishes](#)

Disclaimer to the above vegetable list: The list above is approximate. There may be differences in your box. We ask for patience and a sense of adventure with these boxes. Thank you!

Storage: Remove twisty ties/rubber bands from all vegetables and everything into the fridge. Agretti: Keep in the bag it comes in. Use within 4-5 days. Kohlrabi: store in a plastic bag. Use within the week. Baby carrots and radishes: Separate from their greens, compost the carrot greens, and store roots in a plastic bag in the fridge. Coldest drawer OK. Green Onions store in a plastic bag in the fridge. Snap Peas: Leave them in the bag they come in and put them in the crisper drawer of your fridge – not the coldest drawer. Spigarello, Cilantro, Lettuces, Radish greens and Rapini: Remove any rubber bands/twisty ties and store loosely in plastic bags. Not in the coldest drawer.



Spigarello, Photo by Andy Griffin



Kohlrabi, Photo by Andy Griffin

Recipes from Chef Jonathan Miller

Quinoa with Peas and Carrots



1 lb carrots, halved or quartered lengthwise, depending on size
1 c quinoa, preferably black
2 c water olive oil
1 lb freshly shelled English peas
1 very large handful sugar snap peas, strings removed
leaves from 6 medium sprigs mint, chopped
balsamic vinegar

Heat the oven to 400. Toss the carrots with a little olive oil and salt, then roast in the oven until fully roasted, charred in places, and very sweet - about 45 minutes to an hour depending on size.

Rinse the quinoa in a strainer to remove the clear saponin. Drain well. Heat a small saucepan until hot, then add the quinoa and toast, stirring regularly until it dries and then toasts and smells nutty, about 5-7 minutes. Pour in the water and add a little salt. Bring to a boil, lower the heat to a bare simmer, cover, and steam until the water is absorbed and the quinoa is completely cooked, about 15 minutes. Remove from heat and rest 5 minutes.

In a pot of boiling, salted water, blanch the shelled peas for 15-30 seconds. Remove and cool under cold water or in an ice bath. Blanch the snap peas for 1 minute, then cool under cold water or in an ice bath. Cut the snap peas into bite sized pieces and toss with the quinoa, the English peas, the mint, and a generous drizzle of olive oil.

When the carrots are finished, cut into bite sized pieces and combine with the quinoa. Check for seasoning, adding a little more salt if necessary. Sprinkle a little balsamic vinegar in the salad, mix, and taste again. Serve cool or at room temperature.

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## Noodle Stir Fry with Asparagus, Garlic, and Spigarello

¼ c soy sauce  
2 t cornstarch mixed with 1 T water  
grapeseed oil  
4 garlic cloves, minced  
zest from 1 lemon  
1 green thai chile, minced  
8-12 oz asian noodles, cooked and rinsed in cold water  
1 bunch spigarello, chopped  
½ lb asparagus, halved lengthwise and cut into 2 inch lengths  
½ c thinly sliced garlic  
1 bunch garlic chives, cut into 1/2 inch lengths  
2 t chile flakes, or to taste  
4 carrots, julienned  
2 T chili sauce  
2 T hoisin  
½c toasted sesame seeds

Combine the soy sauce, cornstarch mixture and 1 c water in a bowl. Mix well. Heat a tablespoon of grapeseed oil in a small saucepan and add the garlic, lemon zest, and thai chile. Cook, stirring, until the garlic is golden brown, about a minute or so. Add the soy sauce mixture and bring to a boil. Remove from heat and set aside.

Blanch the asparagus in the water you use for the noodles - boil for a minute, then rinse under cold water to stop the cooking.

Heat 2 T grapeseed oil in a small saucepan and add the sliced garlic. Cook, stirring, until golden and crisp, Remove to a paper towel and set aside.

In a large skillet or wok, heat another two tablespoons of grapeseed oil until hot and add the garlic chives and the chile flakes, and cook 30 seconds. Add the carrots and a little salt for a minute or two, then add the spigarello for another minute or two. Add the asparagus, noodles, soy sauce mixture, chili sauce, and hoisin and stir together until everything is combined and warmed through. Taste for seasoning.

Serve with the fried garlic slices and sesame seeds sprinkled on top.

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Slaw with Kohlrabi

1 lb cabbage (preferably savoy), shredded
1-2 grapefruit (preferably red)
grapeseed oil
2 T lemon juice
1-1 ½ lb kohlrabi, grated (peeled if you like, first)
2 T mint leaves, julienned

Toss the cabbage with 1T salt. Put a weight on the cabbage. (You can put a plate on the cabbage and top the plate with heavy cans of food.) Chill for 1 hour.

Section the grapefruit, taking the sections out of the membranes. Reserve 2 T of the juice that comes out, and whisk it with 4 T grapeseed oil and the lemon juice. Taste and add salt and pepper if you like.

Squeeze the cabbage with your hands until it is relatively dry, then toss with the kohlrabi and vinaigrette. Finish with the grapefruit and mint, then serve.

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## Julia on Kohlrabi

A favorite way to eat truly fresh kohlrabi is to peel (like a potato, Andy doesn't peel his but I like to.) The kohlrabi, slice it like you would jicama or carrots for a dip tray, and then eat the raw pieces plain or with lemon juice. The kohlrabi is fresh so it's sweet, and has none of that strong cabbage smell old brassicas can have.

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.

### And a few more links:

Kohlrabi thoughts from [Serious Eats](#)

Kohlrabi thoughts from [Chowhound](#)

Kohlrabi recipes from [Prairieland CSA](#)

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