

Cheddar OR White [Cauliflower](#)
Red, French OR Purple [Radishes](#)
Baby [Spinach](#)
[Couve Tronchuda](#)
[Sunchokes](#)
[Carrots](#)
Gold [Turnips](#)
[Leeks](#)
[Parsnips](#)
Baby Swiss [Chard](#)
Baby [Lettuce](#)
Baby Formanova [Beets](#)

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: [Cauliflower](#): Rinse and store in a plastic bag in the fridge. Good keeper. [Radishes, Turnips & Beets](#): Remove greens and store bulbs in a plastic bag in the fridge. Store greens in a separate bag and use as a cooking green. [Spinach, Chard & Lettuce](#): Store in the bag they come in and use them like a cooking green. [Couve Tronchuda](#): Give a quick rinse of water and store in a plastic bag in the fridge. Good keeper. [Sunchokes](#): Store in the bag they come in in the fridge. [Carrots](#): Remove and compost greens. Store carrots in a plastic bag in the fridge. [Leeks](#): Store in a plastic bag in the fridge. Do not trim them or wash before storing as this will make them break down faster. [Parsnips](#): Store in a plastic bag in the fridge.



(Photo of
Sunchokes aka
Jerusalem
Artichokes by
Andy Griffin)



(Photo of Red &
Purple Radishes
by Andy Griffin)

A couple of recipes from Chef Jonathan Miller:

Sunchoke & Cauliflower Soup

This is a nice cool weather soup. If you'd like to see a garnish on this soup, a type of green sprout would work well. Use your favorite nutty or spicy sprout to top each bowl.

2 T butter
1 [celery](#) stalk, chopped
1 small onion, chopped
2 c chicken stock
¾ c half and half
1 small [cauliflower](#), cut into florets
1 lb [sunchokes](#), peeled and cut into small chunks
2 sprigs thyme

Melt the butter in a saucepan and add the celery and onion. Sauté over medium heat until just softened, about 7 minutes or so, then add the stock and cream. Stir well and allow to simmer. Add the cauliflower, sunchokes, and sprigs of thyme and simmer over low heat until very tender, about 30 minutes. Remove the thyme sprigs, season with a little salt and allow to cool somewhat. Puree in a blender until very smooth and taste for seasoning. Serve warm.

Kasha Salad with Leeks, Lentils, and Chard

Vary the cheese if you like. Any kind of goat cheese would be good, as would a nice brie-style cheese, or even a creamy blue.

1 c French green lentils
1 bay leaf
olive oil
1 c kasha (toasted buckwheat)
3 small-medium [leeks](#), halved and thinly sliced crosswise
2 small [carrots](#), diced
2 garlic cloves, chopped
1lb baby [chard](#), chopped
[parsley](#)
4 oz fresh goat cheese

Sort through the lentils and rinse them well. Put them into a small saucepan with cold water to cover by 2 inches. Add the bay leaf and bring to a simmer. Add a little salt and simmer until just tender, about 12-15 minutes. Drain, taking care to reserve the cooking liquid, and toss with a little olive oil. Discard bay leaf.

In a small sauce pan, bring 2 cups of water to boil. Add the kasha and a little salt, return to a boil, lower heat to extremely low, cover, and steam for 10 minutes. Turn off heat and allow the kasha to rest while you finish the dish.

Heat a large saucepan and add a generous amount of olive oil. Add the leeks, carrots, and garlic and sauté about two minutes. Add the reserved lentils and the chard. Add a little of the lentil cooking water to help wilt the chard. Cook until everything is softened, but not mushy. Remove from heat and toss in the kasha and plenty of chopped parsley. Taste for salt and olive oil, adding more of each if necessary. Serve warm or room temperature with dollops of fresh goat cheese.

Caldo Verde, a traditional Portuguese soup

2 garlic cloves, chopped
olive oil
1 large onion, chopped
6 oz linguica, thinly sliced
1 lb potatoes, diced
1 bunch couve tronchuda, shredded

Heat a pot with some olive oil in it and add the garlic, onion, and half the sausage. Cook over moderately high heat, stirring, until the onion is soft, about 8 minutes. Add about 2 quarts of water, the potatoes, and some salt. Boil, reduce heat to low, and simmer until the potatoes are tender, about 8-10 more minutes. Mash the soup with a masher, or use a food processor to create a coarsely mashed, rustic texture. Return the soup to a simmer and add the couve tronchuda and simmer until it is cooked down, at least another 5 minutes. Add the remaining linguica and heat through, tasting for seasoning. Serve warm with quality olive oil drizzled on top.

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### **Spiced Beet Casserole**

4 cup sliced cooked beets  
2 tablespoons butter  
1 tablespoon flour  
2 tablespoons dark brown sugar  
3 tablespoons vinegar  
¼ cup boiling water  
½ teaspoon salt  
¼ teaspoon paprika  
¼ teaspoon cinnamon  
1/8 teaspoon nutmeg  
1/8 teaspoon cloves

Place beets in greased 1 1/2 quart casserole.

Melt butter, blend in flour and sugar. Add vinegar and boiling water, cook stirring constantly until bubbling. Add remaining ingredients. Pour over beets.

Cover and bake at 350° F. for 25 minutes.

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Roasted Parsnips with Balsamic Vinegar and Rosemary

(Adapted from *Vegetables Every Day* by J. Bishop)

2 pounds parsnips
2 Tablespoons olive oil
S & P to taste
2 Tablespoons balsamic vinegar
2 teaspoons minced fresh rosemary leaves

Preheat oven to 425 degrees. Peel parsnips (or scrub them really well.) Cut them into 1 inch chunks or mor slender 'batons'. Toss with oil on a large rimmed baking sheet. (sometimes I do this step in a bowl then just arrange them on the baking sheet. -julia) Sprinkle with S & P. Roast, turning once, until golden brown, 30-40 minutes. Combine the vinegar and rosemary in a small bowl. Drizzle the mixture over the roasted parsnips on the baking sheet and toss to coat. Continue to roast just until the parsnips are glazed, about 3 minutes. Adjust the seasonings and serve immediately.

Julia's Parsnip Oven Fries

Several Parsnips
Olive oil
salt and pepper

Peel and thinly slice parsnips, I think about the width of a slender fast food french fry. Mine are not nearly as uniform as restaurant fries, but it adds to the charm of this dish. Put parsnip strips in a mixing bowl and splash in some olive oil, sprinkle with salt and pepper and mix to coat, I'm somewhat generous, but I end up using lots less than I would if I actually fried them. Spread the parsnips out on a large jelly roll baking pan. Bake at 450, mixing with a long wooden spoon every 10 minutes or so until browning and crispy. Warning: these are addictive. Our children even like them...

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### **Roasted Turnips in Wine**

(Adapted from Peggy's Biodynamic Garden)

1 bunch turnips, peeled and cubed, greens reserved for another use  
1 cup red wine  
¼ cup honey  
2 Tablespoons butter

Place turnips in saucepan; add remaining ingredients and enough water to barely cover. (You may also add other root vegetables: carrots, parsnips, etc.) Simmer until tender. Pour into baking dish and bake at 350 degrees 1/2 hour. Serve with rice or chicken. 2-3 servings.

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More recipes at <http://mariquita.com/recipes/index.html>