



Rainbow Carrots
Rainbow Radishes
Cauliflower (Green OR White)
Chervil
Meyer Lemons
Wild Arugula
Lacinato Kale
Red Chard
Fennel
Lettuces
Mystery (Spigariello or something else TBD!)

****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: Carrots, Radishes, Cauliflower, Lemons, Wild Arugula, & Lettuces: Store in bags in the fridge. Chervil, Kale, Spigariello & Chard: Remove any ties or rubber bands, and store loosely in bags in the fridge. Fennel: store in a plastic bag in the fridge. If space is a problem, remove the long fronds to store just the fennel bulb.



Lacinato Kale. Photo by Andy Griffin.

Spicy Carrot Salad

2 lbs carrots
 1 tbsp lemon juice
 1 clove garlic
 ¼ tsp cayenne
 1 tsp salt
 ¾ cup olive oil
 2 tbsp red wine vinegar
 2 tbsp chopped cilantro

Peel carrots and cut into julienne -- quick work with a Japanese mandolin. Mash the garlic clove with the salt, mix it with the vinegar, lemon juice, and cayenne. Whisk in the olive oil. Taste for seasoning and add more acid, salt or cayenne if needed. Toss with the carrots and cilantro.

Beijing Radish Salad

1 bunch watermelon radishes or 1 medium daikon radish
 2 tablespoons rice or balsamic vinegar (or a combination)
 1 tablespoon soy sauce
 1 teaspoon sugar
 2 teaspoons sesame oil
 2 garlic cloves, finely chopped

Wash and julienne radishes. They can be peeled or not as you like. I often use a mandoline to do the julienne-ing, or you can grate them. Mix together the rest of the ingredients and dress the radishes with the dressing.

Gus' Capellini with Cauliflower from Annamarie G

Capellini pasta
 olive oil
 2 Fennel bulbs with some fronds
 1 onion
 1 head cauliflower or romanesco, cut into florettes
 generous handful salted capers

Boil salted water. When water comes to a rolling boil, add cauliflower and cook until done (to taste). Drain.

Mandoline or thinly slice the fennel and onion and sauté in olive oil until caramelized. Push caramelized onion and fennel to the side of the pan, crank the heat to high, and add another tablespoon of olive oil.

Toss rinsed capers into the pool of olive oil until they "blossom" and become almost crunchy/crackly.

Toss drained cauliflower into the saucepan of onions, fennel, and capers. Turn saucepan to low or off. Add capellini pasta into the boiling pot now, drain when ready, add to sauce pan, toss, and eat.

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

1 med. 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.

Pour the vinaigrette over the reserved greens and, using your hands, mix to coat the salad. Taste and adjust the seasoning as desired. Top with the walnuts and serve.

Fennel Baked with Parmesan Cheese
From: Jane Grigson's Vegetable Book

Jane Grigson's note: "My favorite fennel dish, the best one of all by far. The simple additions of butter and Parmesan - no other cheese will do - show off the fennel flavor perfectly. The point to watch, when the dish is in the oven, is the browning of the cheese. Do not let it go beyond a rich golden-brown." Julia's note: this dish can be halved or made smaller for just two people with one or two large heads of fennel.

6 heads fennel, trimmed, quartered
butter
pepper
3 tablespoons grated Parmesan cheese

Cook the fennel in salted water until it is tender. It is important to get this right: the fennel should not still be crisp, on the other hand it should not be floppy either. Drain it well and arrange in a generously buttered gratin dish. Be generous, too, with the pepper mill. Sprinkle on the cheese. Put into the oven at 400 degrees, until the cheese is golden brown and the fennel is bubbling vigorously in buttery juices.

Garden Soup with Lacinato Kale and Cauliflower
Adapted from Vegetable Soups from Deborah Madison's Kitchen by Deborah Madison

2 onions or 2 large leeks, diced
½ pound potatoes, diced (a few small or one large)
2 Tablespoons olive oil, plus extra to finish
2 cups stemmed and slivered lacinato kale
2 cups (more or less) small cauliflower florets
1 garlic clove, minced
S & P to taste
6 cups broth: homemade or purchased, vegetable, bean broth, or chicken stock
Asiago cheese for grating at the end

Wash the leeks if using. Chop the potato, leaving the skin on if you like if it's organic. Warm the olive oil in a soup pot over medium heat. Add the leeks and the potato, give them a stir, and while they're warming up, slick the kale off its ropy stems, then slice the leaves into short ribbons. Add the kale to the pot along with the cauliflower, garlic, and salt. Cook for about 5 minutes. Add the stock, bring to a boil, then lower the heat and simmer until the vegetables are tender, about 20 minutes. Ladle the soup into bowls and drizzle some olive oil into each. Season with pepper and grate a little cheese into the soup before serving.

Chard Dahl
The Vegetable Book, Spencer

¼ cup brown lentils
1 tbsp. turmeric
1 bunch chard
½ cup orange lentils
salt and pepper

Lentils do not have to be soaked. Into 7 cups of boiling water, throw the brown lentils with the turmeric. Let simmer for 20 minutes. Add the chard and bring back to a boil. Simmer for 10 minutes more. Add the orange lentils and simmer for another 10 minutes. Season with salt and pepper. The lentils should have soaked up all of the water and can be served at once, though it will do no harm to let them rest in the warm pan. (Julia's note: I added some toasted sesame oil and it made this dish even better. You can find bulk turmeric and both colors of lentils at health food stores and Asian markets.)

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