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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: Cauliflower, Lettuce, Escarole, Radicchio, Radishes, Carrots & Apples: Store in bags in your crisper in the fridge. Chard, Chervil & Dandelion: Remove ties and store loosely in bags in the fridge. Sweet Potatoes: Use within a few days. Any needless handling causes bruising and shortens their shelf life. Remember their tropical origins and keep them at a cool room temperature with good air circulation, not in the refrigerator.



Radicchio di Treviso. Photo by Andy Griffin.

Cauliflower Soup
From [Chef Jonathan Miller](#)

Cauliflower, cut into florets
2-3 [carrots](#), chopped
1 onion, chopped
2-3 T herb of choice ([parsley](#) or [thyme](#) are good choices)
Broth of choice (chicken stock, veggie stock, or even water), up to 1 quart, depending on size of cauliflower
1-2 c half and half or cream

Sauté the onion and carrots in oil or butter. Cook them until the onions are really soft but not brown. Add the cauliflower and the herbs and cook a few minutes. Add your broth until it comes up just below the level of your veggies and simmer until the cauliflower is cooked, around 12-15 minutes. Add some cream and blend in a blender, then check for salt and pepper.

Tibetan Cauliflower Curry

2 Tbsp canola oil
2 lg onions, chopped
2 garlic cloves, minced
1 lg. head cauliflower, chopped
1 lg. carrot, cubed
3 potatoes, cubed
1 stalk celery, chopped
1 chili pepper, chopped
2 tomatoes, chopped
2 cups, peas
1 Tbsp curry powder
1 tsp coriander
1 tsp cumin
1 Tbsp cilantro, chopped
1 Tbsp honey
1 cup coconut milk

Sauté onions with garlic in oil until transparent. Add spices and cook gently for a few minutes. Add celery, carrots, tomatoes, and chilies, then cook for a couple minutes stirring often. Add 1 cup of water and continue to cook until vegetables begin to get tender. Add potatoes and enough water to cover the vegetables. Bring to a boil. Maintain a low boil until potatoes are tender, but not overcooked. Add cauliflower. When thoroughly heated, add coconut milk, honey, and chopped cilantro. Add salt to taste.

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

Julia's Escarole Sausage Dinner Soup

up to a pound of sausage of just about any kind (half a pound, even a quarter pound is fine for the flavor, you could also use 2-4 slices bacon here, and of course this is easily skipped for a vegetarian version.)

1-2 onions or [leeks](#) cleaned and diced

2-6 garlic cloves minced or roughly chopped

1-2 cups cooked beans (white, pinto, garbanzo.... yes, it's fine to use a can of beans!)

1 can diced tomatoes (about 2 cups or 15 oz.)

2 cups broth (chicken or vegetable)

Parmesan rind, if available

2-5 cups cleaned chopped escarole or other [cooking green](#) such as [chard](#), [dandelions](#), kale, spinach...

Brown the sausage, drain off excess fat if there's lots, then remove the sausage for just a bit. Add the onions to brown in the sausage drippings and cook until translucent then add the garlic and cook for a few seconds more.

Then quickly add the beans, tomatoes, broth and Parmesan rind. Add the sausage back and bring the pot to a low boil. Then add the cooking greens and cook through. (3-4 minutes for escarole, less for young spinach, more for kale or collards....) Serve.

Vietnamese Daikon and Carrot Pickles

By Elise Bauer for *Simply Recipes*

2 lbs carrots, peeled

2 lbs of daikon radishes, peeled

1 cup plus 4 tsp sugar

2 tsp salt

2 ½ cups white vinegar

2 cups warm water (warm enough to dissolve sugar)

About 5 pint jars

Julienne the carrots and the daikon radishes: Cut them first crosswise into 2½ inch long segments. Then cut ¼-inch thick slices lengthwise. Stack the slices and cut them again into ¼-inch thick batons.

Place the carrots and daikon radishes in a large bowl. Sprinkle with 4 teaspoons of sugar and 2 teaspoons of salt. Use your clean hands to toss the carrots and daikon with the salt and sugar until well coated.

Continue to mix the carrots and daikon with your hands until they begin to soften, about 3 minutes. They are ready once you can bend a piece of daikon all the way over without it breaking.

Transfer the carrots and daikon to a colander, rinse with cool water and drain well.

In a bowl (an 8 cup pyrex measuring cup works great for this) mix together one cup of sugar, the white vinegar and the warm water, until the sugar dissolves.

Prepare clean jars. Pack the daikon and carrots tightly

into the jars. Pour over the pickling liquid to cover. Seal. Refrigerate.

The pickles should sit at least overnight before eating; their flavor will improve with time. They should last 4 to 6 weeks in the refrigerator.

Dandelion Greens Sauté

1 lb. dandelion greens

3 tablespoons olive oil

5 cloves garlic

¼ cup sesame seeds, toasted

1 tablespoon toasted sesame oil

Wash and slice greens. Blanch in enough water to cover about 1 minute. Drain and sauté in the olive oil for 3-4 minutes, then add the sesame and garlic and sauté for couple minutes more. Add the sesame oil and serve.

Dandelions are great in salads or can be cooked. If they are cooked they don't need long cooking like the sturdier greens of collards etc. below is a simple cooked recipe for them if you're looking for an official recipe. Dandelions are a bit bitter, French and Italian cooks and eaters enjoy the bitterness, Americans can sometimes be put off by the bitterness. If your family isn't sure about it, try one of the richer recipes with bacon, or plenty of olive oil and chile flakes for a vegetarian, even vegan, version. If you're sure everyone at your table (including you) will NOT enjoy the dandelions, find an Italian or French friend who will enjoy how fresh they are.

Sweet Potato Puree with Roasted Garlic

Alice Waters' *Chez Panisse Vegetables*

1 head garlic

2# sweet potatoes

2# russet potatoes

S&P

2 cups milk

¼ to ½ cup extra-virgin olive oil

First roast the garlic: Wrap the head in foil, put in a preheated 400 degree F oven and bake for 30-40 minutes, or until completely soft. (Test with the tip of a knife.) When cool, cut the top free from the head, separate the cloves, and set aside.

Peel and quarter the sweet potatoes and russet potatoes. Put them in a pot with a steamer insert. Season with a teaspoon of salt and steam over medium high to high heat until cooked, about 20 minutes. Drain, add the unpeeled roasted cloves of garlic, and puree through a food mill, using the fine disk. Return the puree to the pot and reheat over low heat. Scald the milk in a separate saucepan and add from 1 to 2 cups to the potatoes, depending on how dry they are. Then add the extra-virgin olive oil to taste, and season with salt and pepper. Serve immediately or keep warm in a double boiler. Serves 6 to 8.