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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: Lettuces, Lemons, Cauliflower, Broccoli, Carrots & Beets: Store in bags in the fridge. Green Onions, Spigariello, Mustard Greens & Chervil: Remove any ties or rubber bands, and store loosely in bags in the fridge. Winter Squash: store in a cool spot on your kitchen counter.



Spigariello. Photo by Andy Griffin.

Minced Lamb with Ginger, Hoisin and Green Onions
From *Bon Appétit*, April 1994

2 tablespoons orange juice
 1 tablespoon cornstarch
 1 pound ground lamb
 1 tablespoon oriental sesame oil
 2 tablespoons minced peeled fresh ginger
 1 tablespoon minced fresh garlic
 1 tablespoon minced orange peel
 1 bunch green onions, chopped
 ¼ cup hoisin sauce
 Butter lettuce leaves

Combine orange juice and cornstarch in small bowl. Sauté lamb in heavy large skillet over high heat until cooked through, breaking up with back of spoon, about 5 minutes. Pour lamb with its juices into colander; drain. Heat oil in same skillet over high heat. Add ginger, garlic and orange peel; stir-fry 30 seconds. Add green onions 30 seconds. Add hoisin sauce and lamb to skillet; stir until blended. Add orange juice mixture; stir until thickened, about 1 minute. Spoon into lettuce leaves.

Baked Kale Frittata
From *The Saratogian* in NY.

1 bunch of kale* (3 cups chopped) (try spigariello here!)
 1 large onion
 Vegetable cooking spray
 1 teaspoon olive or vegetable oil
 ¼ cup water
 5 eggs
 ½ cup skim milk
 1/3 cup grated cheddar type cheese
 ½ teaspoon salt
 ¼ teaspoon pepper

Preheat oven to 375 degrees. Coat a 9-inch round baking pan with vegetable cooking spray. Wash kale and tear the leaves from the stem. (Use the stems in a stir-fry.) Chop the kale and onion. Heat oil in a large frying pan over medium-high heat. Add the onion and sauté for 3-5 minutes until soft. Stir in kale and water. Cover and cook for 5 minutes. Remove from heat and allow to cool. In a large bowl, combine eggs, milk, cheese, salt and pepper. Blend in kale mixture. Pour the mixture into the baking pan. Bake for 20 minutes. Remove from oven and let sit for two to three minutes. Slice into wedges and enjoy. Makes six servings.

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

Bean Soup with Spigariello Broccoli From Seed To Table, January 2009

½ pound dried beans, presoaked
½ pound Spigariello
1 ounce guanciale or bacon, finely diced
1 tablespoon olive oil
1 very large carrot, peeled and diced
½ very large sweet onion, diced
1 tablespoon (about) minced fresh rosemary
2 large cloves garlic, minced
¼ cup diced sundried tomatoes
½ pound ham, diced
a drizzle of vinegar
fresh ground pepper to taste

Put the presoaked beans into a large pot with 6 cups water. Bring to a boil, turn the heat down and simmer, partly covered.

While the beans are cooking prepare the Spigariello. Remove the largest bottom leaves, trim off the leaf stems and discard, coarsely chop the leaves. Cut off and discard any tough bottoms from the shoots (if the stalks are large enough you can peel off the tough skin and use the tender inner parts). Cut the shoots crosswise into pieces. Add the chopped broccoli to the beans and continue to simmer, partly covered.

Put the guanciale or bacon in a medium skillet over medium low heat. Sauté the guanciale or bacon until crisp. Add the carrot, onion, and rosemary to the skillet, turn the heat up a bit and cook, stirring frequently, until the vegetables start to brown. Remove the skillet from the heat, stir in the minced garlic and chopped tomatoes and set aside.

When the beans are nearly tender (the amount of time to this stage will vary depending on the age of the beans - the older they are the longer it takes), stir in the sautéed vegetable mixture (sofrito) and diced ham; continue to cook the soup until the beans are fully tender but not falling apart. Taste for salt (I added none because of the saltiness of the guanciale and ham), add a splash of vinegar (amazing how a touch of vinegar can brighten the flavor), and grind in some fresh black pepper. Serves 4.

Fresh Chervil Relish

For use as a soup garnish, sandwich spread, or with warm or chilled trout or salmon.

1 cup chervil leaves
2 tbsp. fresh lemon juice
2 tbsp. minced red onion
1 tbsp. olive oil

Combine all ingredients in food processor and whirl until finely minced.

Vegetable & Chickpea Curry

1 tablespoon olive or other cooking oil
1 cup chopped onion or leek
1 cup (¼ inch thick) slices carrot
1 tablespoon curry powder
1 teaspoon brown sugar
1 teaspoon grated peeled fresh ginger
2 cloves garlic
1 Serrano chile, seeded and minced
3 cups cooked chickpeas (garbanzo beans)
1 cup cubed peeled potato
1 cup coarsely chopped sweet (bell or other) pepper
1 cup cauliflower, cut or broken up into florets
teaspoon salt
teaspoon black pepper
1/8 teaspoon ground red pepper
1 can (14.5 ounces) diced tomatoes, undrained
1 can (14 ounces) vegetable broth
3 cups fresh baby spinach or other cooking greens (try spigariello and/or mustard greens here)
1 cup light coconut milk
6 lemon wedges

Heat oil in large non-stick skillet over medium heat. Add onion and carrot, cover and cook 5 minutes or until tender. Add curry powder, brown sugar, ginger, cloves and chile. Cook 1 minute, stirring constantly.

Place onion mixture in 5-quart electric slow cooker. Stir in chickpeas, potato, sweet peppers, the cauliflower, salt, pepper, ground red pepper, tomatoes and broth. Cover and cook on high 6 hours or until vegetables are tender. Add spinach and coconut milk, stir until spinach wilts. Serve with lemon wedges. Makes 6 servings.

Julia's Simple Fried Rice

1 sm head cauliflower, chopped in smallish dice
1 onion or 3 green onions, chopped
2 carrots, any color, scrubbed and grated
2 tablespoons oil, divided use
1-2 cups cooked cold rice, or freshly made with a little less water to keep it firm
1 splash each of soy sauce and rice vinegar
several drops to taste of sesame and chile oil
chopped fresh cilantro or parsley, optional

Cook the cauliflower and onions in 1 T of the oil over high heat until the onion is wilted. (2-3 minutes?) Add the rice with the second T of oil, continue to cook over high heat, stirring the whole time, then add the grated carrots. Cook until everything looks cooked through and heated through, then add all the liquids, stir for another 30 seconds or so, remove from heat, add the cilantro if using, and eat. Possible additions: cashews, peanuts, chopped ginger, garlic, hoisin sauce, etc. etc. Serves 2-3.