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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:** Fava Greens, Cauliflower, Carrots, Lettuce, Cabbages, Daikon, & Wild Arugula: Store in bags in the fridge. Chard, Scallions, Mizuna, & Green Garlic: Remove any ties or rubber bands, and store loosely in bags in the fridge. Kohlrabi: Separate globes from stems, and store globes and greens in separate bags. Use the greens as you would any cooking green, best within 1-2 days. Globes will keep longer but are sweetest when fresh. Ginger: Store in a freezer bag sealed with the air pushed out in your crisper drawer in the fridge.



Fava Greens. Photo by Andy Griffin.

**Baby Fava Greens from SFGate:** You can mix raw fava leaves in a mixed salad with spinach and arugula. They can also be tossed into pasta dishes at the end of cooking, until they're barely wilted. They can be sautéed and added to cooked couscous or farro for a side dish.

**Fava Greens and Fennel Salad**  
**Adapted from Local Mission Eatery**

½ lb. fava greens  
1 medium - large fennel, halved & cored  
1-2 oranges  
6 sprigs mint  
olive oil  
2 oz almonds  
1 lemon

Pick the leaves off the fava stems and put them into a bowl. After you halve and core your fennel, shave it super thin on a mandoline, or just slice it super thin, crosswise, with a knife. Toss those shavings in with the fava leaves. Carefully slice the peel off the orange(s) and then slice them into ¼" thick rounds; toss them into the bowl with the fennel and fava greens. Pick the mint leaves off the stems and add them to the bowl.

Toast the almonds in a 375 degree oven until lightly colored and fragrant, about 8 minutes. Allow to cool before very roughly chopping. Add them to the bowl.

Toss everything with some quality olive oil and the juice of the lemon. Taste, add a little salt and pepper if you like, toss again, and serve right away.

**Swiss Chard with Ginger and Cumin**  
**By Madhur Jaffrey**

¼ cup plus 2 tbsp vegetable oil  
1 tsp cumin seeds  
2 jalapeños  
1½ tbsp. minced fresh ginger  
3 lbs Swiss chard, rinsed, stems cut to ½-inch pieces, leaves cut into 1-inch ribbons  
salt  
1 ½ tbsp. fresh lemon juice

In a large, deep skillet, heat the oil. Add the cumin and cook over moderately high heat until slightly darkened, 10 seconds. Add the jalapeños and ginger and cook, stirring, until fragrant, 1 minute. Stir in the chard leaves and stems with the water that clings to the leaves and a pinch of salt. Cover and cook over low heat, stirring, until the chard is tender, 12 minutes. Uncover and cook over high heat until most of the liquid has evaporated, 2 minutes. Add the lemon juice, season the chard with salt and serve.

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

## **Cauliflower and Scallions**

**Adapted from *Fresh from the Farm and Garden* by  
The Friends of the UCSC Farm and Garden**

1 small head cauliflower  
1-2 bunches scallions  
3 tbsp canola or safflower or other light cooking oil  
½ teaspoon mustard seeds  
½ teaspoon turmeric  
1 or 2 jalapeño chiles, or other spicy chile or ¼ teaspoon  
red pepper flakes  
salt to taste  
1/3 cup hot water

Separate cauliflower into very small florets. Wash and drain. Trim scallions and chop into ¼-inch pieces.

Heat oil. When oil is very hot, add mustard seeds. Stir constantly for about a minute. Add turmeric, chiles, salt, and scallions, stirring rapidly. Cook for half a minute or so before adding cauliflower. Stir to mix everything well, add the water, and simmer, covered, on low for 15-20 minutes, until cauliflower is tender. Increase heat to evaporate any liquid.

## **Crunchy Red Devils**

**Recipe by A. Doncsecz, *Vegetarian Gourmet***

2 Tablespoons Apple Cider Vinegar  
2 shallots, minced  
¼ cup hot red pepper sauce  
1 teaspoon grainy mustard  
½ teaspoon sugar  
3 medium kohlrabi bulbs

Whisk together all ingredients except kohlrabi with ½ cup water. Peel and thinly slice kohlrabi; stir into marinade, coating evenly. Cover and refrigerate 2-3 days, stirring occasionally. Serve cold or at room temperature.

## **Stir-Fried Kohlrabi from *The Goodness of Potatoes and Root Vegetables* by John Midgley**

3 kohlrabi, peeled  
3 medium carrots  
4 tablespoons peanut or safflower oil  
3 cloves garlic, peeled and thinly sliced  
1 inch piece gingerroot, peeled and thinly sliced  
3 green onions, sliced  
1-2 fresh chili peppers, sliced, optional  
salt  
4 tablespoons oyster sauce (optional)  
3 teaspoons sesame oil & soy sauce, each

Slice kohlrabi and carrots into thin ovals. Heat oil in large heavy skillet; when it begins to smoke, toss in garlic and ginger. Stir once then add kohlrabi and carrots; toss and cook 2 minutes. Add green onions and chilies; stir-fry 1 minute, then pour in ½ cup water. Cover, reduce heat and cook 5 minutes. Remove cover and toss in a little salt and

the sesame and soy, and oyster if using. Serve with rice.

## **Cabbage Sesame Salad**

**From *Joy with Honey* by Doris Mech**

2 cups finely sliced green cabbage  
1 or 2 sliced green onions  
1 tbsp fresh parsley, finely chopped  
2 tbsp sesame seeds  
A few lettuce leaves (try the red gem here!)  
1 cup oil  
2 tbsp honey  
1 tbsp vinegar

Marinate the cabbage with the onions and parsley in the oil-honey-vinegar mixture for at least 10 minutes in the refrigerator. Serve it up with a slotted spoon, placing individual portions on a nice bed of lettuce leaves. Sprinkle with sesame seeds. Serves 3.

## **Radish Slaw, *Gourmet*, April 1991**

½ lb radishes, trimmed and grated coarse (about 2 cups)  
(try the daikon here!)  
3 cups finely shredded cabbage  
1 cup coarsely grated carrots  
½ cup thinly sliced red onion  
2 tbsp fresh lemon juice  
½ tsp sugar  
2 tbsp olive oil  
2 tbsp finely chopped fresh cilantro, mint or parsley leaves

In a bowl toss together the radishes, the cabbage, the carrots, the onion, the lemon juice, the sugar, the oil, the coriander, and salt and pepper to taste.

## **Green Garlic Soup Au Gratin**

8 Stalks Green Garlic  
1 Tablespoon Olive Oil  
1 Tablespoon Butter  
2 Tablespoons Butter, plus 2 teaspoons Butter  
8 sl Day-old Bread  
1¼ c chicken or vegetable Broth  
¼ teaspoon Salt  
¼ teaspoon Ground Black Pepper  
½ c Parmesan Cheese, grated

Remove and discard upper third of garlic stalks; (green leaf ends) thinly slice bulb. Heat olive oil and 1 T butter until beginning to foam. Add garlic; sauté 1-2 minutes. Reduce heat, cover tightly, and cook 15-20 minutes, stirring occasionally. Spread bread with 2 T butter; oven toast until lightly golden. Add broth to garlic, season with salt and pepper and bring to a boil. Ladle into 2 oven-proof serving bowls; cover with toasted bread and top with cheese. Dot each with a teaspoon of butter. Bake at 450F for 10 minutes, until cheese has melted and begun to turn golden.