

[Savoy Cabbage](#)  
[Watermelon Radishes](#)  
[Spinach](#)  
[Chantenay Carrots](#)  
[Red Beets](#)  
[Italian Parsley](#)  
[Calçot Onions](#)  
[Winter Density Lettuce](#)  
[Mustard Greens](#)  
[Baby Carrots](#)  
[Radishes](#)  
[Garlic Chives](#)

**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!

**Fridge Management:** Give everything a quick rinse to remove dirt and then, in to the fridge. Carrots (topped; compost greens), beets (topped; save greens in separate bag) & radishes store together in a plastic bag in crisper drawer. For all: remove rubber bands/twisty ties, rinse, shake, and store in plastic bag. Calçot onions: make sure greens are completely covered as they need to be in good green condition to withstand the grill. Store savoy cabbage in its own bag in the cold drawer. All leafy greens, lettuce, spinach, beet and mustard greens should not be kept in the coldest drawer. Use mustard greens as soon as possible as they yellow quickly.



Watermelon Radishes, Photo by Andy Griffin



Chantenay Carrots, Photo by Andy Griffin

Recipes from Chef Jonathan Miller

**Pineapple Fried Rice**

Savoy cabbage is super versatile. I even use it interchangeably with Chinese, or napa, cabbage, which is used a lot in Asian cooking. It breaks down almost as quickly and fully, but still retains some tooth and adds its own flavor. Here, I incorporate it into popular pineapple fried rice. This is a super quick and delicious weeknight dish. Make sure you use fresh pineapple here, and really brown the onion and pineapple. That's what will make this stand out from other versions.

2-4 T grapeseed oil  
1 c fresh pineapple, diced  
1 c onion, chopped  
3 c rice (preferably leftover)  
1 1/2 c bean sprouts  
1 small head or 1/2 large head savoy cabbage, chopped  
2 Thai peppers (preferably red, but green is ok too), minced  
2 t soy sauce  
2 t sesame oil  
2 t nam pla (fish sauce)  
2 scallions, thinly sliced

Heat the oil in a large skillet or wok and sauté the onion and pineapple briskly until browned, around 10 minutes. Add the rice and stir-fry until beginning to color, then add the bean sprouts and cabbage. Sprinkle with a little salt and cook until wilted, then add the peppers, soy sauce, sesame oil, and nam pla, stirring well. Taste, then serve with the scallions as garnish.

**Grilled Calçots**

(Salsa from "Catalan Cuisine" by Coleman Andrews)

12-20 calçots  
30 almonds, blanched and roasted  
3 garlic cloves, roasted and squeezed out of their skins  
1/4 t dried spicy red chili, minced  
pinch cayenne  
1 tomato, canned ok, chopped  
1/2 t red wine vinegar  
olive oil  
1/2 t salt

Grill the calçots until very well blackened on all sides. Remove from the grill and wrap in paper (newspaper is fine), then wrap them again in a plastic bag. Set aside to steam for 1-2 hours.

Finely chop the almonds (food processor ok), then add the garlic, chili, cayenne, salt, and mix together until a thick paste forms. Transfer to a bowl and cover barely with olive oil. Allow to rest a couple minutes, then add the tomato and vinegar. Mix well. Add more oil, salt, and chili if necessary. This should be slightly thick, but still liquidy.

To eat, hold the calçot in both hands. Hold the root end firmly, and pull the leaves with your other hand. A roasted onion will slip out of the blackened skin. Dip that and eat. Yum!

## Indian Style Mustard Greens

If you haven't had cooking greens done Indian style, then definitely try this dish. Everything gets cooked down thoroughly and becomes meltingly smooth and tasty with all the spices and ginger. This is not prettiest dish, but it is wonderful! My 2 year old will eat it, especially with ghee or butter drizzled over the top to finish! It's also great with any Indian flatbread or regular cornbread.

1 bunch mustard greens, chopped  
1 small bunch spinach, shopped  
1 bunch beet greens, chopped  
1 small bunch dill or cilantro, chopped  
3-4 small turnips, peeled if necessary, and chopped  
1-2 c water  
3 T cornmeal  
2 T grapeseed or corn oil  
1 T ghee  
1 onion, chopped  
1" piece ginger, peeled and julienned  
1/2" piece ginger, peeled and minced  
2 garlic cloves, minced  
1 Serrano pepper, minced  
1-2 tomatoes (canned ok), chopped  
1 T ground coriander  
2 t dried fenugreek leaves  
1 t garam masala  
1/2 c yogurt  
1 T butter  
1 1/2 t cumin seeds  
1/2 t paprika  
1/4 t black salt

Put the all the greens, the turnips, and 1 cup of water in a large saucepan and cook until the greens are wilted. Remove from heat and process in a food processor until finely chopped, but not overly smooth. Return to the saucepan, cover, and simmer over medium-low heat until the greens are smooth, about 30 minutes. Add extra water if necessary to keep from drying out. During the last 10 minutes of cooking, add the cornmeal, stirring regularly.

Heat the oil and ghee in another saucepan and add the onion and julienned ginger. Cook briskly until golden, about 10 minutes. Add the minced ginger and the garlic for another minute, then add the Serrano and tomato and cook another 5 minutes or so, until the tomato breaks down. Add the coriander, fenugreek leaves, and garam masala, stirring just until incorporated. Add the entire mixture to the greens with some salt and mix well. Simmer another 20-30 minutes. Taste for seasoning.

Transfer to a serving dish, then swirl in the yogurt. It does not need to be fully incorporated.

Make the tarka: Heat the butter in a small skillet and sizzle the cumin seeds for a few seconds, then add the paprika and black salt. Swirl into the greens and serve.

## Pickled Watermelon Radishes

I love just about anything pickled, but Asian style pickled radishes are about as addictive as they come. This is really easy to make, and if you are doing it for guests, it's easily done ahead of time or even the night before. These are common side dishes to south Asian curry bowls.

1 c rice vinegar  
2 T sugar  
1 large or 2 medium watermelon radishes, peeled and julienned

Put the vinegar, sugar, a generous pinch of salt, and 1 cup of water in a saucepan and bring to a boil. Pour over the radishes, cover, and refrigerate until cold.

## Couscous with Roasted Carrots, Onions, Almonds

This is a super accessible and addictive salad. Nothing outrageous or unfamiliar goes into it. A popular lunch for my 5 year old and anyone else wandering through the fridge. You have to use Israeli (large pearl) couscous in this. Regular couscous is too fine. You may also get away without toasting the couscous, but you'll miss out on a delicious layer of flavor.

2 red onions, peeled and sliced into thick rounds  
1 bunch carrots, cut lengthwise into quarters or halves, depending on thickness  
olive oil  
sherry vinegar  
2 c Israeli couscous  
1/2 c roasted almonds  
1 handful cilantro leaves, chopped  
1 handful parsley leaves, chopped

Lay the onion slices on a baking sheet and drizzle with a little olive oil and salt. Flip over and season with salt and olive oil again. Toss the carrots with some olive oil and salt and roast both veggies at 400 until sweet and highly colored, about 45 minutes. Cool slightly and chop coarsely.

Toast half the couscous in a dry skillet until well browned. Bring 3 c water to a boil and add all the couscous. Simmer just a minute, then cover and remove from heat. Let stand 5 minutes, then drain any excess water. Toss the couscous in a large bowl with a little olive oil to keep it from sticking together.

Coarsely chop the almonds and fold them into the couscous with the carrots, onions, cilantro, and parsley. Toss with plenty of olive oil, some salt and pepper, then check for seasoning. Serve with a little extra sherry vinegar if you like.

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## [Recipes A-Z on our website](#)

Yes, I did update [my little cancer blog](#), for those that are interested. And yes, I wish I didn't have this damn thing! [Exercise](#), [eat vegetables](#) and [maintain](#) a healthy weight, to make sure you don't get your own special brand of this or other icky disease! Love, bossy Julia