



[Cauliflower](#)

**Green Cabbage**

**Wild Arugula**

**Kale OR Spigariello**

**Chervil**

[Carrots](#)

[Fennel](#)

**Red Gem [Lettuces](#)**

[Chard](#)

[Green Garlic](#)

**Red Bearded Scallions**

**Mystery 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:** Cauliflower, Cabbage, Carrots & Lettuce: Store in bags in the fridge. Wild Arugula, Kale, Spigariello, Chervil, Chard, Green Garlic & Scallions: 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.



Red Bearded Scallions. 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, thyme, or try chervil here!)

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.

**Cauliflower Pullao from Chef Jonathan Miller**

1½ c basmati rice

2¾ c water

2 tsp cumin seeds

½ tsp pepper, freshly ground

peanut oil, or grapeseed oil, or ghee

1 onion, halved and thinly sliced

3 c cauliflower florets and small stems

¼ head cabbage, shredded

¼ tsp red pepper flakes

1 t garam masala

cilantro

Wash the rice in 3-4 changes of water, then soak in the 2¾ c water for 30 minutes. Heat a tablespoon of oil or ghee in a saucepan and add the cumin and pepper. Sauté for a few seconds and add the rice and its soaking water. Bring to a boil, then lower the heat as low as possible, cover, and steam for 15 minutes. Leave the lid on the entire time. Remove from heat, keep covered for another 5 minutes, then allow to cool a bit.

Sauté the onion in a large skillet in a couple tablespoons of oil until golden, 5-7 minutes over high heat.

Add the cauliflower, cabbage, chili flakes, some salt and pepper, and half the garam masala. Sauté for a couple minutes, then cover the pan, reduce the heat and continue to cook over low heat until the cauliflower is just crisp-tender, maybe 3-5 minutes.

Add the rice and some cilantro, mixing carefully. Serve with the remaining garam masala.

**Mariquita Farm's Vegetable Recipes A to Z page:**

<http://mariquita.com/recipes/index.html>

## Shaved Fennel and Pistachio Salad

**adapted from chow.com** Makes: 4 to 6 servings

3 medium heads fennel, very thinly sliced crosswise about 7 cups  
½ cup roasted & salted pistachios, coarsely chopped  
3 tablespoons olive oil  
2 tablespoons freshly squeezed lemon juice  
1 teaspoon finely chopped or grated lemon zest

Combine all ingredients in a large glass or ceramic bowl and toss until fennel is coated. Season well w/ S & P. Serve immediately or cover and refrigerate up to 1 day.

## Fennel, Orange & Caper Salad

2 bulbs fennel  
1 Tablespoon capers, drained  
1 Tablespoon dill or chervil, fresh, chopped

### Dressing

½ orange, seeded  
2 teaspoons red wine vinegar  
1 Tablespoon Dijon mustard  
2 teaspoons sugar (I often omit this)  
½ teaspoon salt  
4 Tablespoons olive oil

Trim the stalks from the fennel, cut the bulb in half lengthwise; then cut crosswise into very thin slices. Place in a large bowl with the capers and the dill. Make the dressing. Cut the quarter orange in small pieces and place in the work bowl of a food processor with the vinegar, mustard, sugar and salt. Process until smooth. With the motor running slowly, pour in the olive oil. Pour over the fennel, toss well and serve.

## Cabbage and Potato Pancakes from *Simplicity - from a Monastery Kitchen*

½ head small green cabbage  
4 large potatoes, peeled and grated  
1 medium sized onion, finely chopped  
2 eggs  
¾ c milk  
salt and freshly ground pepper to taste  
a small bunch of parsley, chopped  
8 TBS vegetable or olive oil

Quarter the cabbage and steam it for about 6-7 minutes. Drain and chop the cabbage finely. Place chopped cabbage, grated potatoes, and chopped onion in a big bowl. Mash them thoroughly with a masher and mix them well with a spatula.

In a separate deep bowl beat the eggs. Add the milk and beat some more. Add the cabbage-potato-onion mixture. Add some salt and pepper and the chopped parsley. Mix all the ingredients together until thoroughly blended.

Refrigerate 1 hour.

Preheat oven to 250. To make the pancakes use a crepe pan or nonstick skillet. In the pan heat about 1 tablespoon of oil (each time) to low-med and pour in about one eighth of the potato mixture. Flatten the mixture evenly with a spatula and cook over medium heat until the pancake turns brown at the bottom. Turn the pancake over carefully and continue cooking the other side. When the pancake is done, slide it carefully onto an ovenproof platter. Repeat the process until all the pancakes are done. Keep the pancakes in the warm oven until ready to serve.

## Milanese-Style Chard from *Recipes from a Kitchen Garden* by Shepherd and Raboff

1 bunch Swiss Chard  
1 Tablespoons olive oil  
2 stalks green garlic, chopped  
6 scallions, thinly sliced  
2 tablespoons chopped fresh parsley  
¼ cup chopped basil  
pinch nutmeg  
¼ cup chopped prosciutto or ham  
2 Tablespoons Parmesan Cheese  
salt and pepper to taste

garnish: toasted pine nuts or walnuts

Trim the chard, discarding tough stems, and coarsely chop.

In a large, deep skillet, heat olive oil, add garlic and scallions and sauté until softened and fragrant, 2 to 3 minutes. Add chard, parsley, basil, nutmeg, prosciutto or ham and mix well together. Cover the skillet and cook over medium heat until tender and wilted, 3 to 5 minutes. Mix in Parmesan Cheese and then add salt and pepper to taste. Serve garnished with pine nuts or walnuts.

## Carrot Scallion Fritters *Gourmet*, November 1990

¾ cup coarsely grated carrot  
½ cup thinly sliced scallion  
1 large egg, beaten lightly  
1/3 cup fine dry bread crumbs  
vegetable oil for deep-frying

In a bowl combine well the carrot, the scallion, the egg, the breadcrumbs, and salt and pepper to taste. In a large skillet heat 1 inch of the oil until it registers 375F. on a deep-fat thermometer, in batches drop the carrot mixture into the oil by tablespoons, and fry the fritters for 1½ to 2 minutes, or until they are golden. Transfer the fritters to paper towels and let them drain. Serve the fritters as hors d'oeuvres or as a side dish.