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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 Beans, Spring Onions, Summer Squash, Lettuce, Cabbage & Potatoes: Store in bags in the fridge. Carrots: Remove and compose greens. Carrots will stay crisper longer without their greens. Store carrots in a bag in the fridge. Beets: Separate the greens from the beets and store each in plastic bags in the fridge. Use the greens as a cooking green within the first day or two. Wild Arugula & Marjoram: Remove any ties or bands, and store loosely in bags in the fridge.



Baby Parisian Round Carrots. Photo by Andy Griffin.

Jazar wa Kusa (Zucchini and Carrots)
 From *Mediterranean Vegetables* by Clifford Wright

2 large fat carrots, sliced diagonally about ¼-inch thick (you can substitute baby carrots)
 2 zucchini, ends trimmed, sliced diagonally about ¼-inch thick
 1 teaspoon freshly ground cumin seeds
 S & P to taste
 2 Tablespoons olive oil

In a large bowl, toss the carrots and zucchini together with the cumin and season with S & P.

Heat the oil in a large skillet over med-low heat and cook the carrots and zucchini until crisply and tender, 25 to 30 minutes, tossing frequently. Serve hot.

Pasta with Zucchini, Lemon, Pine Nuts, and Herb
 Adapted from *The Greens Cook Book*

1 pound corkscrew pasta (gemelli, rotelli, etc.)
 8 ounces small, firm green or golden zucchini
 ½ c. mixed fresh herbs: Italian parsley, marjoram, basil, chervil, hyssop, oregano, lemon thyme and others. Avoid tarragon in this dish.)
 1 lemon
 6 T. virgin olive oil
 5 T. pine nuts
 1 onion or 3 shallots, thinly sliced then roughly chopped
 4 t. tiny capers, rinsed in water
 2 sun-dried tomatoes, cut into narrow strips
 Salt & Pepper
 Parmesan (grated, fresh)

Slice the zucchini diagonally into pieces about the same thickness as the pasta (matchstick size, 1/8" or so). Line up the slices and cut them into narrow matchsticks. Each one will be tipped with green or gold. Make a selection of fresh herbs from those suggested in the ingredients list. Pull the leaves off the stems and chop them, but not too finely. Include any flowers, such as the purple flowers of the basil or pink thyme blossoms. With a vegetable peeler, remove a thin strip of peel from the lemon and cut it into fine slivers.

Heat 2 T. olive oil in a small pan and add the pine nuts. Cook them until they begin to color; then add the shallots. Cook the two together over medium low heat until the shallots are soft and the pine nuts are brown. Transfer them to a wide bowl and add the rest of the oil, the capers, lemon peel, sun-dried tomatoes and herbs. Season with salt, freshly ground black pepper and ½ teaspoon or so of lemon juice to taste.

Add salt to the boiling water, drop in the zucchini and cook it about 1 minute. Scoop it out, shake off the water, and add it to the bowl with the other ingredients. Next, cook the pasta, scoop it out and add it to the bowl as well. Toss with a pair of tongs, so that the noodles are coated with the oil and herbs. Serve with the cheese passed separately. Serves 2-4.

Andy's Fava Beans

Shell the beans.

Heat a pot of water to boiling. Drop the beans in the boiling water. Let them sit while counting out "One Mississippi" 15 times. Remove beans with a slotted spoon and let cool.

Once the beans have cooled the skins slip off easily. Just cut the skin of the bean with your thumbnail and press. The shiny, bright green bean will shoot out.

Once peeled, the favas are ready to cook. Sir fry with summer squash and spring onion. Season with marjoram or other herb like mint or oregano.

Grilled Fava Beans

as told to Andy by Bruce Hill of Bix in San Francisco

The easiest way to prepare favas is to grill them. The heat of the coals will pop the pods open and split the hulls that wrap each bean. Remove the beans with your fingers and they're ready. If there's a bit of char on your fingers from plucking out the beans from the grilled pods, it only helps the flavor.

Boiled Beets and Wilted Beet Greens with Garlic and Lemon adapted from Pasta e Verdura by Jack Bishop

This sauce utilizes both the beets and their leafy tops, so freshness is paramount. Boiled and diced beets are added to a simple sauce of tender beet greens wilted in garlic and olive oil. A splash of lemon juice helps balance the sweetness in the beets, as does the gentle bitterness of the greens themselves.

4 medium (or 6-8 small) beets with their leafy greens
1 tsp salt, plus some to taste
¼ cup olive oil
4 cloves garlic
1½ tsp fresh lemon juice
1 lb. pasta (best: fusilli or other short, curly shape)

Bring 4 quarts of salted water to a boil in a large pot for cooking the pasta.

Slice the beet stems where the leaves begin and set the leaves aside. Trim all but the last inch of the stems from the beets themselves. Trim any dangling roots and wash the beets to remove any dirt. The trimmed beets should weigh about 1 pound.

Place the beets in a medium saucepan and cover with water. Bring the water to a boil and add salt to taste. Simmer until the beets are tender enough so that a metal skewer slides easily through them, about 25 minutes. Drain the beets and cool them slightly. Use paper towels to hold the beets and rub gently to slip off their skins. Trim and discard the remaining portion of the stem. Cut the peeled beets into ¼-inch cubes and set them aside.

While the beets are cooking, clean the beet greens in cold water. Shake the leaves to remove excess moisture but do not dry them. Slice the damp leaves crosswise into ½-inch wide strips and set them aside. There should be about 5 cups of shredded beet greens.

Heat the oil in a large sauté pan with a cover. Add the garlic and sauté over medium heat until golden, about 2 minutes. Add the beet greens and 1 teaspoon salt. Stir several times to coat the leaves with the oil. Cover and cook, stirring several more times, until the beet greens have wilted, about 5 minutes. Stir in the cubed beets and the lemon juice and cook until heated through, about 1 minute. Taste for salt and adjust seasonings if necessary.

While preparing the sauce, cook and drain the pasta. Toss the hot pasta with the beet sauce. Mix well and transfer portions to warm pasta bowls. Serve immediately.

French Hungarian Salad

½ cup olive oil
½ cup vegetable oil
½ cup red wine vinegar
2 tablespoons water
1½ tablespoons Dijon mustard
1 tablespoon paprika
2 teaspoons salt
1 small garlic clove
1 teaspoon pepper
1 head romaine lettuce, torn into bite-size pieces
2 cups shredded red cabbage
1 cup (about 4 ounces) crumbled feta cheese

Combine first 9 ingredients in blender. Blend until smooth. (Can be prepared 1 week ahead. Refrigerate.)

Combine romaine, cabbage and feta in large bowl. Add enough dressing to season to taste. Toss well. Serves 6.

Roasted Purple Cabbage

By Melinda Strauss of Kitchen-Tested.com

1 large purple cabbage
1 Tbsp olive oil
2 tsp garlic powder
1 tsp paprika
½ tsp salt
¼ tsp pepper

Preheat oven to 400 degrees F. and line two baking sheets with parchment paper. Slice the cabbage into 1-inch-thick rounds and place them on the baking sheets in a single layer. Brush the tops with olive oil and sprinkle with garlic powder, paprika, salt and pepper. Roast until the cabbage is tender and edges are golden, 40 to 45 minutes. Serve as a side or with a meat sauce.

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