



**Baby Carrots**

**Sai Sai**

**Mizuna**

**Green Frill Mustard**

**Cauliflower**

**Sweet Potatoes**

**Lettuce**

**White Carrots (Cooking Carrots)**

**Chard**

**Onions**

**Red Skin Daikon (white heart)**

**\*\*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:** Carrots, Cauliflower, Lettuce & Daikon: Store in bags in your crisper in the fridge. Sai Sai, Mizuna, Mustard Greens, Chard & Onions: Remove ties and store loosely in bags in the fridge. Sweet Potatoes: Use within a few days as any needless handling will cause bruising. Store in a cool spot on your kitchen counter with good air circulation—not in the refrigerator.



Red Skin Daikon (white heart). Photo by Andy Griffin.

**Noodle Bowl with Vegetables from Chef Jonathan**

This is a straightforward and delicious noodle bowl. The broth is delicious, so keep it in mind for variations throughout the year. The stirfry can also be modified based on what's available each season. If you want to make this fancier, finish it with a nice piece of white fleshed fish. Try your sai sai and/or green frill mustard: wash, chop, and add those to the stir fry.

- 1 piece kombu
- 3 lemongrass stalks, smashed and chopped
- 1 spicy chile, halved
- 1 onion, halved and thinly sliced
- 2 inches ginger, peeled and sliced
- 2 T sake
- 2 T mirin
- 2 T soy sauce
- grapeseed oil
- 1-2 daikon, peeled and julienned
- 2 carrots, julienned
- ½ head napa cabbage, shredded
- 6 shiitake mushrooms, stems cut off and thinly sliced
- 1 red onion, thinly sliced
- 1 c mung bean sprouts
- soy sauce
- toasted sesame oil
- 3 oz somen noodles
- scallions
- cilantro
- sesame seeds

In a saucepan, add 4 cups of cold water, then add the kombu, lemongrass, chile, onion, ginger, sake, mirin, and 2 T of soy sauce. Bring to a boil, then simmer, uncovered, for 15 minutes. Strain, return to the saucepan and reduce to 2 cups. Taste to make sure you like it.

Heat a pot of water to boiling.

In a very large skillet or wok, heat some grapeseed or peanut oil and add the daikon, carrots, napa cabbage, mushrooms, onion, and bean sprouts. Stir fry until everything has wilted and softened, then toss in a little salt and a tablespoon each of soy sauce and toasted sesame oil. Warm through, remove from heat, and taste for seasoning. Adjust if necessary.

Drop the somen into the boiling water and boil for exactly 2 minutes. Drain, rinse with cold water, and divide the noodles between 4 large bowls.

Top the noodles with the vegetables, then ladle in the hot broth. Finish with chopped scallions, cilantro, and some sesame seeds. You can also pass spicy chili oil around with these at the table for those eaters who want a little kick.

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

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

## Greens and Ricotta Pie

1 lg head Swiss chard (or other greens), ~1¾ pounds  
1 Tablespoon olive oil  
1 bunch green onions, sliced 1/4 inch thick  
½ teaspoon salt  
¼ teaspoon coarsely ground black pepper  
4 large eggs  
1 container (15 oz) part skim ricotta cheese  
¾ cup low fat milk  
½ cup grated parmesan cheese  
2 tablespoons cornstarch

Preheat oven to 350 degrees F. Grease 9½-inch deep dish glass pie plate. Trim off two inches from Swiss chard stems, discard ends. Separate stems from leaves, thinly slice stems and coarsely chop leaves.

In nonstick 12-inch skillet, heat oil until hot. Add sliced stems and cook 4 minutes or until tender, stirring frequently. Add green onions, salt, and pepper and cook 1 min. Gradually add chopped leaves until wilted and excess moisture evaporates, about 5 min. In a large bowl, with wire whisk or fork, mix eggs, ricotta, milk, Parmesan and cornstarch. Stir in Swiss chard mixture.

Transfer mixture to pie plate. Bake pie 40 minutes or until knife inserted 2 inches from center comes out clean. Makes 6 servings.

## 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 cups cubed peeled potato  
1 cup coarsely chopped sweet (bell or other) pepper  
1 cup cauliflower or romanesco, 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  
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.

## Mizuna ideas from The Kitchen

It's not as peppery as standard mustard greens so it goes into more things and can be used as a garnish/accent as well as a main ingredient.

It's a good soup ingredient: I make a lot of veggie soups using leeks or onions, a green vegetable, and a starchy vegetable. My favorite combination with mizuna is sweet potato (preferably Japanese sweet potato, but anything works) and onion.

It also holds up a better than lettuce so it's good in salads that need to keep for a few hours or even overnight. I sometimes add it or radish greens to pickled cucumbers. It's good in potato salad, too.

## 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. Serves 2-3.

## Beijing Radish Salad

This can be made with watermelon radishes or other types...

1 bunch watermelon radishes or one medium daikon radish or use your Red Skin Daikon  
2 tablespoons rice or balsamic vinegar (or a combination)  
1 tablespoon soy sauce  
1 teaspoon sugar  
2 teaspoons sesame oil  
2 garlic cloves, finely chopped

Wash and julienne radishes. They can be peeled or not as you like. I often use a mandoline to do the julienne-ing, or you can grate them. Mix together the rest of the ingredients and dress the radishes with the dressing.