



Red Salad Bowl [Lettuce](#)
[Chard](#)
Mixed [Radishes](#)
New Zealand [Spinach](#)
[Escarole](#)
[Green Beans](#)
Napolitano [Winter Squash](#)
Parcel
Granny Smith [Apples](#)
[Radicchio](#) di Chioggia
Pomegranate
Meyer Lemons

****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: [Lettuce](#), [Radishes](#), [Spinach](#), [Escarole](#), [Green Beans](#), [Apples](#), [Pomegranate](#), [Radicchio](#) & [Lemons](#): Store in bags in your crisper in the fridge. Whole Pomegranates need not be stored in the fridge but will last longer if they are. [Chard](#) & [Parcel](#): Remove ties and store loosely in bags in the fridge. [Winter Squash](#): store in a cool, dry place in your kitchen or pantry. If the squash doesn't have nicks/ fresh gashes it should last for months.



Green Beans. Photo by Andy Griffin.

Curried Chickpea, Lentil, and Swiss Chard Stew
Adapted from *Vegetable Harvest, Vegetables at the Center of the Plate* by Patricia Wells

1.5 cups dried French Lentils, preferably Puy lentils, rinsed and drained
2 Tablespoons extra virgin olive oil
Bouquet garni: several parsley stems, celery leaves, (use the Parcel here!) and sprigs of thyme, encased in clean cotton string or a metal wire mesh tea infuser
1 leek or onion, cleaned and chopped
S & P to taste (Patricia calls for 'fine sea salt')
2 quarts chicken stock, homemade or purchased
2 teaspoons curry powder
½ teaspoon cayenne pepper
1 large bunch Swiss chard, leaves only, coarsely chopped (I'd finely chop the stems and use those too! –julia)
2 cups canned chickpeas, drained and rinsed
2 teaspoons cumin seeds
1 cup Greek-style yogurt for garnish

Place lentils in a fine-mesh sieve and rinse until cold running water. Set aside

In a stock pot, combine the oil, bouquet garni, onion (leek), and 1 teaspoon salt. Sweat-cook, covered, over low heat until soft but not browned- for about 3 minutes. Add the stock and bring to a simmer over moderate heat. Add the lentils, curry powder, and cayenne and stir. Simmer, covered, until the lentils are tender, about 20 minutes. (Cooking time will depend upon the freshness of the lentils –older lentils take longer to cook.) Add the chard leaves and the chickpeas and cook until the leaves are wilted, about 5 minutes more. Remove the bouquet garni. Add S & P to taste.

While the stew is cooking, toast the cumin. Place the cumin seeds in a small, dry skillet over moderate heat. Shake the pan regularly until the cumin seeds are fragrant and evenly toasted, about 2 minutes. Watch carefully! They can burn quickly. Transfer the cumin to a large plate to cool. Set aside.

Divide soup among the warmed soup bowls. At the table, garnish with a spoonful of yogurt and a sprinkling of toasted cumin.

Spinach, Fennel and Feta Salad from *Bon Appetit*

3 tablespoons olive oil
2 tablespoons fresh lemon juice
1 large shallot, minced
6 oz baby spinach leaves
1 large fennel bulb, trimmed, quartered lengthwise, cored, thinly sliced crosswise
1 bunch radishes, sliced
¾ cup crumbled feta cheese

Whisk oil, lemon juice and shallot in small bowl to blend. Season dressing to taste with salt and pepper. Combine spinach, fennel and radishes in large shallow bowl. Add dressing and toss to coat. Sprinkle feta cheese over salad and serve. Serves 4.

Fall Escarole Salad

1 Escarole heart
couple of Fuyu Persimmons
¼ cup pomegranate seeds
toasted hazel nuts
balsamic or lemon juice vinaigrette

Season the escarole with some of the vinaigrette. Spread the escarole in a wide platter. Slice the persimmons on top, sprinkle on the pomegranate seeds and the halved hazel nuts. Drizzle with more vinaigrette and if you have hazel nut oil, drizzle that on top as well.

Wilted Escarole

3 T olive oil
2 medium escarole - rinsed, dried and chopped
½ cup lemon juice
chopped zest from one lemon
2 tablespoons capers, roughly/barely chopped
10 dark, pitted olives, kalamata are good here
ground black pepper to taste

Heat oil in a large frying pan over high heat. Add escarole; cook and stir until greens begin to wilt. Stir in lemon juice & zest. Add capers, S & P, and olives; cook and stir for another 15-30 seconds.

The Best Green Beans Ever

By Ree Drummond from *Food Network*

1 pound green beans
2 tablespoons bacon grease (or 2 tbsp butter)
2 cloves garlic, minced
1 large onion, chopped
1 cup chicken broth, plus more if needed
½ cup chopped red bell pepper
½ to 1 tsp kosher salt
Ground black pepper

Snap the stem ends of the green beans, or cut them off in a big bunch with a knife if you'd prefer.

Melt the bacon grease in a skillet over medium-low heat. Add the garlic and onions and cook for a minute. Then add the green beans and cook until the beans turn bright green, about a minute. Add the chicken broth, chopped red pepper, salt and pepper to taste. Turn the heat to low and cover the skillet with a lid, leaving the lid cracked to allow steam to escape. Cook until the liquid evaporates and the beans are fairly soft, yet still a bit crisp, 20 to 30 minutes. You can add more chicken broth during the cooking process, but don't be afraid to let it all cook away so the onions and peppers can start to caramelize.

Butternut Squash "Flan"

Adapted from recipe in *Vegetarian Cooking for Everyone* by Deborah Madison

2 cups cooked winter squash, mashed
½ tsp cumin, ground
½ tsp cinnamon, ground
2 eggs
1/3 cup cream
5 T butter
6 shallots, sliced
5 juniper berries, crushed
½ tsp crushed black peppercorns
1½ cup red wine
balsamic vinegar
olive oil
1 bunch greens (use your chard here!), chopped

Heat the oven to 375. Butter 6 medium or 8 small ramekins.

Combine the squash, cumin, cinnamon, eggs, cream, and some salt in a bowl, mixing well. Taste to make sure you like it. Divide the mash among the ramekins and put the ramekins in a baking dish. Pour hot water into the baking dish until it comes halfway up the sides of the ramekins. Cover with foil and bake until the eggs have set, about 30-40 minutes. Remove, and rest for 5 minutes or so before removing the ramekins from the water bath.

Melt 2T of the butter in a saucepan and add the shallots, the juniper berries, the peppercorns. Cook until the shallots are golden, about 7 minutes, then add the wine. Reduce it by half, then remove from heat and whisk in 2T of butter and a couple drops of balsamic vinegar. Cover and keep warm.

Heat the last tablespoon of butter with some olive oil in a skillet and sauté the greens until wilted, about 5 minutes. Add some salt and stir well, then remove from heat and keep warm.

Run a knife around the edges of the ramekins and turn them out onto a plate. Mound the greens around them and finish with some of the sauce. Serve warm.