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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:** Winter Squash & Watermelon: 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.

Lettuce, Radicchio, Pomegranate, Napa Cabbage & Radishes: 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 & Chervil: Remove ties and store loosely in a bag in the fridge.



Napa Cabbage. Photo by Andy Griffin.

**Julia's winter squash/pumpkin preparations:**

Cut squash in half with a big sharp knife. Remove seeds. Put in a baking pan (I use glass, metal or ceramic would also work) cut side down, with a little water in the pan. Or rub the cut side with a little oil first. Bake in a medium oven (325, or 350, or 400, etc.) until it's easily pierced with a fork. Remove, and eat. Possible toppings: many like maple syrup, I like salt and pepper. I've also added my cut, seeded halves of winter squash to the crockpot with some water, and let it cook that way for a few hours. This method works especially well when all you want is the cooked flesh to puree for a soup or other dish.

I put cut up pieces (large ones) already seeded into my crock pot for 2 or so hours on high. When a fork can easily pierce the squash/pumpkin pieces, I remove it and scrape the flesh into my food processor and whirl a bit. Then I freeze in 1 and 2 cup increments. Soup and pie are obvious and delicious choices, I also put 1 cup of this puree into nearly every batch of muffins, waffles, cookies, pancakes, biscuits etc. that I make. I just take an existing recipe and add my cup of squash puree. It nearly always works, and my kids are none the wiser.

**Curried Mushroom & Squash Soup  
From the Moosewood Cookbook by Molly Katzen**

2 medium butternut or acorn squash  
2½ cups water or stock  
1 c. orange juice  
2 Tbl. Butter  
½ c. chopped onion  
1 medium clove crushed garlic  
6 oz. mushrooms, sliced  
½ tsp ground cumin  
½ tsp coriander  
½ tsp ground ginger  
½ tsp cinnamon  
¼ tsp dry mustard  
1 tsp salt (or to taste)  
a few dashes cayenne  
optional: fresh lemon juice  
garnishes: chopped, toasted, almonds yogurt

Split the squash lengthwise and bake face-down in a 375s oven on an oiled tray, 30 minutes or until quite soft. Cook and scoop out the insides. You'll need about 3 cups worth. Put it in the blender with the water or stock and puree until smooth. Combine in a kettle or saucepan with the orange juice.

Heat the butter in a skillet and add the garlic, onion, salt and spices. Sauté until the onion is very soft. Add mushrooms, cover and cook 10 minutes. Add the sauté to the squash, scraping the skillet well to salvage all the good stuff. Heat everything together very gently. Taste to correct seasoning. Since this is a fairly sweet soup, you may want to spruce it up with some fresh lemon juice. Serve topped with yogurt and chopped, toasted almonds. (Note: this soup need not be served immediately. Simmer a while, and the flavors can mature.)

## “Orzotto” with Radicchio

Orzotto is the Italian name for barley risotto; if you don't have pearled barley you can use Arborio rice and reduce the cooking time.

1 lb radicchio, chopped  
½ lb pearled barley  
3 oz diced prosciutto or speck (Italian smoked prosciutto)  
3 oz smoked mozzarella  
2 oz parmigiano, grated  
1½ quart vegetable broth, boiling  
½ cup white wine  
1 shallot, chopped  
1 tbsp olive oil  
1 tbsp balsamic vinegar  
salt & pepper

Sautee radicchio and shallot in oil until wilted. Add barley and stir continuously for 2 minutes. Add the wine and let it cook off completely (about 2 minutes). Add the boiling broth, salt and pepper and cook for at least 20 minutes, stirring occasionally. 2 minutes before the end add the prosciutto cubes. Transfer to a serving bowl and add balsamic vinegar and the cheeses. Let it sit for a couple of minutes, until the cheeses are melted, and enjoy!

**Chervil is the classic herb** for flavoring such foods as salmon, trout, potatoes, spinach, asparagus, and green beans. Chervil also goes well in salads with other herbs, like dandelion, chives and sorrel. In the middle ages in Europe, chervil was eaten raw in salads to renew the blood. Many modern herbalists recommend chervil as an aid to digestion. To try it, sprinkle a tablespoon of fresh chervil leaves on a serving of green salad and eat with a meal. (The Good Herb by J. Hurley)

## Radish Slaw Gourmet, April 1991

½ lb. radishes, trimmed and grated coarse (about 2 cups)  
3 cups finely shredded cabbage  
1 cup coarsely grated carrots  
½ cup thinly sliced red onion  
2 tbsp fresh lemon juice  
½ tsp sugar  
2 tbsp olive oil  
2 tbsp finely chopped fresh cilantro, mint, or parsley leaves (or try the chervil here!)

In a bowl toss together the radishes, the cabbage, the carrots, the onion, the lemon juice, the sugar, the oil, the coriander (cilantro) or other herb, and salt and pepper to taste.

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**Mariquita Farm's Vegetable Recipes A to Z page:**  
<http://mariquita.com/recipes/index.html>

## 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 stir fry 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. If your daikon comes with its greens and they are in good condition, 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.