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 Granny Smith [Apples](#)
[Radicchio](#)
 Pomegranate
 Limes
[Leeks](#)
[Romanesco \(Cauliflower\)](#)

****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](#), [Escarole](#), [Radicchio](#), [Apples](#), [Pomegranate](#), [Limes](#) & [Romanesco](#): 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. [Chervil](#), [Chard](#) & [Leeks](#): Remove ties and store loosely in bags in the fridge. [Sweet Potatoes](#): Store in a cool, well-ventilated spot in your kitchen, not in the fridge. Use within a few days. [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.



Sweet Potatoes. Photo by Andy Griffin.

Escarole Soup

¼ lb White beans
 5 c vegetable or chicken broth
 2 Tablespoons olive oil
 2 Tablespoons minced garlic
 1 onion, diced
 2 c chopped escarole
 Salt and pepper -- to taste
 croutons, optional

Soak the beans overnight in water. Drain. Place beans in a pot, add broth, cover and cook over medium heat until beans are soft, about 30 minutes. (or use canned white beans if there isn't time to soak and cook...) Meanwhile, place another pot on the stove, add oil, place over medium heat, add garlic and onion and cook, stirring occasionally, for 7 minutes, or until onions soften. Add the escarole and continue to cook until wilted, another 10 minutes. Add the beans and broth to the pot with the escarole. Add salt and pepper as desired, cover and simmer for 20 minutes. Serve hot, with the addition of croutons if desired. Serves 8.

**Squash Stew with Cauliflower and Tomatoes
From Chef Jonathan Miller**

2 onions, chopped
 2 garlic cloves, chopped
 2 tsp. cumin, ground
 2 TBL dry oregano, toasted
 2 TBL chili powder
 2 lb hard squash, peeled and diced
 8 oz mushrooms, cut into bite sized pieces
 1 head cauliflower, cut into florets
 3 TBL sesame seeds, toasted
 small handful of almonds, toasted
 2 lb tomatoes, crushed or pureed
 1 cup frozen peas
 small handful cilantro, chopped

Heat some olive oil in a large saucepan or soup pot. Add the onions and sauté until they have softened, about 8-10 minutes. Add the garlic, cumin, oregano, and the chili powder and cook another couple minutes. Add the squash, mushrooms, some salt, and 3 cups of water or vegetable stock. Bring to a boil, cover, lower heat and simmer slowly until the squash is tender, about 20 minutes. Stir regularly so the mixture doesn't char on the bottom of the pot. Run almonds and sesame seeds in a food processor for a few seconds to finely chop them, then add to the stew with the cauliflower and tomatoes. Cook until the cauliflower is done to your liking, at least another 7 minutes. Add peas and cilantro, taste for seasoning, adding more salt or chili powder if you like, and serve warm.

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

Silver Dollar Sweet Potatoes, from The Garden of Eating, by Rachel Albert-Matesz and Don Matesz

2 TBS melted, unrefined coconut oil or EV olive oil
2 tsp. apple pie spice, ground ginger or cinnamon
4 large or 6 medium sweet potatoes (2-2½ lb.)

Preheat oven to 400F. Put oil in custard cup and set out spices. Rinse and scrub sweet potatoes with bristle brush. Pat dry. Remove rough sections and any soft or black spots. Peel if desired. Cut into 1/3-inch thick rounds with sturdy vegetable or chef knife or use a mandoline for potato chip-like texture. Cut in ½-inch thick rounds for softer, French fry-like texture.

Working quickly to keep sweet potatoes from oxidizing, lightly brush cut surfaces with oil, dust with spices, rub spiced halves together and arrange on 2 large cookie sheets or shallow baking pans. (For easy cleanup, line with unbleached parchment paper.) Bake 15 minutes. Flip slices with metal spatula if desired, and bake 10 to 15 minutes longer, until just tender. Serve. Refrigerate leftovers and use within 3 days.

Variations:

Sweet Potato Fries: Omit spices. Use only enough oil to lightly grease baking pans or line with unbleached parchment. Gently beat 3 to 4 large egg whites until frothy. Slice sweet potatoes, promptly add to egg whites, and turn to coat thoroughly. Arrange on prepared sheets and bake.

Baked Spiced Sweet Potato Halves: To save time, cut raw sweet potatoes in half lengthwise. Rub or brush cut sides with oil or ghee and dust with pie spice or cinnamon. Rub 2 spiced halves together to spread seasonings. Place cut side down on baking sheet lined with unbleached parchment for ease of clean up. Bake until bottom side is golden brown and tubers are tender when poked with a fork or skewer, 20 to 40 minutes, depending on size.

Crostini with Radicchio and Apple

1 lb radicchio, cut in thin strips
1 shallot, chopped
1 apple, dived
1 tbsp honey
1 tbsp balsamic vinegar
1 tbsp olive oil
salt and pepper

Sauté shallot and apple in oil for a few minutes; add radicchio, honey, salt and pepper and cook until wilted. Add the balsamic vinegar, mix well and spread on warm toasted Italian bread.

Leek Frittata

Adapted from Nourishing Traditions by Sally Fallon

4 medium to large leeks, well rinsed, dried, sliced
2 Tablespoons olive oil
2 Tablespoons butter
6 eggs
1/3 cup crème fraiche or yogurt or milk
1 teaspoon finely chopped lemon rind
Pinch dried oregano
½ teaspoon finely chopped fresh rosemary
S & P to taste
1 cup grated Monterey Jack or other melting cheese

In a cast iron or other oven-proof skillet, sauté the leeks in 1 T of each butter and olive oil until soft and beginning to brown. Remove with a slotted spoon. Beat eggs with cream (or milk) and seasonings. Stir in the leeks. Melt the remaining butter with the remaining olive oil in the pan and pour in the egg mixture. Cook over medium heat about 5 minutes until underside is golden. Sprinkle cheese on top and place under the broiler for a few minutes until the frittata puffs and browns. Cut into wedges and serve.

Julia's Cauliflower Soup

1 head broccoli romanescos or cauliflower
1-2 leeks, chopped
small amount olive oil
vegetable or chicken broth: about 4 cups
milk (optional) to thin out soup

Cook up leeks in the oil in a Dutch oven, then add florets and cook everything over medium heat until browning somewhat. Add broth and cook another 20-30 minutes until everything is well cooked. Cool slightly, then puree with immersible blender. (I love this gadget!). Thin soup with milk if desired. Season to taste with salt and pepper.

Cauliflower Compote from Chef Jonathan Miller

2 heads cauliflower, cut into small florets
1 large shallot, thinly sliced
olive oil
12 kalamata olives, pitted and roughly chopped
3-4 wide strips lemon peel, minced
¼ c pine nuts
⅓-½ c dried tomatoes
¼ c chopped parsley

In a large skillet that can be covered, heat a quarter cup of olive oil, then add the cauliflower and the shallot. Sauté briskly with some salt for about 2-3 minutes, then lower the heat and cover the skillet for about 5 minutes, until the cauliflower is tender. Raise the heat and add the remaining ingredients. Sauté until everything is heated through and smells very fragrant. Finish with some pepper and serve warm.