

[Sweet Potatoes](#)  
[Mixed Tomatoes](#)  
[Watermelon Radish](#)  
[Cheddar Cauliflower](#)  
[Romanesco Cauliflower](#)  
[Gala Apples](#)  
[Portuguese Kale](#)  
[Escarole](#)  
[Red or Gold Chard](#)  
[Padron Peppers](#)  
[Celery](#)

**Disclaimer to the above vegetable list:** The list above is approximate. There may be differences in your box. We ask for patience and a sense of adventure with these boxes. Thank you!

**Storage: Sweet Potatoes:** Store in a cool, dark place away from the onions and fruit. **Tomatoes:** Store at room temperature on the counter, left open. Check your basket for split tomatoes and eat or use them right away as they attract flies. Do not refrigerate your tomatoes! They turn mushy. **Watermelon Radish:** If the radishes have greens attached, trim those and store them the way you would other cooking greens - in a bag in the fridge. The roots can be stored in a plastic bag in the fridge. Coldest drawer ok. **Cauliflower:** Store in a plastic bag in the fridge. Coldest drawer ok. **Apples:** Store in the bag they come in. Coldest drawer is ok, in fact preferred. Good keepers. **Kale, Escarole & Chard:** Give a good drink and store in a plastic bag in the fridge. No coldest drawer. **Padron Peppers:** Store in a plastic bag in the fridge. **Celery:** Give the celery a good drink and store in a plastic bag in the fridge. Coldest drawer is usually ok for celery.



Watermelon Radish  
(Photo by Andy Griffin)



Escarole  
(Photo by Andy Griffin)

### Sweet Potato Hash (Chef Jonathan Miller)

Bacon is great with sweet potatoes - the combination of sweet, salty, smoky, rich, and meaty is wonderful. I like this with a fried egg, but it's great on its own or with even more meat!

2 lb sweet potatoes, peeled and diced  
olive oil  
6 oz bacon, cut into small pieces  
2 onions, chopped  
4 T parsley, chopped  
2 T chopped chives  
leaves from 4 branches thyme

Blanch the sweet potatoes for 2 minutes; drain.

Heat a large, heavy skillet, preferably cast iron, and add a little olive oil. Sauté the bacon over moderately high heat until crispy. Remove the bacon with a slotted spoon, then add the onion to the fat remaining in the skillet. Brown the onions, about 10-12 minutes, stirring once in a while. Add the blanched sweet potatoes and cook just until tender, anywhere from 8 minutes to 15, depending on your potatoes. Increase the heat and stir less, allowing the potatoes to brown a little bit. Stir and brown another side of potatoes. Return the bacon to the skillet with the herbs and some salt and pepper. Taste to make sure you like it, and serve warm.

~~~~~

### Giant Crusty and Creamy White Beans with Greens

Adapted from [Super Natural Cooking](#) by [Heidi Swanson](#)

½ pound medium or large dried white beans, cooked  
3 tablespoons olive oil or clarified butter  
Fine grained sea salt  
1 onion, coarsely chopped  
4 cloves garlic, chopped  
½ baby chard, washed and roughly chopped, or 1 bunch kale, cut into wide ribbons  
Fresh ground black pepper  
Extra virgin olive oil for drizzling  
Freshly grated parmesan for topping

Drain the beans, then heat the oil or butter over med-high heat in the widest skillet available. Add the beans to the hot pan in a single layer. If you don't have a big enough skillet, just do the sauté step in two batches or save the extra beans for another use. Stir to coat the beans with the oil/butter, then let them sit long enough to brown on one side, about 3 or 4 minutes, before turning to brown the other side, also about 3 or 4 minutes. The beans should be golden and a bit crunchy on the outside and soft and creamy on the inside. Salt to taste, then add the onion and garlic and cook for 1 or 2 minutes, until the onion softens. Stir in the greens and cook until just beginning to wilt. Remove from the heat and season to taste with a generous dose of salt and pepper. Drizzle with a bit of top-quality extra virgin olive oil, and sprinkle with freshly grated parmesan. Serves 6-8 as a side dish.

### **Deep Fried Romanesco (Chef Jonathan Miller)**

I'm not sure why I haven't tried this before, but this is a fabulous appetizer. If you are a deep fry novice, here are a few tips: Use a refined oil that can stand up to the heat - peanut, refined canola, grapeseed, safflower. Never fill your saucepan too full - if the oil overflows you're in deep trouble. Also, add the romanesco in small amounts so the sudden dumping of a huge amount of vegetables into the oil doesn't cause the oil to over boil. When you are done, allow the oil to come all the way back to room temperature, then strain back into the bottle. You can reuse the oil again and again.

romanesco cauliflower, cut into florets  
deep fry oil  
salt  
chili flakes

Fill a small to medium saucepan no more than halfway with oil. Heat until just below smoking, then carefully add a little of the florets. Deep fry until golden, about 2 minutes, maybe 3. Remove with a strainer to a paper towel lined plate and sprinkle with salt and chili flakes. Repeat with remaining florets. Serve hot.

~~~~~

### **Beijing Radish Salad (Julia Wiley)**

1 bunch watermelon radishes or one medium daikon radish  
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.

~~~~~

### **Julia's Escarole Sausage Dinner Soup**

Up to a pound of sausage of just about any kind (half a pound, even a quarter pound is fine for the flavor, you could also use 2-4 slices bacon here, and of course this is easily skipped for a vegetarian version.)

1-2 onions or leeks cleaned and diced  
2-6 garlic cloves minced or roughly chopped  
1-2 cups cooked beans (white, pinto, garbanzo.... yes, it's fine to use a can of beans!)  
1 can diced tomatoes (about 2 cups or 15 oz.)  
2 cups broth (chicken or vegetable)  
Parmesan rind, if available  
2-5 cups cleaned chopped escarole or other cooking green such as chard, dandelions, kale, spinach...

Brown the sausage, drain off excess fat if there's lots, then remove the sausage for just a bit. Add the onions to brown in the sausage drippings and cook until translucent then add the garlic and cook for a few seconds more. Then quickly add the beans and tomatoes and broth and parmesan rind. Add the sausage back and bring the pot to a low boil. Then add the cooking greens and cook through. (3-4 minutes for escarole, less for young spinach, more for kale or collards....) Serve.

### **Bread Pudding (savory) (Chef Jonathan Miller)**

The recipe is very flexible: vary the greens; swap out the fennel for additional onions, or even sweet peppers if you like. It's the custard that keeps people coming back for more, not to mention the bread. Some notes: remember the best way to get spouses and kids to eat greens is to chop them up very small. That definitely applies here. I think it's best to bake this in a smaller, deeper baking dish (as opposed to a flatter, wider one) because it comes out more custardy and moist. I use a 1 1/2-2 quart round dish that's fairly deep. If you prefer a higher custard to vegetable ratio, increase the volume of half and half to 2 cups.

olive oil  
1 onion, chopped  
1 fennel head, chopped  
chili flakes  
leaves from 4-6 branches thyme  
2-3 garlic cloves, chopped  
1 bunch chard or kale, chopped  
1 1/2 c half and half  
2 eggs  
4 oz fresh goat cheese  
nutmeg  
large hunk (enough for a very large handful) of old bread, cut into large chunks  
3 T parmesan

Heat a saucepan and add some olive oil. Sauté the onion, fennel, a pinch of chili flakes, and the thyme until the onion is soft, about 8 minutes. Add the garlic and the chard or kale, then some salt and cook until the greens are cooked down and soft, another 5-10 minutes. Remove from heat.

In a large mixing bowl, combine the half and half with the eggs and mix well. Crumble in the goat cheese, some salt and pepper, and a few scrapings of nutmeg and mix again. It's ok to leave some small chunks of goat cheese in there - it doesn't have to be super smooth. Fold in the vegetables, mixing well, then fold in the bread chunks. Put it all into a baking dish and grate the parmesan over the top of it. Bake at 400 for about 50-55 minutes. Allow to rest 10 minutes before eating.

~~~~~

### **Wilted Escarole (Julia Wiley)**

3 T olive oil  
2 medium escarole - rinsed, dried and chopped  
1/2 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.

---

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