



Watermelon

Baby [Carrots](#)

[Radicchio](#) di Lusia

Cubanelle [Peppers](#)

[Cherry Tomatoes](#)

[Tomatoes](#)

New Zealand [Spinach](#)

Acorn [Squash](#)

[Cabbage](#)

Mexican Mouse [Melons](#)

[Cilantro](#)

****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: Watermelon & Acorn Squash: store in a cool, dry place: nearly anywhere in your kitchen or pantry should work. If the winter squash doesn't have nicks/fresh gashes it should last for months. Radicchio, Peppers, Cabbage & Mouse Melons: Store in your crisper in the fridge. Tomatoes: Store in a cool spot on your kitchen counter until you use them. Do not refrigerate – that makes them mushy and less tasty. Spinach & Cilantro: Remove ties and store loosely in bags in the fridge.



Radicchio di Lusia. Photo by Andy Griffin.

Watermelon Caprese

By Lena Abraham, from Delish

1 small watermelon, sliced

1 mozzarella ball, sliced

2 tbsp sliced fresh basil

Flaky sea salt

Freshly ground black pepper

extra-virgin olive oil

balsamic glaze

Slice watermelon into ½” thick squares, about 3”-x- 3”.

Slice mozzarella into ½” slices.

On a serving dish, alternate slices of mozzarella and watermelon. Sprinkle with basil, flaky sea salt and pepper. Drizzle with olive oil and balsamic glaze and serve. Serves 4.

Pasta with Braised Radicchio

Adapted From EatingWell

1 tablespoon extra-virgin olive oil

3 cloves garlic, slivered

¼ teaspoon crushed red pepper

2 ounces thinly sliced prosciutto, cut into 2½-inch-long matchsticks

2 large heads radicchio, cored and sliced

Freshly ground pepper to taste

1 14-ounce can reduced-sodium chicken broth

Salt to taste

1 pound whole-wheat linguine or spaghetti

½ cup freshly grated Parmesan cheese, divided

Bring a large pot of water to a boil for cooking pasta. Place a pasta-serving bowl and 4 individual pasta bowls in a warm oven.

Heat oil in a large nonstick skillet over medium-low heat. Add garlic and crushed red pepper. Cook, stirring, until tender and fragrant but not brown, 30 to 60 seconds. Add prosciutto and cook, stirring, until lightly browned, 2 to 3 minutes. Add radicchio, increase heat to medium and cook, turning with tongs, until wilted, 4 to 5 minutes. Season with pepper.

Pour in broth and bring to a simmer. Reduce heat to low and simmer, uncovered, until radicchio is tender, about 10 minutes.

Meanwhile, cook pasta in a pot of boiling salted water until al dente, 8 to 10 minutes. Drain and place in the warm serving bowl. Add sauce and ¼ cup Parmesan; toss to coat. Taste and adjust seasonings. Serve immediately, passing remaining ¼ cup Parmesan separately. Serves 6.

Crostini with Radicchio and Apples

1 lb radicchio, cut in thin stripes
1 shallot, chopped
1 apple, diced
1 tbsp honey
1 tbsp balsamic vinegar
1 tbsp olive oil
salt & pepper

Sautee 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.

Spinach and Roasted Red Pepper Salad

Gourmet, February 1999

4 red bell peppers
1 teaspoon honey
1 teaspoon Dijon mustard
1 tablespoon balsamic vinegar
2½ tablespoons extra-virgin olive oil
½ pound fresh baby spinach (about 8 cups packed)

Quick-roast and peel pepper. Cut roasted peppers into ½-inch-wide strips. In a small bowl whisk together honey, mustard, and vinegar. Add oil in a slow stream, whisking until emulsified, and season with salt and black pepper. Roasted peppers and vinaigrette may be prepared 2 days ahead and chilled separately, covered. In a large bowl toss roasted peppers and spinach with vinaigrette and salt and black pepper to taste.

Hot and Sour Soup with Spinach

Adapted from *Great Greens* by Georgeanne Brennan

6 cups chicken or vegetable broth (high quality as this is a brothy soup!)
6 ounces white mushrooms, thinly sliced
1 bunch spinach, stemmed and leaves sliced (about 1½ cups)
3 Tablespoons light soy sauce
3 Tablespoons rice wine vinegar
¾ Tablespoon freshly ground pepper
2 teaspoons toasted sesame oil
½ teaspoon hot chile oil
5 ounces firm tofu, cut into ½-inch cubes
5 Tablespoons water mixed with:
3 Tablespoons cornstarch
1 egg, beaten
¼ cup chopped fresh cilantro
2 green onions, including half the green part, minced

In a large saucepan or a soup pot over high heat, bring the broth to a boil.

Reduce heat to medium, add the mushrooms and spinach, and simmer for 5 minutes. Add the soy sauce, vinegar, pepper, sesame oil, chile oil, and tofu and stir. Then stir

in the water and cornstarch mixture and the egg, and cook for 1 minute.

Ladle soup into soup bowls, and garnish with the cilantro and green onions.

Polenta Stuffed Squash from Chef Jonathan Miller

1 acorn squash, halved
2 c milk
½ c polenta
butter
½ lb mushrooms, quartered
3 T tarragon leaves, chopped
½ lemon
3 T mascarpone
sprouts for garnish

Put the squash cut side down on a parchment lined baking sheet. Roast at 400 until the squash is soft all the way through, about an hour. Scoop out the seeds and strings. In a small saucepan heat the milk with some salt. Add the polenta slowly, whisking constantly, and cook until it thickens up, about 15 minutes. In a small skillet melt a tablespoon or two of butter and sauté the mushrooms with some salt until softened. Add the tarragon, juice from half a lemon, and the mascarpone. Stir well and then incorporate everything into the polenta. Stir and taste again to make sure you like it. Scoop the polenta into the squash and serve everything warm, topped with some sprouts tossed in oil and a little lemon.

Sunday Chili

Adapted from the *Vegetarian Times*

3 cups dry kidney beans
2-3 onions
4 cloves garlic, minced
1 colored bell pepper, chopped (use red cubanelles here)
1-2 cups coarsely chopped green cabbage
½ cup diced unpeeled potatoes
2 cups chopped tomatoes,
1 to 2 tbs chili powder
½ tsp cumin
½ cup uncooked brown rice
5 cups water or vegetable broth (I used broth)
salt and pepper to taste

Soak beans overnight in cold water to cover. Drain. Put beans in slow cooker. (Or skip all this and use canned if in a hurry) In a large skillet over medium-high heat, water sauté onion and garlic until soft, about 3 to 5 min. (or oil sauté them in a tablespoon cooking oil) add bell pepper, cabbage, potatoes, tomatoes, chili powder, and cumin. Continue cooking, stirring frequently, for 3 min; transfer to slow cooker. Add rice and broth, cover and cook on low for 6 to 8 hours. Season to taste. Serves 8.