

Winter Density [Lettuce](#)  
[Parsnips](#)  
Italian [Parsley](#)  
[Broccoli](#)  
[Dandelion Greens](#)  
Calçot [onions](#)  
Baby [Spinach](#)  
[Cauliflower](#)  
Swiss [Chard](#)  
Chantenay [Carrots](#)

**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.

**Fridge Management:** *Everything* into the fridge. To eat first: I would start with the spinach or chard to make space in my fridge. If space is still at a premium top the onions and toss their greens or make a stock with them. The cauliflower will keep for several days but the sooner you cook and eat it, the sweeter it is.



Dandelion Greens, Photo by Andy Griffin



Parsnips, Photo by Andy Griffin

**Note from Julia:** I'm out of town for a conference about alternative and complimentary care for breast cancer stuff... Gayle and Kira and Zac will do a great job tonight! I'll have my phone turned off while I'm in flight so if you call me I won't get back to you until I land! AND WE ARE SKIPPING the mystery box in two weeks on 3/17: it's big a week for us due to our 'traditional' CSA starting up. We'll be back after that with no foreseeable stoppages. Thank you. -Julia

#### Recipes from Chef Jonathan Miller:

This dish is a riff off a classic broccoli salad from the "Green's" Cookbook. I'm basically taking a vegetable salad and turning it into a pasta salad. Quick, nutritious, and tasty enough that both my kids ate their entire portions for dinner, this is a great little addition to your weeknight repertoire. In late summer and fall, be sure to add some roasted red peppers to this. Early summer could mean cherry tomatoes. You might also consider varying the herb selection - marjoram is fantastic here, and in the summer basil might also work well. Vegans can leave out the Parmesan and be extremely happy too!



#### Pasta and Broccoli

2 garlic cloves, chopped  
olive oil  
1/2 t red pepper flakes  
small handful oil cured olives, pitted and chopped  
1-2 strips lemon peel, finely chopped  
4 sun dried tomatoes, cut into slivers  
1/4 c capers, drained and rinsed

1 1/2 lb broccoli (peel the stems if thick and fibrous)  
1 lb orecchiette or shell pasta  
Parmesan  
parsley

Mash the garlic into a paste: finely chop it with a little salt until it is minced, then, using the side of your knife, scrape it back and forth against the cutting board, mashing it into a paste.

Combine the garlic paste with about 5T olive oil, the pepper flakes, olives, lemon peel, sun dried tomatoes, and the capers.

Cut the broccoli into small pieces and blanch it in the salted water you bring to boil for the pasta. Toss it with the olive mixture.

Cook the pasta, drain it, and add it to the broccoli. Toss well and finish with parmesan and parsley.

~~~~

A "pullao" is basically a pilaf, Indian style, which means your rice should not be sticky. It is the washing of the rice that keeps it from being sticky rice (and using white rice), so don't skip that step. Be sure to use any small cauliflower leaves that remain with your cauliflower. Not only will Julia appreciate it, but it will be a more authentic dish. If you have large cauliflower leaves, you can use those too, just cut them up so they aren't so big. You can also vary the vegetables in this dish - instead of 3 c cauliflower, use a combination of cauliflower, broccoli, and/or kohlrabi. Be generous with the cilantro at the end. Yummy!



## Cauliflower Pullao

1 1/2 c basmati rice  
2 3/4 c water  
2 t cumin seeds  
1/2 t pepper, freshly ground  
peanut oil, or grapeseed oil, or ghee  
1 onion, halved and thinly sliced  
3 c cauliflower florets and small stems  
1/4 head cabbage, shredded  
1/4 t red pepper flakes  
1 t garam masala  
cilantro

Wash the rice in 3-4 changes of water, then soak in the 2 3/4 c water for 30 minutes. Heat a tablespoon of oil or ghee in a saucepan and add the cumin and pepper. Saute for a few seconds and add the rice and its soaking water. Bring to a boil, then lower the heat as low as possible, cover, and steam for 15 minutes. Leave the lid on the entire time. Remove from heat, keep covered for another 5 minutes, then allow to cool a bit.

Saute the onion in a large skillet in a couple tablespoons of oil until golden, 5-7 minutes over high heat.

Add the cauliflower, cabbage, chili flakes, some salt and pepper, and half the garam masala. Saute for a couple minutes, then cover the pan, reduce the heat and continue to cook over low heat until the cauliflower is just crisp-tender, maybe 3-5 minutes.

Add the rice and some cilantro, mixing carefully. Serve with the remaining garam masala.

~~~~

This is a fancier dish than it might look. It is a silky smooth soup that has an intriguing and pleasantly sweet taste. It's a great side dish or first course. If you really want to dress it up, peel your parsnips and deep-fry your peels. They turn out super sweet and curly, and make a great, sweet, light brown crispy topping to your soup.

## **Parsnip Apple Soup**

1 russet potato, peeled and diced  
1/2 lb parsnips, chopped  
3 shallot, chopped  
1 leek, halved and sliced thinly  
2 T parsley  
4 T butter  
2 c chicken stock  
1 c apple cider

In a large saucepan or pot, melt the butter and saute the potato, parsnips, shallot, leek, and parsley until softened, about 12 minutes. Add the stock and simmer, covered, until all the veggies are very soft, about 15-20 minutes. Cool slightly and puree until smooth.

Return to a saucepan and add the cider and a bit of salt and warm thoroughly. Serve warm.

Food Photos by Shelley Kadota

~~~

[Recipes A-Z on our website](#)