

- [Broccoli](#)
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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: Remove twisty ties/rubber bands from all vegetables and everything into the fridge. Cauliflower, Broccoli and Kohlrabi: store in a plastic bag. Use within the week. Garlic chives: remove twist tie/rubber band, rinse and store in a plastic bag in the fridge. Carrots and turnips: If bungched, separate from their greens, compost the carrot greens, and store roots in a plastic bag in the fridge. Coldest drawer OK. Spinach, lettuce, new potatoes, and turnip greens: Leave them in the bag they come in, or store them in a plastic bag and put them in the crisper drawer of your fridge – not the coldest drawer. Artichokes: store in a plastic bag in the fridge.



Kohlrabi (top) & Artichokes (bottom), Photos by Andy Griffin



**Black Bean Curry with Golden Cauliflower
(Chef Jonathan Miller)**

- 1 ½ c black beans, sorted and rinsed
- ¼ t turmeric
- 15 oz tomato puree
- 2 small heads golden cauliflower, cut into florets
- 1 t ghee
- peanut oil
- 2 t cumin seeds
- 1 onion, chopped
- 1 T fresh ginger, chopped
- 1 garlic clove, chopped
- 2 T ground coriander
- 1 T dry fenugreek leaves
- 1 t ground cumin
- 1 t garam masala
- ½ t more turmeric
- ¼ t cayenne
- ¼ c cilantro, chopped

In a large pot, add the beans, 1/4 t turmeric, some salt, and 4 ½ cups cold water. Bring to a boil, cover, and simmer until the beans are very soft and beginning to break, about 45 minutes to an hour. Add the tomato puree and the cauliflower and cook until the cauliflower is tender, up to about 15 minutes.

In a skillet, heat the ghee with a little peanut oil, then add the whole cumin seeds. When they sizzle add the onion and cook until golden, about 5-7 minutes. Add the ginger and garlic and cook another minute. Add the coriander, fenugreek leaves, ground cumin, garam masala, additional turmeric, cayenne, and stir until incorporated. Transfer sauté to the beans and add the cilantro. Cook another 10 minutes so the flavors have a chance to blend, then serve warm with a little more garam masala and cilantro.

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**Stir-Fried Kohlrabi  
(From The Goodness of Potatoes and Root Vegetables)**

- 3 kohlrabi, peeled
- 3 medium carrots
- 4 tablespoons peanut or safflower oil
- 3 cloves garlic, peeled and thinly sliced
- 1 inch piece gingerroot, peeled and thinly sliced
- 3 green onions, sliced
- 1-2 fresh chili peppers, sliced, optional
- salt
- 4 tablespoons oyster sauce (optional)
- 3 teaspoons sesame oil & soy sauce, each

Slice kohlrabi and carrots into thin ovals. Heat oil in large heavy skillet; when it begins to smoke, toss in garlic and ginger. Stir once then add kohlrabi and carrots; toss and cook 2 minutes. Add green onions and chilies; stir-fry 1 minute, then pour in ½ cup water. Cover, reduce heat and cook 5 minutes. Remove cover and toss in a little salt and the sesame and soy, and oyster if using. Serve with rice.

### **Roasted Kohlrabi with Crunchy Seeds**

(Adapted from *Perfect Vegetables* by the Cook's Illustrated Team)

3 medium kohlrabi bulbs, peeled and cut into ¾ inch cubes  
2 Tablespoons olive oil  
2 teaspoons sesame seeds  
1 teaspoon poppy seeds  
½ teaspoon fennel seeds, coarsely chopped  
S & P to taste

Preheat oven to 450 degrees. Toss the kohlrabi, oil, seeds, and S & P together in a large bowl until combined. In a single layer spread the mixture onto a rimmed baking sheet. Roast (with rack in middle position), shaking pan occasionally, until the kohlrabi is browned and tender, about 30 minutes. Transfer to a bowl and adjust seasonings to taste, serve immediately.

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Spinach Soup (From Chef Jonathan Miller)

1 lb spinach
2 c chopped cilantro
¼ c chopped mint
2 small onions, chopped
8 quarter sized slices ginger, chopped
2 garlic cloves, chopped
2 T flour
2 c milk
garam masala
1 c yogurt

In a large pot cover the spinach, cilantro, mint, onions, ginger, and garlic with 6-8 cups water (depending on how thin you like your soups), and bring to a boil. Reduce heat, cover, and simmer until the onions are soft, about 10 minutes or so. Puree until very smooth (use a blender).

Heat a few tablespoons oil in a skillet and add the flour, cooking like you would a roux, until colored and fragrant. Add the milk, whisking constantly until smooth. Keep stirring and add the spinach puree, then stir in the garam masala and some salt. Check for seasoning and remove from heat. Lightly stir in the yogurt and serve warm.

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### **Potato Salad with Egg, Dill Pickle, and Tarragon (Adapted from Gourmet)**

1 ¼ pounds small new potatoes (1 to 2 inches in diameter)  
1 hard cooked large egg, peeled and chopped  
3 tablespoons mayonnaise  
3 tablespoons sour cream  
¼ cup finely chopped dill pickle  
1 tablespoon finely chopped shallot or spring onion  
2 tablespoons Dijon mustard  
2 teaspoons finely chopped fresh tarragon leaves

In a large saucepan combine potatoes with enough water to cover by 1 inch and simmer until just tender, about 15 to 20 minutes. Drain potatoes and cool until they can be handled. While potatoes are cooling, in a bowl combine remaining ingredients with salt and pepper to taste. Cut potatoes into ½-inch dice and gently toss with egg mixture. Serve potato salad chilled or at room temperature.

### **Potato Bhonda**

Like pakorae, these are fried snacks or appetizers, but instead of mixing the batter into the potatoes, you coat a ball of spiced mashed potato with the chickpea batter, then fry. Delicious, especially with a simple green chutney.

1 lb potatoes  
1 t mustard seeds  
2 T dried split chickpeas (channa dal)  
1 T fresh curry leaves, chopped  
1/2 c minced onion  
1 serrano, chopped  
1 T fresh chopped ginger  
1/4 t asafoetida (hing)  
1/2 c cilantro, chopped  
1/2 c chickpea flour (channa besan)  
1/2 t salt  
1/8 t baking soda  
1/3 c water  
2 t rice flour  
3 more T cilantro  
deep fry oil  
chaat masala

Cover the potatoes with cold, salted water and bring to a boil. Simmer until soft (depends on the size of potatoes, but up to 20 minutes). Drain and mash.

Heat a teaspoon or so of grapeseed oil in a small skillet and add the mustard seeds. When they start to sizzle add the channa dal and saute a minute or two, then add the curry leaves and onion. Cook until golden, another few minutes, then add the serrano, ginger, and hing for 30 seconds. Stir in the potatoes, cilantro, and some salt and cook until the potatoes color, maybe 5-7 minutes. Allow to cool.

Shape the potato batter into small balls.

Mix the channa besan, salt, and baking soda together, then add the water, stirring well to make a batter. Fold in the rice flour and the additional 3 T cilantro.

Heat your deep fry oil to 350-370 degrees. Dip each potato ball into the batter and fry until deeply colored. Remove with a slotted spoon to a paper towel lined plate and sprinkle with chaat masala. Serve warm with a green chutney to dip.

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

NOTE: I will be there tonight. I'm looking forward to it! BUT starting next delivery until early/mid July I will be out of country. One of those "I have cancer let me help my mother use up her money quick so my kids will have to work when they grow up" kind of trips. I'll be posting photo updates to my silly [little blog](#) when I have wireless access. In my absence Gayle, Shelley, Zac and the rest will do a great job, we're doing three mystery nights in a row, 'inserting' a special Aziza night in the middle of two 'southern' deliveries! [Schedule](#) is here. And yes, please do tell your friends since we are now doing 3 deliveries a month. They can sign up for reminders [here](#), all mystery reminders will also go to this list. -julia