



Monica Roma Tomatoes: you all get these in your box today!

[Lacinato Kale](#)

[Red Chard](#)

[Monica Tomatoes](#) (photo above)

[Mixed Tomatoes](#) (could be heirlooms &/or dry farmed or other: great for salads or cooking)

[Basil](#)

[Flowering Oregano](#) *

[Garlic Chives](#)

[Parsley Root](#)

[Chantenay Carrots](#)

[Cucumbers](#)

Fridge Management: *Everything* into the fridge except tomatoes and possibly basil. You can dry the oregano, and you can use the blooms. See oregano note below.

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

***Flowering Oregano Note:** These large bunches are good for sauce: What I'd do is tie smaller bunches of washed whole stems (cut them in half then tie so they'll fit in the pot)

and flavor tomato sauce that way... I would let this bundle flavor the sauce then remove it. These can be dried upside down in a dry closet or pantry, and crumbled into sauce... Andy and Manny needed cut back the flowering oregano and since today is the first Real Tomato Day we've had, we're throwing these bunches in just because. Enjoy!

Parsley Root also called **Dutch Parsley, Hamburg Parsley, Rooted Parsley, Turnip-Rooted Parsley, Heimischer, Petoushka**

Parsley Root is sometimes called Hamburg Parsley. It's often called to be cooked with other roots together, and this vegetable is crucial for the flavoring of some traditional chicken soup recipes. You can add this chopped vegetable anywhere you're cooking up carrots, celery and onions for a vegetable soup or braise, or a meat-based concoction. The leaves are just parsley leaves, and they are great to cook/eat raw as well, anywhere you would use parsley.

[Garlic Chives link:](#) essential to many Chinese dishes.

Lentil Soup with Parsley Root and Carrots

1 lb Dried lentils, -washed and drained
1/4 c Lard, bacon drippings, -or oil
2 md Onions or leeks, chopped
1 parsley root or parnsip, chopped
2 md Carrots, sliced
1 c Sliced fennel or celery
8 c Water
1 t Salt to or to taste
Several whole black pepper-corns
2 Whole cloves
2 Bay leaves
1 lg Potato, peeled and grated
2 lg Links (or 4 small) smoked -sausage, skin pricked-with fork
2 tb Good vinegar

In a large pot, heat fat and add carrots, root vegetable and onions. Saute until onions are golden. Add lentils, water, celery, and seasonings. Grate the potato into the mixture and add sausage. Simmer covered 1 hour until lentils and vegetables are tender. Remove bay leaves. Add vinegar just before serving and adjust salt. Serve with a crusty bread and salad. Serves 6

Baked Kale Chips

Servings: 1-6, depending... Like potato chips, you cannot stop at just eating one. ** note: this is an easy recipe, but watch the last step of actually baking the kale chips: you want them a bit crispy and not still damp/chewy, but you don't want to burn them!

1 bunch kale
1 tablespoon olive oil
1 teaspoon good salt (I use kosher)

Preheat an oven to 350 degrees F. Line a non insulated cookie sheet with parchment paper or baking mat. (OR I just use a rimmed jelly roll pan: it works great.) With a knife or kitchen shears remove the leaves from the center stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with salt. Sometimes I do with with my well-washed hands in a mixing bowl to make sure there's good 'oil coverage'.

Bake until the edges brown but are not burnt, 10 to 15 minutes. Watch this carefully, it's all about the timing, and every oven is different, you just have to watch them and check every minute or so at the end til they are perfect. Worth the extra couple minutes of your time!

Dijon Chard

This is how we eat chard in our house at least 60% Of the times we eat chard.

Saute any allium on hand in olive or other mild cooking oil. (garlic, onions, etc.). 2. Add cleaned, chopped chard. Cook, stirring, until fairly wilted and bright green. 3. Add a dollop of Dijon mustard. Add S & P to taste. AND a dollop of cream cheese if you like. I do this part about 10% of the time. This recipe is just really yummy & easy.

CHINESE CHICKEN NOODLE SOUP W/ SPINACH AND GARLIC CHIVES

a 3 1/2- to 4-pound chicken
8 thin slices fresh ginger root
1 bunch scallions, cut crosswise into thirds
10 cups water
3/4 cup Chinese rice wine or med.-dry Sherry
2 ounces dried rice-stick noodles (rice vermicelli)

1 bunch red chard or bok choy, leaves washed, drained, and chopped coarse

1 bunch thinly sliced fresh garlic chives

With a cleaver or heavy chef's knife cut chicken into large pieces. Cut chicken through bones into 2-inch pieces. In a large kettle of boiling water blanch chicken 1 min. In a colander drain chicken & rinse under cold water.

With flat side of cleaver or knife lightly smash ginger root and scallions. In cleaned kettle bring 10 cups water to a boil with chicken, ginger root, scallions, rice wine or Sherry and simmer, uncovered, skimming froth occasionally, 2 hours. Pour broth through colander lined with triple thickness of cheesecloth into a large heat proof bowl, reserving chicken for another use. Broth may be made 3 days ahead, cooled completely, uncovered, and chilled, covered.

In cleaned kettle bring broth to a boil. Add noodles and boil, stirring occasionally, 2 minutes. Stir in chard/bok choy and simmer, stirring once or twice, until spinach turns bright green and is just tender, about 3 minutes. Stir in chives and salt and pepper to taste and simmer 1 minute.

Chef Jean Joho's Parsley Root Soup adapted from *Vegetables from Amaranth to Zucchini* by E. Schneider 4 generous servings

Gently cook mirepoix (small dice of celery, onions, & carrots) w/ diced parsley root in vegetable or olive oil or butter. Add soaked white beans and vegetable stock and cook until tender. Save some beans for garnish. Puree everything (minus the reserved white beans) until smooth. Garnish with fried parsley leaves (optional) (or just freshly chopped parsley), the beans, and julienne of smoked quail, if you happen to have some of that lying around. ☺ (in other words, in my kitchen the quail part is optional. -julia)