



Mystery Thursday

Greens & Piccino
10-28-10

[Red Carrots](#) (flavorful for cooking)

[White Carrots](#) (flavorful for cooking)

[Yellow Carrots](#) (sweet for eating)

[Chard](#)

[Potatoes](#)

[Red Turnips](#)

[Chervil](#)

[Sweet Potatoes](#)

~OR~

[Summer Squash](#)

[Spaghetti Winter Squash](#)

[Rapini](#)

[Eggplant](#)

[Tomatoes](#)

Disclaimer to the above vegetable list: The list above is approximate. There may be differences in your box. Please be patient and adventurous with your veggies. Thank you!

Fridge Management: *Everything* into the fridge except tomatoes and winter squash. Top the carrots... toss the greens of the carrots. Top the turnips and then cook them within a day or two. You can cook them alone or with the rapini and or chard. They're all [cooking greens](#)!

[How to store sweet potatoes](#)

CARROTS: the yellow ones are interchangeable with orange carrots: great for making into sticks and munching on or for any cooking application. The red and white carrots are specifically for cooking, not as sweet for raw eating, but GREAT flavor. My favorite is to make a raita with the red carrots, and to [roast all three colors](#). Another [photo of roasted carrots](#) of colors.

To Eat first: [Chervil](#)! It's delicate, and should be in the fridge: make a plan for your chervil to be eaten within 2-3 days. It's being harvested this Thursday am so it has the max. shelf life! [The National Chervil Board](#): includes several recipe links. Next to eat up: greens. They will last for a few days or at least a week, but they take up space and they're more delicate than the roots etc.

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

[Spaghetti squash 101 from Chowhound](#)

[14 chard recipes from Heidi at 101 Cookbooks](#)

[Nice photo with recipe for roasted carrots:](#)
all three colors would work with this.

Turnip French Fries adapted from Mr. Neep
Chop the turnip into french-fry strips and (if you wish) lightly coat with oil. Place on a flat baking sheet and sprinkle with sea salt. Bake at 350-375 F for 20 minutes. Try some different seasonings.....: basil, parsley, a little sea salt or a touch of cayenne and sea kelp.

Turnip, Carrot and Split Pea Soup

3/4 c Dried split peas
2 tb olive oil or butter

1 Onion, chopped

1 c Carrots, chopped

1 c Turnip, chopped

Turnip Greens, cleaned and chopped, optional

2 c Vegetable stock

2 bay leaves

Salt & pepper to taste

splash of vinegar

Wash peas and soak them overnight in cold water, or in hot water for one hour. Drain them and set aside. Heat the oil or butter in a saucepan and saute the onion until light brown. Add the carrots and turnip and continue cooking 5 mins. Add the peas, bay leaf, and veg stock, and stir well. Cover the pan, bring to a boil, and simmer 1 - 1 1/2 hours until the peas are really tender. Stir occasionally, and add water if necessary. Season to taste. Stir in turnip greens 1-2 minutes before removing from heat. Serve with a splash of vinegar.