



Green Oak [Lettuce](#)
Purple [Scallions](#)
Baby [Carrots](#)
Purple [Carrots](#)
Salad [Chicory](#) (Verde Riccia)
New [Potatoes](#)
Red Russian [Kale](#)
[Wild Arugula](#)
[Mustard Greens](#)
Peas ([Snow](#) or [Snap](#))
Japanese [Cucumbers](#)

****Disclaimer to the above vegetable list**:** The list above is *approximate*. There may be differences in your box. As always, Andy will make sure it will be a good value. In the meantime, we ask for patience and a sense of adventure with these boxes. Thank you!

Storage: [Lettuce](#), [Loose Carrots](#), [Potatoes](#), [Peas & Cucumbers](#): store in bags in the fridge. [Scallions](#), [Chicory](#), [Kale](#), [Wild Arugula](#), & [Mustard Greens](#): Remove any ties and store loosely in a bag in the fridge. [Baby Carrots](#): Remove and compost greens. Store carrot roots in a bag in the fridge.



New Potatoes, photo by Andy Griffin.

Andy's New Potato Blurp:

True new potatoes are a rare treat. A new potato is not a small potato but a fresh potato harvested from a green, growing potato plant. A somewhat scuffed, frayed appearance to the potato skin is a frequent consequence of harvesting such tender spuds and is unavoidable because the skin has not yet hardened. If left to mature new potatoes would get a little bigger and the skins would get tougher making for typical potatoes that are easier to harvest and ship. Unfortunately for the potato connoisseur the potato, once cured, always loses some of its tender moisture. New potatoes wilt and must be treated like green vegetables and stored in a bag in the fridge. When I get them as a first treat of the potato crop I never store them at all but eat them promptly. I like to steam them briefly and then roll the hot little potatoes in a little butter, a pinch of salt, and twist of pepper and voila! Do potatoes get any better? A friend from Idaho said when she was a girl they would eat new potatoes raw. I've tried it - the experience is not unlike jicama.

Julia's Potato Salad, Serves 6-8

4 lbs new potatoes, cut into 1-inch pieces and cooked til tender
2 tablespoons rice or cider vinegar
1 teaspoon salt
½ teaspoon ground black pepper
1 bunch scallions, sliced thin
1 small head fennel or celery stalk, cut into small dice (opt.)
¼ cup sweet pickle (not relish), cut into small dice (opt.)
small-medium handful washed and chopped arugula leaves
1 cup mayonnaise (homemade makes this dish sublime)
3 tablespoons Dijon-style mustard
1 generous bunch minced fresh parsley

Layer warm potato pieces in medium bowl; sprinkle with vinegar, salt, and pepper as you go. Refrigerate while preparing remaining ingredients. Mix in remaining ingredients; refrigerate until ready to serve.

**Rice Wine and Sesame-Fried Carrots
From *Japanese Vegetarian Cooking* by Patricia Richfield**

½ lb carrots
1 T soy sauce
1 T mirin (sweet rice wine)
1 tsp superfine sugar (brown sugar is good, too)
sesame oil
toasted sesame seeds (optional)

Peel the carrots and cut into matchsticks. Mix soy sauce, mirin and sugar, stirring until the sugar has dissolved. Heat a small amount of sesame oil in a frying pan. Add carrots and stir-fry for 2 minutes. Add mirin mixture and stir fry over medium heat until liquid has almost all evaporated. Divide among 4 small dishes. Sprinkle toasted sesame seeds over top, and serve.

More recipes at Mariquita Farm's Vegetable Recipes A to Z page: <http://mariquita.com/recipes/index.html>

Avocado, Grapefruit, and Curly Endive Salad with Citrus Dressing from *Chez Panisse Vegetables* by Alice Waters

6 small heads curly endive (try the Verde Riccia)
1 large shallot
2 T white wine or Champagne vinegar
1 lemon
1 orange
Salt
2 grapefruit
¾ cup extra-virgin olive oil
3 avocados

Wash and spin dry the curly endive (or verde riccia!) For this salad, use only the blanched hearts or most tender greens. Peel the shallot and dice it fine. Let it macerate with the vinegar, 1 tablespoon each of lemon juice and orange juice, and a pinch of salt.

Cut away the grapefruit peel, all the pith below, and the membrane around the grapefruit flesh. Then cut the sections free, carefully slicing along the membranes. Peel a little lemon and orange zest and finely chop enough to make about ¼ teaspoon of each.

When you are ready to assemble the salad, whisk the olive oil into the shallot mixture. Add the orange and lemon zest and taste. Add more olive oil or lemon juice if necessary. Cut the avocados in half lengthwise. Remove the pits. Using a sharp knife, cut the avocados into lengthwise slices about the same size as the grapefruit sections, keeping the skin on. Scoop out the slices with a large spoon. Toss the curly endive and grapefruit sections in a bowl with about two thirds of the dressing. Taste the salad and add more salt if necessary. Arrange on a platter or individual dishes. Distribute the avocado slices alongside the endive and grapefruit, season them with a pinch of salt, and drizzle the rest of the dressing over them. Serves 6.

Kale and Sugar Snap Pea Salad By Mark Bittman from NYT Cooking

For Dressing:

¾ cup canola oil
½ cup peeled, chopped ginger
¼ cup miso paste
½ cup rice vinegar, or as needed
Finely grated zest and juice of 2 lemons or limes
¼ cup sugar, or as needed
coarse salt and black pepper

For the Salad:

2 T sugar
4 dried apricots
1 medium bunch kale, coarse stems removed and discarded, roughly chopped
2 cups sugar snap peas, stemmed
4 ounces feta cheese, crumbled
¼ cup almonds, toasted and coarsely chopped
2 T chopped fresh mint leaves, or as needed

Make the dressing: In a blender or food processor, combine the oil, ginger, miso, ½ cup vinegar, lemon or lime zest and juice, and sugar. Process for about 30 seconds to form a creamy

emulsion. Season with salt and pepper to taste, and add vinegar if needed.

Make the salad: In a small saucepan over medium-low heat, combine the sugar with ¼ cup water. Add the dried apricots and poach just until rehydrated, 2 to 3 minutes, then remove from heat.

In a serving bowl, combine the kale, snap peas and feta. Add salad dressing to taste, and toss well. Sprinkle with almonds and garnish with poached apricots. Sprinkle with mint and serve.

Simple Sautéed Mustard Greens By Sunny Anderson, 2010

2 T vegetable oil
2 cloves garlic, minced
2 bunches mustard greens, stemmed and chopped
kosher salt and freshly ground black pepper
¼ cup chicken stock
1 T stone-ground mustard

In a large pan with straight sides on medium heat, add the oil. Add the garlic to the hot oil. Sauté until garlic is softened and fragrant, and has infused the oil.

Add the mustard greens. Season the greens with salt and pepper, and sauté while tossing to wilt. Once wilted add the chicken stock and stir. Raise heat to a simmer, then lower and cook for about 5 minutes more. Stir in the ground mustard. Serve warm. Serves 6.

Japanese Pickled Cucumbers From *Saveur*, April, 2013

3 Japanese cucumbers, halved lengthwise, seeds removed
1/3 dried wakame (seaweed), soaked in water for 10 minutes, roughly chopped
3 T soy sauce
1 T rice vinegar
1 small carrot, grated

Break cucumbers by hand into small bite-size pieces; toss in a large bowl with wakame, soy sauce, vinegar, and carrots. Continue tossing until cucumbers release some of their liquid, 2-3 minutes. Cover with plastic wrap and refrigerate for 15 minutes; serve chilled.

Snow Peas with Toasted Almonds By Maria Helm Sinskey, Bon Appetit April 2009

1 T unsalted butter
¼ cup sliced almonds
½ lb snow peas, trimmed
2 t minced shallot
1 teaspoon fresh lemon juice

Melt butter in medium skillet over medium heat. Add almonds and cook until golden and fragrant and butter begins to brown, stirring frequently, about 1½ minutes. Add snow peas and shallot; sauté until snow peas are crisp-tender, 1½ to 2 minutes. Remove skillet from heat; add lemon juice. Season to taste with salt and serve.