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Purple [Carrots](#)
Lacinato [Kale](#)
New [Potatoes](#)
Red Russian [Kale](#)
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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>

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.

Kale & Potato Hash from Eating Well

8 cups torn kale leaves (about ½ large bunch; see Tip)
2 tablespoons horseradish
1 medium shallot, minced
½ teaspoon freshly ground pepper
¼ teaspoon salt
2 cups cooked shredded potatoes
3 tablespoons extra-virgin olive oil

Place kale in a large cast iron skillet and sauté in butter, until wilted, about 6 minutes. Cool slightly, and finely chop.

Meanwhile, mix horseradish, shallot, pepper and salt in a large bowl. Add the chopped kale and potatoes; stir to combine.

Heat oil in a large nonstick skillet over medium heat. Add the kale mixture, spread into an even layer and cook, stirring every 3 to 4 minutes and returning the mixture to an even layer, until the potatoes begin to turn golden brown and crisp, 12 to 15 minutes total. Serves 4, ½ cup each.

Tip: A 1- to 1½ pound bunch of kale yields 16 to 24 cups of chopped leaves. When preparing kale for these recipes, remove the tough ribs, chop or tear the kale as directed, then wash it--allowing some water to cling to the leaves. The moisture helps steam the kale during the first stages of cooking.

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.

Pasta Arugula from Rosemary Webb

½ to 1 bunch of chopped arugula (one inch sizes)
¾ pound of pasta (I used tiny shells)
Juice of one half lemon
2 tablespoons of dry white wine
2 cloves of finely minced garlic
3 teaspoons of olive oil
1/8 to ¼ cup of chicken broth or other mild broth

Cook pasta and toss with raw arugula, while the pasta is cooking place the rest of the ingredients in a glass bowl and heat for 1 minute in the microwave. Toss everything at once. Salt and pepper to taste. Serve immediately.