



[Armenian Cucumber](#)

[Shelling Beans](#)

[Cherry Tomatoes](#)

[Mixed Carrots](#)

[Small Yellow “Roasting Onions”](#)

[Dry Farmed Early Girl Tomatoes](#)

[Spigariello](#)

[Lettuce](#)

[Par-cel](#)

[Garlic Chives](#)

**\*\*Disclaimer to the above vegetable list\*\*:** The list above is *approximate*. When we run short of an item, we substitute with something else similar. Andy will make sure it will be a good value. In the meantime, we appreciate your patience and a sense of adventure with these boxes. Enjoy!

**Storage:** [Cucumber](#), [Snap Peas](#), [Shelling Beans\\*](#), [Roasting Onions](#) & [Lettuce](#): Store in bags in your crisper in the fridge. [Carrots](#): If loose, store in a bag in the fridge. If bunched with their greens, separate roots from greens. Compost the greens and store the roots in a bag in the fridge. Carrots stay crisp longer without their greens. [Tomatoes](#): Keep them on your counter until you're ready to eat them. Not in the fridge! It makes them mushy and less tasty. [Spigariello](#), [Par-Cel](#) & [Garlic Chives](#): Remove ties and store loosely in bags in the fridge.

\* Likely either Flor de Mayo or Cranberry Beans. Once shelled, fresh beans are best cooked right away, or covered and refrigerated no longer than overnight.



Flor de Mayo Shelling Beans. Photo by Andy Griffin.

**Armenian Cucumber & Tomato Salad**

Adapted from [The Kitchen Scout](#)

- 1 Armenian [Cucumber](#), seeded and cut into 1-inch chunks (about 3 cups)
- Dry Farmed Early Girl [tomatoes](#), cut into 1-inch chunks (about 3 cups)
- 1 bunch [scallions](#), trimmed and thinly sliced (white and green parts)
- 1/3 cup chopped fresh [cilantro](#)
- 1/3 cup chopped fresh [parsley](#) (try the parcel here!)
- 2 Tbsp fresh lemon juice
- ½ tsp Kosher salt
- ¼ tsp freshly ground black pepper
- 4 Tbsp extra virgin olive oil

Combine cucumbers, tomatoes, scallions, cilantro and parsley in a large bowl and toss lightly.

In a separate bowl, combine lemon juice with salt and pepper. Slowly whisk in olive oil until the vinaigrette is emulsified. Pour over the vegetables and mix well. Season to taste.

**Fresh Shelling Beans with Buttered Crumbs with Rosemary**

- 2T butter
- 1C fresh bread crumbs
- ¼ C chopped fresh parsley, packed firmly
- 1T minced fresh rosemary
- salt and pepper to taste
- 1½ pounds shelling beans, fresh out of their shell
- 2t melted butter
- 1T lemon juice

Melt butter in skillet over low heat. Add bread crumbs and cook, stirring constantly, until they are golden brown. Transfer to a bowl. Blend parsley and rosemary together then combine with the crumbs. Season with salt and pepper. Separately steam the beans until just tender. Remove to a warm plate and stir in the melted butter and lemon juice. Salt and pepper to taste. Top with the breadcrumb mixture and serve. Serves 4-6

**Curried Roasted Carrots**

From Jennifer Segal of [Once Upon A Chef](#)

- 2 pounds medium [carrots](#), sliced into thirds on the diagonal
- 3 tablespoons extra virgin olive oil
- 1 tablespoon curry powder
- ½ teaspoon kosher salt
- 1 tablespoon honey, or to taste

Set oven rack in middle position and preheat oven to 425 degrees. Line a baking sheet with aluminum foil. Toss carrots with olive oil, curry powder and salt directly on baking sheet until evenly coated. Roast, stirring with a rubber spatula a few times to prevent sticking and burning, until tender, 25-30 minutes. Toss roasted carrots with honey directly on baking sheet. Taste and add more salt, pepper or honey if desired.

## Herb-Roasted Onions

By Ina Garten, from FoodNetwork.com

2 red onions  
1 yellow onion  
2 tbsp freshly squeezed lemon juice  
1 tsp Dijon mustard  
1 tsp minced garlic  
½ tsp. minced fresh thyme leaves  
¾ tsp kosher salt  
¼ tsp freshly ground black pepper

Preheat the oven to 400 degrees F.

Remove the stem end of each onion and carefully slice off the brown part of the root end, leaving the root intact. Peel the onion. Stand each onion root end up on a cutting board and cut the onion in wedges through the root. Place the wedges in a bowl.

For the dressing, combine the lemon juice, mustard, garlic, thyme, salt, and pepper in a large bowl. Slowly whisk in the olive oil. Pour the dressing over the onions and toss well.

With a slotted spoon, transfer the onions to a sheet pan, reserving the vinaigrette that remains in the bowl. Bake the onions for 30 to 45 minutes, until tender and browned. Toss the onions once during cooking. Remove from the oven, and drizzle with the reserved dressing. Sprinkle with parsley, season to taste and serve warm or at room temperature.

## Lentils with Sausage, Onions, and Spigariello Broccoli by Michelle, From Seed to Table

1 cup lentils that stay intact when cooked, such as du Puy, Pardina, or Norcia  
3 cups water  
3 smoked sausages, about 9 to 10 ounces  
3 fresh thyme sprigs  
1 fresh bay leaf  
1 lb sweet onions, quartered and sliced ¼-inch thick  
½ cup or more olive oil  
2 cloves garlic, minced  
1 bunch spigariello broccoli, about ½ pound, tough stems removed, tender parts, including leaves, chopped into about ½-inch pieces  
1 tablespoon pomegranate molasses or concentrate or about ½ tablespoon good balsamic vinegar

Sort through the lentils to remove any stones or other debris, rinse them and put them in a medium saucepan. Add the water, sausages, thyme and bay leaf. Bring to a boil, turn the heat low and simmer, partially covered, until the lentils are tender but not falling apart. This could take from 20 minutes to more than 40 minutes, depending on how old the lentils are. There should be very little liquid left when the lentils are done, it may be necessary to add more water if they take a long time to cook. When the lentils are nearly done, remove the sausages and set aside until cool enough to handle, then slice the sausages about ¼-inch thick. Remove the thyme stems and bay leaves when the lentils are done.

While the lentils are cooking, put the onions in a medium sized skillet with the olive oil and fry the onions over medium to medium low heat (you may have to turn the heat down as the

onions start to brown), until the onions are golden. Drain the onions through a metal sieve, saving the olive oil.

Return the skillet to the heat with a tablespoon or two of the onion flavored oil (reserve the remaining oil to sauté something else that would taste good with the onion flavor, like potatoes). Add the garlic and sauté briefly, don't allow it to brown. Add the chopped broccoli to the skillet and toss to coat with the oil, add a few tablespoons of liquid (lentil cooking liquid if there's enough) and cover the pan and braise the broccoli over low heat to whatever degree of tenderness you like, most of the liquid should be gone.

Add the sliced sausage, drained onion, and braised broccoli to the lentils, drizzle in the pomegranate molasses and stir everything together. Taste for salt, it may not be needed if the sausage is salty. Serve warm. Makes about 4 servings.

## Blanched Broccoli with Basil Pesto and Cherry Tomatoes Adapted from Pasta e Verdura by Jack Bishop

2 pounds [broccoli di cicco](#) (try the spigariello here)  
salt to taste  
1 cup tightly packed fresh [basil leaves](#)  
2 medium cloves garlic, peeled  
2 Tbs. pine nuts  
6 Tbs. olive oil  
¼ cup freshly grated Parmesan cheese  
2 pints [cherry tomatoes](#)  
1 pound pasta (such as shells, or other open shape)

Bring 4 quarts of salted water to boil in large pot for cooking the pasta. Bring several quarts of water to boil in another pot. Chop the broccoli into small, bite-sized pieces. (If using spigariello, remove the woody stems and use the more tender stems and leaves.) Add the broccoli and salt to taste to the boiling water. Cook until broccoli is tender, about 3 minutes. Drain and set aside the broccoli. Place the basil, garlic, and pine nuts in the work bowl of a food processor and process, scraping down the sides of the bowl as needed, until smooth. With the motor running, slowly pour the oil through the feed tube and process until smooth. Scrape the pesto into a large bowl. Stir in the cheese and additional salt to taste. Cut the tomatoes in half. Add the tomatoes to the bowl with the pesto and toss gently. Add the broccoli to the bowl and toss gently. Taste for salt and adjust seasonings if necessary. While preparing the sauce, cook and drain the pasta. Toss the hot pasta with the broccoli sauce. Mix well and transfer portions to pasta bowls. Serve immediately. Serves 4.

## Garlic Chive Pesto from Pestos! by Dorothy Rankin

½ cup chopped garlic chives  
3 T walnuts  
1 cup parsley (try the Par-cel here)  
5-6 T olive oil  
3 T grated parmesan Salt and Pepper  
1 clove garlic

Put all ingredients except oil in food processor and blend. While machine is running add the oil and blend until desired consistency.