



Broccoli
Cucumbers
New Potatoes
Chives
Cocktail Onions
Little Gem Lettuce
Fava Beans
Wild Arugula
Cabbage
Avocados
Curly Parsley
Carrots

****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: Broccoli, Cucumbers, Potatoes, Lettuce, Fava Beans, Cabbage & Carrots: Store in bags in the fridge. Chives, Onions, Wild Arugula & Parsley: Remove any ties or rubber bands, and store loosely in bags in the fridge. Avocados: store on your counter until ready to eat. A firm avocado will ripen in a paper bag with an apple or in a fruit basket at room temperature within a few days.



Chives. Photo by Andy Griffin.

Mustard Butter Pasta with Broccoli
Adapted from *The Tassajara Recipe Book*

5/8 cup butter, softened (or part olive oil)
4 Tbsp Dijon mustard
2 cloves garlic
2 Tbsp parsley, well minced
2 Tbsp chives, finely sliced or green onion, minced
Salt and Pepper
1 Tbsp oil
2 cups broccoli, cut into small flowerets
¾ pound pasta

Blend butter and mustard. Set aside. Slice garlic and pound it with a mortar with a healthy pinch of salt. When the garlic is pulpy add the parsley and chives (or onions) and pound a bit more to release the flavors. Blend this mixture into the mustard mixture with a few twists of black pepper.

Bring a large amount of water to a boil with the tablespoon of oil and a spoonful of salt. Add the pasta to the boiling water. If you are using fresh pasta, add the broccoli at the same time. If using dried pasta, add the broccoli for the last couple minutes of cooking. As soon as the pasta and broccoli are done, drain and put them in a 12" skillet allowing a bit of the cooking water to dribble in. Add the mustard mixture and, over moderate heat, toss the mixture until everything is evenly coated. Keep the heat low enough that the butter doesn't bubble or fry as that would change the flavor. Adjust salt and pepper to your taste and serve.

Chives are in the same family as onions, scallions and garlic. They grow from small bulbs. In the middle ages, chives were promoted as a cure for melancholy and believed to drive away evil spirits. Don't heat chives or they will lose their flavor and vitamin C, as well as their digestive properties.

Chive Pesto Recipe:

2 cups roughly chopped chives
¼ cup olive oil
1/3 cup toasted nuts: almonds, pine nuts, walnuts, etc.
1-3 ounces or 1/3 cup more or less parmesan cheese
1 clove or less of garlic

Whirl it all in a food processor until fairly chopped up but still smallish chunks. Serve on noodles, frittata, Spanish tortilla, crackers....

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

In-a-Pinch Cucumber Salad

Adapted from **Vegetarian Cooking for Everyone**
by Deborah Madison

1 long or two short cucumbers
salt and freshly milled white pepper
2 to 3 tsp. extra virgin olive oil
champagne vinegar or fresh lemon juice
1 tsp. fresh dill or parsley, chopped

Thinly slice cucumbers. Toss the cucumbers with a few pinches salt, pepper to taste, and enough oil to coat lightly. Add a few drops vinegar and the herb of your choice. Serves 4.

Grilled Romaine Lettuce (from weber.com)

½ cup soy sauce
1½ tablespoons sesame oil
2 tablespoons dry white wine or rice wine
1 tablespoon packed brown sugar
1 tablespoon grated fresh ginger
3 small heads romaine lettuce, cut in half lengthways

In a blender or food processor process soy sauce, sesame oil, wine, brown sugar, and ginger until thoroughly combined. Brush lettuce with marinade. Place lettuce, cut sides down, in center of cooking grate. Grill 5 to 7 minutes, turning and brushing with marinade halfway through grilling time.

Fresh Fava Bean Salad with Sherry Vinaigrette

Adapted from **Mediterranean Fresh**, by Joyce Goldstein

3 cups shelled, fresh fava beans (~ 3 lbs in the pod)
½ cup Sherry Vinaigrette
2-3 heads of little gem lettuce, shredded
3 Tablespoons chopped mint
2 spring onions, chopped (white & light green parts)
½ cup slivered Serrano ham (similar to prosciutto, you can use that instead, or leave it out altogether)

Cook the favas in boiling salted water for 2 minutes. Drain and refresh in cold water. Using your fingers, carefully remove the outer peel from each bean. Listen to the radio or enlist help, and keep in mind the fava beans are only here in spring.

Place the peeled favas in a salad bowl. Dress them with half the vinaigrette and let them marinate for about 30 minutes.

When ready to serve, toss the lettuce, mint, and spring onions with the rest of the dressing and place on a serving platter. Top with the favas and the ham.

Julia's Fava Bean Goat Cheese Pizza

1 empty Vicolo pizza crust from freezer; then a layer of thinly sliced parmesan (done with potato peeler); then a thick layer of peeled favas; then paper-thin sliced garlic cloves (I did this with a mandolin); then a layer of fresh goat cheese. Then baked. Dinner's done!

Chilled Avocado Soup

Adapted from **The Great Hot Sauce Book** by Jennifer Trainer Thompson

2 cups buttermilk
2 cups avocado pulp -- (about 2 ripe -- avocados)
1 cucumber -- peeled, seeded and - coarsely chopped
2 tablespoons diced white onion
zest and juice of 1 lime -- divided use
1 teaspoon salt
1 teaspoon white pepper
2 cups milk
1 cup water
2 tablespoons jalapeño sauce or another smooth green -- hot sauce with a tangy finish
sour cream for garnish

Blend buttermilk and avocados in blender then add cucumber, onion, lime juice (reserving the zest), salt and pepper. 2. With blender running, add milk, water and hot sauce. Chill soup. Serve garnished with a dollop of sour cream and a little lime zest. Yield: 8 servings.

Creamy Cole Slaw

Adapted from **The Best Recipe** by Cook's Illustrated

½ head cabbage, shredded
2-3 carrots, grated
2 teaspoons kosher or sea salt
1 Walla Walla onion, chopped, or more to taste
½ cup mayo or sour cream, or a mixture
2 tablespoons rice vinegar
Black Pepper

Toss cabbage and carrots with salt in colander set over medium bowl. Let stand until cabbage wilts, at least 1 hour and up to 4 hours.

Rinse the cabbage/carrots. Drain and dry with towels. Add other ingredients.

If you try this salting method, you won't get runny coleslaw! They took 8 paragraphs explaining why, I'll spare you the science behind it all.