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****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: Carrots: Remove greens from roots, and compost greens; the roots stay crisp longer without the greens, stored in a bag in the fridge. Beets & Lettuces: Store in bags in your crisper in the fridge. Green Onions & Chard: Remove ties and store loosely in bags in the fridge. Cured Onions, Pumpkin, Pomegranates & Sweet Potatoes: Store in a cool dry spot on your counter. Refrigerate after cutting. Basil: Store in a plastic bag in the 'warmest' place in your fridge -- on the door or in the produce drawer. Or, try keeping your basil as a flower bunch in a jar with water at the stems. Tomatoes: Store in a cool dry spot on your counter. Rinse just before eating. *Do not* store in the fridge.



Long Island Cheese Pumpkin. Photo by Andy Griffin.

Carrot and Beet Salad with Ginger Vinaigrette
Gourmet, April 1994

¼ cup minced shallot
2 tbsp minced peeled fresh ginger
1 clove garlic, minced
¼ cup rice vinegar
1 tbsp soy sauce
½ tsp Toasted sesame oil
Tabasco to taste
½ cup olive oil
4 cups finely shredded carrots
4 cups finely shredded peeled raw beets (about ¾ lb)
spinach leaves, washed thoroughly, for garnish (if desired)

In a blender puree shallot, ginger, and garlic with rice vinegar, soy sauce, sesame oil, and Tabasco. With motor running add olive oil in a stream and blend until smooth.

In separate bowls toss carrots with half of the dressing and beets with remaining half. Divide carrot salad and beet salad among 6 plates and garnish with spinach leaves. Serves 6.

Simple Beet Salad with Green Onions

Grate scrubbed beets or cut into julienne: toss with chopped green onions and a vinaigrette you make or from a bottle in your fridge. Add toasted nuts and/or a sharp cheese (blue, parmesan, feta). Serve alone or with lettuce.

Green Onion Drop Biscuits
Cooking Light, November, 1996

2 cups all-purpose flour
2 teaspoons baking powder
½ teaspoon salt
¼ teaspoon baking soda
3 tablespoons vegetable shortening
¼ cup finely chopped green onions
1 cup low-fat buttermilk (or sub: plain yogurt)
Cooking spray

Preheat oven to 400°. Combine first 4 ingredients in a large bowl; cut in shortening with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in green onions. Add buttermilk, stirring just until flour mixture is moist.

Drop batter by heaping tablespoons onto a baking sheet coated with cooking spray. Bake at 400° for 15 minutes or until lightly browned. Yield: 16 servings (serving size: 1 biscuit)

Cooking Winter Squash: In case you've never tried to cook [winter squash](#), it couldn't be **simpler**: Cut in half with a big sharp knife. Remove seeds. (If you've ever carved a pumpkin, these two steps should be very familiar.) Put in a baking pan (glass, metal or ceramic will work) cut side down, with a little water in the pan. Or rub the cut side with a little oil first. Bake in a medium oven (325, or 350, or 400, etc.) until it's easily pierced with a fork. Remove, and eat. Possible toppings: many like maple syrup, or salt and pepper. You can also add cut, seeded halves of winter squash to a crockpot with some water, and let it cook that way for a few hours. This method works especially well when all you want is the cooked flesh to puree for a soup or other dish.

Laura's Glazed Pumpkin Ginger Bars
Adapted from Recipes from a Kitchen Garden by Shepherd and Raboff

1¾ cup unbleached flour
1 tsp. baking powder
½ tsp. baking soda
½ tsp. salt
1 tsp. cinnamon
½ tsp. ground ginger
½ tsp. nutmeg
½ tsp. allspice
½ cup butter, at room temperature
1 cup lightly packed dark brown sugar
1 egg
1 tsp. vanilla extract
1 cup cooked, pureed pumpkin
½ cup chopped walnuts or pecans
½ cup chopped candied ginger

Glaze:

1 cup sifted confectioners' sugar
2 tsp. grated lemon zest
3 to 4 tbsp. lemon juice

Preheat oven to 350°F. Grease a 10x15-inch baking pan. Sift together flour, baking powder, baking soda, salt, cinnamon, ground ginger, nutmeg, and allspice. Set aside.

In a large mixing bowl, beat butter until creamy then add brown sugar, beating until fluffy. Add egg, vanilla, and pumpkin, beating well. Add dry ingredients, mixing until batter is smooth. Stir in nuts and candied ginger. Spoon batter into prepared pan. Bake for 15 to 18 minutes or until cake pulls away from sides of pan.

Combine confectioners' sugar with lemon zest. Add lemon juice gradually to confectioners' sugar, adding just enough to give the proper consistency for spreading. Spread on the warm bars. When cool, cut into diamonds or squares and store covered for a day to let flavors blend before serving. Makes 4 dozen.

Roti with Black Beans and Basil
The Good Herb, Judith Benn Hurley

1 tbsp. plus 1 tsp. olive oil
1 small onion, thinly sliced
1 clove garlic, mashed through a press
1 medium tomato, medium-chopped
2 tsp. good-quality yellow curry powder
1 tsp. dried hot red pepper flakes, or to taste
¼ cup dry sherry or mirin
2 ¼ cups cooked rice
½ cup cooked black beans, rinsed if canned
¼ cup minced fresh basil (any type)
4 pitas (whole wheat are tasty)
2 tsp. Dijon mustard

Heat a large sauté pan, then pour in 1 tbsp. of the oil. Add the onion, garlic, tomato, curry powder, and hot pepper and sauté over medium-high heat until the onion is just wilted, about 3 minutes. Add the sherry, rice, and beans and continue to sauté until the rice is warmed through, about 3 minutes. Remove from the heat and stir in the basil.

Spread each pita lightly with the mustard. Scoop equal portions of the rice mixture onto one-half of each pita. Fold each pita over into a half-moon shape.

Wipe out the sauté pan and heat the remaining 1 tsp. oil until hot and fragrant. Set the roti in the pan and let them sizzle over medium-high heat until mottled brown, about 2-3 minutes on each side. Serve hot. Makes 4 entree servings.

Sweet Potato Fries with Miso Mayo
By chef Kathy Gunst from NPR's Here & Now

1 large sweet potato, peeled and cut lengthwise and then into wedges about ½-inch thick
2 tbsp olive oil
salt and freshly ground black pepper

Miso Mayonnaise:

¼ cup mayonnaise
2 tbsp miso paste, preferably white miso
2 tbsp finely chopped green onions
salt and pepper to taste

Make the fries: preheat the oven to 450 degrees. Toss the potatoes gently with the oil, salt and pepper, and place in a single layer on a cookie or baking sheet. Bake 6 minutes. Gently flip the potatoes over and bake another 6 to 8 minutes, or until soft on the inside. If you want a crisper exterior place the potatoes under the broiler for 1 to 2 minutes.

To make the miso mayonnaise, mix all the ingredients in a small bowl. Serve fries hot with the miso mayonnaise. Serves 2 to 4.