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[Rainbow Chard](#)  
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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:** [Napa Cabbage](#), [Escarole](#), [Radishes](#), [Green Beans](#), [Lettuces](#), [Pomegranates](#) & [Radicchio](#): Store in bags in your crisper in the fridge. Whole Pomegranates need not be stored in the fridge but will last longer if they are. [Winter Squash](#) & [Watermelon](#): store in a cool, dry place in your kitchen or pantry. If the squash doesn't have nicks/ fresh gashes it should last for months. [Spinach](#), [Chard](#) & [Chervil](#): Remove ties and store loosely in bags in the fridge.



Green Beans. Photo by Andy Griffin.

**Noodle Bowl with Vegetables from Chef Jonathan**

This is a straightforward and delicious noodle bowl. The broth is delicious, so keep it in mind for variations throughout the year. The stir fry can also be modified based on what's available each season. If you want to make this fancier, finish it with a nice piece of white fleshed fish. If your daikon comes with its greens and they are in good condition, wash, chop, and add those to the stir fry.

- 1 piece kombu
- 3 lemongrass stalks, smashed and chopped
- 1 spicy chile, halved
- 1 onion, halved and thinly sliced
- 2 inches ginger, peeled and sliced
- 2 T sake
- 2 T mirin
- 2 T soy sauce
- grapeseed oil
- 1-2 daikon, peeled and julienned (try the radishes from the box)
- 2 carrots, julienned
- ½ head napa cabbage, shredded
- 6 shiitake mushrooms, stems cut off and thinly sliced
- 1 red onion, thinly sliced
- 1 c mung bean sprouts
- soy sauce
- toasted sesame oil
- 3 oz somen noodles
- scallions
- cilantro
- sesame seeds

In a saucepan, add 4 cups of cold water, then add the kombu, lemongrass, chile, onion, ginger, sake, mirin, and 2 T of soy sauce. Bring to a boil, then simmer, uncovered, for 15 minutes. Strain, return to the saucepan and reduce to 2 cups. Taste to make sure you like it.

Heat a pot of water to boiling.

In a very large skillet or wok, heat some grapeseed or peanut oil and add the daikon, carrots, napa cabbage, mushrooms, onion, and bean sprouts. Stir fry until everything has wilted and softened, then toss in a little salt and a tablespoon each of soy sauce and toasted sesame oil. Warm through, remove from heat, and taste for seasoning. Adjust if necessary.

Drop the somen into the boiling water and boil for exactly 2 minutes. Drain, rinse with cold water, and divide the noodles between 4 large bowls.

Top the noodles with the vegetables, then ladle in the hot broth. Finish with chopped scallions, cilantro, and some sesame seeds. You can also pass spicy chili oil around with these at the table for those eaters who want a little kick.

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

## Fall Escarole Salad

1 Escarole heart  
couple of Fuyu Persimmons  
¼ cup pomegranate seeds  
toasted hazel nuts  
balsamic or lemon juice vinaigrette

Season the escarole with some of the vinaigrette. Spread the escarole in a wide platter. Slice the persimmons on top, sprinkle on the pomegranate seeds and the halved hazel nuts. Drizzle with more vinaigrette and if you have hazel nut oil, drizzle that on top as well.

## Wilted Escarole

3 T olive oil  
2 medium escarole - rinsed, dried and chopped  
½ cup lemon juice  
chopped zest from one lemon  
2 tablespoons capers, roughly/barely chopped  
10 dark, pitted olives, kalamata are good here  
ground black pepper to taste

Heat oil in a large frying pan over high heat. Add escarole; cook and stir until greens begin to wilt. Stir in lemon juice & zest. Add capers, S & P, and olives; cook and stir for another 15-30 seconds.

## Radish Slaw

*Gourmet, April 1991*

½ lb. radishes, trimmed and grated coarse (about 2 cups)  
3 cups finely shredded cabbage  
1 cup coarsely grated carrots  
½ cup thinly sliced red onion  
2 tbsp fresh lemon juice  
½ tsp sugar  
2 tbsp olive oil  
2 tbsp finely chopped fresh cilantro, mint, or parsley leaves (or try the chervil here!)

In a bowl toss together the radishes, the cabbage, the carrots, the onion, the lemon juice, the sugar, the oil, the coriander (cilantro) or other herb, and salt and pepper to taste.

## The Best Green Beans Ever

By Ree Drummond from *Food Network*

1 pound green beans  
2 tablespoons bacon grease (or 2 tbsp butter)  
2 cloves garlic, minced  
1 large onion, chopped  
1 cup chicken broth, plus more if needed  
½ cup chopped red bell pepper  
½ to 1 tsp kosher salt  
Ground black pepper

Snap the stem ends of the green beans, or cut them off in a big bunch with a knife if you'd prefer.

Melt the bacon grease in a skillet over medium-low heat. Add the garlic and onions and cook for a minute. Then add the green beans and cook until the beans turn bright green, about a minute. Add the chicken broth, chopped red pepper, salt and pepper to taste. Turn the heat to low and cover the skillet with a lid, leaving the lid cracked to allow steam to escape. Cook until the liquid evaporates and the beans are fairly soft, yet still a bit crisp, 20 to 30 minutes. You can add more chicken broth during the cooking process, but don't be afraid to let it all cook away so the onions and peppers can start to caramelize. Serves 6.

## Spinach, Fennel and Feta Salad from *Bon Appetit*

3 tablespoons olive oil  
2 tablespoons fresh lemon juice  
1 large shallot, minced  
6 oz baby spinach leaves  
1 large fennel bulb, trimmed, quartered lengthwise, cored, thinly sliced crosswise  
1 bunch radishes, sliced  
¾ cup crumbled feta cheese

Whisk oil, lemon juice and shallot in small bowl to blend. Season dressing to taste with salt and pepper. Combine spinach, fennel and radishes in large shallow bowl. Add dressing and toss to coat. Sprinkle feta cheese over salad and serve. Serves 4.

## “Orzotto” with Radicchio

Orzotto is the Italian name for barley risotto; if you don't have pearled barley you can use Arborio rice and reduce the cooking time.

1 lb radicchio, chopped  
½ lb pearled barley  
3 oz diced prosciutto or speck (Italian smoked prosciutto)  
3 oz smoked mozzarella  
2 oz parmigiano, grated  
1½ quart vegetable broth, boiling  
½ cup white wine  
1 shallot, chopped  
1 tbsp olive oil  
1 tbsp balsamic vinegar  
salt & pepper

Sautee radicchio and shallot in oil until wilted. Add barley and stir continuously for 2 minutes. Add the wine and let it cook off completely (about 2 minutes). Add the boiling broth, salt and pepper and cook for at least 20 minutes, stirring occasionally. 2 minutes before the end add the prosciutto cubes. Transfer to a serving bowl and add balsamic vinegar and the cheeses. Let it sit for a couple of minutes, until the cheeses are melted, and enjoy!