



Curly [Mustard Greens](#)

[Scallions](#)

Red Skin & Green Heart Daikon [Radish](#)

[Chard](#)

Bearss Limes

Chantenay [Carrots](#)

Baby [Beets](#)

Delicata [Squash](#)

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Pomegranates

Granny Smith [Apples](#)

****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: Mustard Greens, Scallions, Chard, Cilantro & Thyme: Remove any ties or rubber bands, and store loosely in bags in the fridge. Radishes & Apples: Store in bags in the fridge. Carrots: Remove and compost greens. Carrots will stay crisp longer without their greens attached. Store roots in a bag in the fridge. Beets: Separate roots from greens and store in separate bags in the fridge. Use greens within 1-2 days as a cooking green, just like chard. Winter Squash & Pomegranates: can be stored in a cool spot on your counter.



Baby Beets. Photo by Andy Griffin.

Mustard Green and Sweet Onion Frittata

By Gabe Thompson for *Food & Wine*, October 2008

3 tbsp extra virgin olive oil
1 large sweet onion, diced
1½ pounds mustard greens, leaves coarsely chopped
16 large eggs, beaten
Kosher salt and freshly ground pepper
1/3 cup grated Parmigiano-Reggiano

Preheat the oven to 350°. In a large ovenproof nonstick skillet, heat 1 tablespoon of the oil. Add the onion and cook over moderately high heat until golden brown, 10 minutes. Add the greens and cook until wilted.

Season the eggs with salt and pepper and whisk in the remaining 2 tablespoons of oil. Pour the eggs into the skillet and cook over moderate heat until the bottom and sides begin to set. Lift the sides of the frittata to allow the uncooked eggs to seep under. Continue cooking until the bottom is set and the top is still runny, 3 minutes. Sprinkle Parmigiano-Reggiano on top.

Transfer the skillet to the oven and bake for about 8 minutes, until the center of the frittata is set. Slide the frittata onto a cutting board. Cut into 1½-inch squares and serve hot, warm or at room temperature. Serves 8.

Orzo Pilaf with Green Onions and Parmesan Cheese

Bon Appetit, April 1999

¾ cups (or more) canned low-salt chicken broth
1 pound orzo (rice-shaped pasta)
5 green onions, thinly sliced
¾ cup grated Parmesan cheese

Bring ¾ cups broth to boil in heavy large saucepan over medium-high heat. Mix in orzo and simmer uncovered until just tender but still firm to bite and some broth still remains, stirring occasionally, about 8 minutes.

Remove from heat. Add green onions and cheese and stir to blend. Season pilaf to taste with salt and pepper. Rewarm over low heat, if necessary, and mix in more broth by ¼ cupfuls if pilaf is dry. Transfer pilaf to large bowl and serve. Serves 6.

Daikon Radish Remoulade

Gourmet, April 1991

1 lb. daikon radishes peeled
3 tbsp Dijon-style mustard
4 tbsp olive oil
1 tsp wine vinegar
¼ cup minced fresh parsley leaves

Cut the daikon into 2-inch-long fine julienne strips or grate it coarse. Rinse a large bowl with hot water, dry it, and in it whisk the mustard with 3 tablespoons hot water. Add the oil in a slow stream, whisking until the dressing is emulsified, and whisk in the vinegar and salt and pepper to taste. Add the daikon strips and the parsley and toss the mixture well. Serves 6.

Chard in Dijon Mustard Sauce

More Recipes from a Kitchen Garden, Shepard & Raboff

- 2½ tbsp olive oil
- 1 large bunch of green onions, chopped
- 2 cloves garlic, finely chopped
- ½ lb mushrooms, sliced
- 1 bunch chard, finely shredded, including stems
- 1 tbsp Dijon mustard

Heat the oil in a large skillet. Sauté the green onions and garlic for 2 minutes until softened and tender. Add mushrooms and cook 4 to 5 minutes more. Add chard, cover and cook over low heat for about 5 minutes, or until chard is tender but still crisp. Mix in mustard and heat 1 to 2 minutes more. Stir and serve immediately.

Cilantro Carrots with Cumin

Bon Appetit, October 1995

- 2 lbs. carrots, each cut into 2-inch-long pieces, then quartered lengthwise
- 6 tbsp water
- 3 tbsp fresh lemon juice
- 3 tbsp olive oil
- 2 tbsp ground cumin
- 2 cloves garlic, pressed
- 2 tbsp minced fresh cilantro

Combine carrots and 6 tablespoons water in large saucepan. Season with salt. Cover and boil until carrots are crisp-tender, about 7 minutes. Drain off any excess water. Transfer carrots to large shallow bowl. Mix in lemon juice, oil, cumin and garlic. Season with salt and pepper. Cool. Add cilantro. (Can be made 2 hours ahead. Let stand at cool room temperature.)

Beets with Walnuts

Gourmet, February 1993

- 6 beets (each 1½ to 2 inches in diameter, scrubbed and trimmed, leaving about 1-inch of the stems attached)
- ¾ cup water
- 2 cloves garlic, unpeeled
- 1 tbsp olive oil
- 1 tbsp minced fresh cilantro
- 1½ tsp red-wine vinegar, or to taste
- 1 tsp minced white part of scallion
- 5 walnut halves, toasted and chopped (about 2 tsp)

In a 2-quart microwave-safe round glass casserole with a lid, microwave the beets with the water and the garlic, covered, on high power (100%), stirring every 2 minutes, for 6-9 minutes, or until they are tender when pierced with a fork, transferring them to a cutting board as they are cooked and reserving the garlic, and let them cool. Peel the beets, halve them, and slice them ¼-inch thick. Peel the reserved garlic, mash it to a paste with the flat

side of a heavy knife, and in a serving bowl stir it together with the oil, the coriander, the vinegar, the scallion, and salt and pepper to taste. Stir in the sliced beets and sprinkle the mixture with the walnuts.

Roasted Red Onions and Delicata Squash

By Adam Hickman, Cooking Light, October 2013

- 1 tbsp unsalted butter, melted
- 1 tbsp chopped fresh thyme
- 1 tbsp honey
- 2 tsp olive oil
- 3 garlic cloves, sliced
- 2 (12 oz) delicate squashes, halved lengthwise, seeded, and cut into ½-inch slices
- 1 (1 lb) red onion, cut into 12 wedges
- ½ tsp salt, divided
- ½ tsp freshly ground black pepper, divided
- Cooking spray
- 3 tbsp chopped fresh flat-leaf parsley

Place a baking sheet in oven. Preheat oven to 475° (leave pan in oven).

Combine first 5 ingredients in a large bowl, stirring with a whisk. Add squash and onion; toss gently to coat. Sprinkle vegetable mixture with ¼ teaspoon salt and ¼ teaspoon pepper. Carefully remove preheated pan from oven; coat pan with cooking spray. Arrange vegetable mixture in a single layer on pan. Bake at 475° for 20 minutes or until tender, turning once. Sprinkle with remaining ¼ teaspoon salt, remaining ¼ teaspoon pepper, and chopped parsley.

Best Southern Fried Apples

From Divas Can Cook

- 2 large Granny Smith apples
- 4 tablespoons real butter, chopped
- Juice of ½ lemon
- 2 tablespoons white sugar
- 2 tablespoons brown sugar
- 1 teaspoon cinnamon

Peel, core and cut apples into even slices.

Melt butter in skillet over medium heat. Add apples and drizzle them with lemon juice. Let apples simmer until most of butter is absorbed and apples are tender. (Do not overcook. Apples should be firm to the touch, yet tender with a little give to the bite.)

Stir together sugars and sprinkle them over apples. Toss to combine. Lower heat if needed. Let apples cook until sugars are completely dissolved and syrupy. Remove from heat and sprinkle apples with cinnamon. Toss to distribute cinnamon. Plate apples and serve piping hot!

Mariquita Farm's Vegetable Recipes A to Z page:

<http://mariquita.com/recipes/index.html>