



[Carrots](#)

[Chervil](#)

[Bianca Riccia](#)

[Wild Arugula](#)

[Green Onions](#)

[Fennel](#)

[Kale](#)

[Musque de Provence Winter Squash](#)

[Mixed Radishes](#)

[Kohlrabi](#)

[Green Garlic](#)

[Mystery TBD](#)

**\*\*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](#), [Wild Arugula](#), [Radishes & Kohlrabi](#): Store in bags in the fridge. [Chervil](#), [Bianca Riccia](#), [Green Onions](#), [Kale & Green Garlic](#): Remove any ties or rubber bands, and store loosely in bags in the fridge. [Fennel](#): store in a plastic bag in the fridge. If space is a problem, remove the long fronds to store just the fennel bulb. [Winter Squash](#): store in a cool, dry place: nearly anywhere in your kitchen or pantry should work. If the winter squash doesn't have nicks/fresh gashes it should last for months.



Purple Kohlrabi. Photo by Andy Griffin.

### Spicy Carrot Salad

2 lbs carrots  
1 tbsp lemon juice  
1 clove garlic (try the green garlic here, minced)  
¼ tsp cayenne  
1 tsp salt  
¾ cup olive oil  
2 tbsp red wine vinegar  
2 tbsp chopped cilantro

Peel carrots and cut into julienne -- quick work with a Japanese mandolin. Mash the garlic clove with the salt, mix it with the vinegar, lemon juice, and cayenne. Whisk in the olive oil. Taste for seasoning and add more acid, salt or cayenne if needed. Toss with the carrots and cilantro.

### Chicory and Wild Arugula Salad with Honey Vinaigrette, adapted from a recipe by Aida Mollenkamp for Chow.com

Try the Bianca Riccia in place of the endive and/or radicchio in this recipe.

1 med. Belgian endive, coarsely chopped (~1 cup)  
½ small head radicchio, coarsely chopped (~2 cups)  
1½ oz baby arugula (about 1½ cups)  
1½ tsp white wine vinegar  
1 tsp honey  
¼ tsp kosher salt, plus more as needed  
1/8 tsp freshly ground black pepper, plus more as needed  
2 Tbsp grape seed oil  
¼ cup walnuts, toasted and coarsely chopped

Combine the greens in a serving bowl and set aside.

Whisk together the vinegar, honey, and measured salt and pepper in a small, nonreactive bowl. While constantly whisking, add the oil by pouring it in a thin stream down the side of the bowl. Whisk until all the oil is incorporated. Taste and adjust the seasoning as desired.

Pour the vinaigrette over the reserved greens and, using your hands, mix to coat the salad. Taste and adjust the seasoning as desired. Top with the walnuts and serve.

## **Fennel Baked with Parmesan Cheese** **From: Jane Grigson's Vegetable Book**

Jane Grigson's note: "My favorite fennel dish, the best one of all by far. The simple additions of butter and Parmesan - no other cheese will do - show off the fennel flavor perfectly. The point to watch, when the dish is in the oven, is the browning of the cheese. Do not let it go beyond a rich golden-brown." Julia's note: this dish can be halved or made smaller for just two people with one or two large heads of fennel.

6 heads fennel, trimmed, quartered  
butter  
pepper  
3 tablespoons grated Parmesan cheese

Cook the fennel in salted water until it is tender. It is important to get this right: the fennel should not still be crisp, on the other hand it should not be floppy either. Drain it well and arrange in a generously buttered gratin dish. Be generous, too, with the pepper mill. Sprinkle on the cheese. Put into the oven at 400 degrees, until the cheese is golden brown and the fennel is bubbling vigorously in buttery juices.

## **Kale Pesto** **By Catherine McCord of Weelicious**

2 c. packed kale leaves  
½ cup toasted walnuts  
2 Tbsp Parmesan cheese, grated  
1 garlic clove, roughly chopped  
2 Tbsp lemon juice  
½ tsp kosher salt  
¼ cup olive oil

Place all of the ingredients in a food processor and puree until smooth.

Serve on top of your favorite pasta or use as a healthy sandwich spread.

## **New Zealand Pumpkin Soup**

6# Medium Rouge Vif d'etampes pumpkin (try your Musque de Provence Squash!)  
4 medium onions, peeled and chopped  
4 Tablespoons olive oil  
4 cloves of garlic  
4 cups Chicken broth  
2 cups white wine  
Salt and Pepper  
1 cup heavy cream

Optional garnishes: grated nutmeg, chopped crystallized or fresh ginger, croutons, or freshly popped popcorn

Cook Pumpkin in oven: cut in half and remove seeds and string. Bake at 350 until a fork easily pierces the entire squash, about 45 minutes. While the pumpkin is cooling,

lightly brown onions in olive oil. Add garlic and cook until it softens but doesn't brown, about 1-2 minutes. Add coked pumpkin pulp, broth and wine. Add salt and pepper to taste. Cook for 30 minutes or so on medium heat, then use an immersion blender to puree, or use a food processor or blender. (Cool the mixture for safety if you don't have an immersion blender.) Serve hot with 2-3 tablespoons heavy cream in each bowl. Garnish with: nutmeg, ginger, croutons or popcorn. Serves ~10.

## **Stir-Fried Kohlrabi** **From *The Goodness of Potatoes and Root Vegetables* by John Midgley**

3 kohlrabi, peeled  
3 medium carrots  
4 tablespoons peanut or safflower oil  
3 cloves garlic, peeled and thinly sliced  
1 inch piece gingerroot, peeled and thinly sliced  
3 green onions, sliced  
1-2 fresh chili peppers, sliced, optional  
salt  
4 tablespoons oyster sauce (optional)  
3 teaspoons sesame oil & soy sauce, each

Slice kohlrabi and carrots into thin ovals. Heat oil in large heavy skillet; when it begins to smoke, toss in garlic and ginger. Stir once then add kohlrabi and carrots; toss and cook 2 minutes. Add green onions and chilies; stir-fry 1 minute, then pour in ½ cup water. Cover, reduce heat and cook 5 minutes. Remove cover and toss in a little salt and the sesame and soy, and oyster if using. Serve with rice.

## **Roasted Kohlrabi with Crunchy Seeds** **Adapted from *Perfect Vegetables by the Cook's Illustrated Team***

3 medium kohlrabi bulbs, peeled and cut into ¾ inch cubes  
2 Tablespoons olive oil  
2 teaspoons sesame seeds  
1 teaspoon poppy seeds  
½ teaspoon fennel seeds, coarsely chopped  
S & P to taste

Preheat oven to 450 degrees. Toss the kohlrabi, oil, seeds, and S & P together in a large bowl until combined. In a single layer spread the mixture onto a rimmed baking sheet. Roast (with rack in middle position), shaking pan occasionally, until the kohlrabi is browned and tender, about 30 minutes. Transfer to a bowl and adjust seasonings to taste, serve immediately.

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