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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: Lettuce, Carrots, Cauliflower, Cabbage & Radishes: Store in bags in the fridge. Wild Arugula, Chard, Mizuna, Green Garlic & Scallions: Remove any ties or rubber bands, and store loosely in bags in the fridge. Kohlrabi: Separate globes from stems, and store globes and greens in separate bags. Use the greens as you would any cooking green, best within 1-2 days. Globes will keep longer but are sweetest when fresh. Ginger: Put in a freezer bag sealed with the air pushed out, and then store in your crisper drawer in the fridge.



Rainbow Carrots. Photo by Andy Griffin.

Cauliflower Pullao from Chef Jonathan Miller

1½ c basmati rice
2¾ c water
2 tsp cumin seeds
½ tsp pepper, freshly ground
peanut oil, or grapeseed oil, or ghee
1 onion, halved and thinly sliced
3 c cauliflower florets and small stems
¼ head cabbage, shredded
¼ tsp red pepper flakes
1 t garam masala
cilantro

Wash the rice in 3-4 changes of water, then soak in the 2¾ c water for 30 minutes. Heat a tablespoon of oil or ghee in a saucepan and add the cumin and pepper. Sauté for a few seconds and add the rice and its soaking water. Bring to a boil, then lower the heat as low as possible, cover, and steam for 15 minutes. Leave the lid on the entire time. Remove from heat, keep covered for another 5 minutes, then allow to cool a bit.

Sauté the onion in a large skillet in a couple tablespoons of oil until golden, 5-7 minutes over high heat.

Add the cauliflower, cabbage, chili flakes, some salt and pepper, and half the garam masala. Sauté for a couple minutes, then cover the pan, reduce the heat and continue to cook over low heat until the cauliflower is just crisp-tender, maybe 3-5 minutes. Add the rice and some cilantro, mixing carefully. Serve with the remaining garam masala.

Carrot Scallion Fritters *Gourmet, November 1990*

¾ cup coarsely grated carrot
½ cup thinly sliced scallion
1 large egg, beaten lightly
1/3 cup fine dry bread crumbs
vegetable oil for deep-frying

In a bowl combine well the carrot, the scallion, the egg, the breadcrumbs, and salt and pepper to taste. In a large skillet heat 1 inch of the oil until it registers 375F. on a deep-fat thermometer, in batches drop the carrot mixture into the oil by tablespoons, and fry the fritters for 1½ to 2 minutes, or until they are golden. Transfer the fritters to paper towels and let them drain. Serve the fritters as hors d'oeuvres or as a side dish.

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

Kohlrabi -- A favorite way to eat truly fresh kohlrabi is to peel (like a potato) the kohlrabi, slice it like you would jicama or carrots for a dip tray, and then eat the raw pieces plain or with lemon juice. The kohlrabi is fresh so it's sweet, and has none of that strong cabbage smell old brassicas can have.

Cooking tips:

Kohlrabi doesn't have to be peeled after cooking.

Grate fresh kohlrabi into salads, or make a non-traditional coleslaw with grated kohlrabi and radish, chopped parsley, green onion, and dressing of your choice.

Steam kohlrabi whole, 25-30 minutes, or thinly sliced, 5-10 minutes. Dress slices simply with oil, lemon juice and a fresh herb, or dip in flour and briefly fry.

Sauté grated kohlrabi in butter, add herbs or curry.

Add sliced or cubed kohlrabi to heart soups, stews or a mixed vegetable stir-fry.

Chill and marinate cooked for a summer salad. Add fresh herbs.

Kohlrabi leaves can be used like other greens. Store the leaves and bulbs separately. The globe will last for a few weeks in plastic in the fridge.

Mizuna Salad with Kohlrabi and Pomegranate Seeds

Adapted from Martha Stewart Living

2 large celery stalks
1 medium kohlrabi bulb (8 ounces), trimmed and peeled
1 small pomegranate
3½ cups mizuna (3 ounces) or other tender, bitter salad greens such as arugula or dandelion
2 tablespoons champagne vinegar
1/8 teaspoon coarse salt
1/8 teaspoon freshly ground pepper
1/8 teaspoon sugar
½ teaspoon Dijon mustard
3 tablespoons extra-virgin olive oil

Using a mandoline or a sharp knife, thinly slice the celery and kohlrabi. Cut kohlrabi slices into ¼-inch-wide strips.

Halve pomegranate; remove enough seeds to yield ½ cup (reserve remainder for another use). Add seeds, celery, kohlrabi, and mizuna to a serving bowl.

Whisk together vinegar, salt, pepper, sugar, and mustard. Whisking constantly, add oil in a slow, steady stream; whisk until emulsified. Toss with salad.

Easy Daikon Salad

By Sarah Walker Caron

2 cups julienne cut daikon radish
1 tsp kosher salt
1 tbsp seasoned rice vinegar
2 tsp granulated sugar
1 tsp sweet rice wine mirin
Optional: crushed peanuts

Place the daikon in a colander/mesh strainer over a bowl or the sink and sprinkle with salt. Mix well. Let sit for 30 minutes. Squeeze out excess water and rinse well with cold water. Drain.

In a small saucepan, combine the seasoned rice vinegar, sugar and rice wine. Cook over medium heat, stirring constantly, until the sugar dissolves (this will only take a few minutes).

Transfer the daikon to an airtight container and pour the rice vinegar mixture over. Shake or stir well to combine. Chill for 20 minutes before serving.

This can store for up to a few days in the fridge, if it lasts that long. If desired, serve topped with crushed peanuts.

Colcannon

Adapted from Sundays At Moosewood Restaurant

2-2½ pounds potatoes
2½ cups chopped cabbage
2 leeks, washed and chopped
2½ cups coarsely chopped broccoli (try the kohlrabi here!)
6 T butter
¼ t mace
salt and pepper to taste
¾ cup milk
1½ cups grated cheddar cheese

Peel the potatoes, cut them into chunks, and boil them in salted water for 15 minutes. Meanwhile, steam the cabbage, leeks, and broccoli. Melt 2T of the butter and stir in the mace. Mix the seasoned butter and salt and pepper to taste into the steamed vegetables. Drain the potatoes and mash with 2T butter, milk and salt and pepper to taste. Stir in the seasoned veggies and mix evenly. Spread in an oiled 13X9-inch baking pan. Melt the remaining 2T butter and drizzle it over the potato mixture. Sprinkle the top with the grated cheese. Place under the broiler for 3-4 minutes or until the cheese is browned and bubbly. Serves 6.

Vegan Carrot and Coriander Soup with Ginger

Adapted from *the Spruce*

1 tbsp cooking oil
1 onion, chopped
1 ½ pounds carrots, peeled and diced
1 tsp fresh ginger, minced or grated
2 tsp coriander seeds
4 cups vegetable broth
salt & pepper to taste

In a large soup or stockpot, cook the chopped onions in the cooking oil just until soft, about 3 to 5 minutes. Add in the diced carrots, fresh ginger and the coriander seeds and allow to cook, stirring frequently, for a few more minutes.

Next, add the vegetable broth to the both and bring to a low simmer. Cover the pot with a lid and allow to cook for at least 25 minutes, or until the carrots are very soft and tender.

Carefully transfer the soup to a blender or a food processor and puree until smooth or almost smooth, depending on how you like your soup, and working in batches if needed.

Add a dash of salt and pepper (sea salt or kosher salt and fresh ground black pepper is always best) and serve your soup hot, re-heating if necessary.