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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:** Artichokes, Peas, Lettuce & Turnips: Store in bags in the fridge. Potatoes: These are new potatoes – not cured. Store in a plastic bag in the fridge and use within the first few days. Spring Onions, Garlic Chives, Wild Arugula, & Mustard: Remove any ties or rubber bands, and store loosely in bags in the fridge. Carrots: Remove and compost the greens – carrots stay crisper longer without the greens attached. Store roots in a bag in the fridge.



Curly Green Mustard. Photo by Andy Griffin.

**Andy's Recipe for Purple Sicilian Artichokes**



1. Peel off outer bracts to expose tender heart.
2. Cut top off along tender line where the yellowish tender leaves meet the more highly colored tougher leaves.
3. Peel the acrid hide off the stem leaving the tender core
4. Cut hearts in halves or quarters
5. Put in baking pan and dress with fresh squeezed lemon juice, a little salt, and olive oil
6. Bake at 350, stir once or twice to cover all the hearts with the juice and oil
7. When they're tender- voila!

**Artichokes Provençal**

Adapted from *The Vegetable Market Cookbook*  
by Robert Budwig

- 6 baby artichokes, purple or green, or hearts of 6 larger globe artichokes
- juice of 1 lemon
- 2 teaspoons olive oil
- 1 medium sized onion, finely chopped, OR 2 large leeks, OR 3 stalks green garlic, or 4 green onions, etc. all finely chopped
- sprig of fresh thyme or 1 tsp dried thyme
- 2 bay leaves
- salt and pepper
- 1 cup white wine, preferably a dry white wine

Cut the leaf tips off the baby artichokes and trim off the rough outer leaves. Cut each artichoke in half and remove the choke if necessary. Immediately drop artichokes into a bowl of water to which you've added lemon juice to avoid the artichokes turning dark colored.

Heat the oil in a large frying pan over a low heat. Add the onion, drained artichokes, herbs, S & P and wine. Cook, covered, for 45 minutes, or until tender, stirring from time to time. Serve warm or at room temperature.

**New Potato Salad with Sautéed Onion Vinaigrette**  
**Adapted from a recipe from *Bon Appetit***

2¼ pounds small thin-skinned potatoes  
1½ tablespoons dry white wine  
3 teaspoons olive oil  
2 cups chopped onions  
3 tablespoons balsamic vinegar  
2 tablespoons Dijon mustard  
1 teaspoon sugar  
8 radishes, trimmed, thinly sliced  
4 green onions, thinly sliced  
¼ cup chopped fresh parsley

Cook potatoes in large pot of boiling salted water until tender when pierced with fork, about 15 minutes. Drain. Cool potatoes until lukewarm. Cut potatoes in half. Place in large bowl. Sprinkle wine over potatoes.

Heat 2 teaspoons oil in large nonstick skillet over medium heat. Add onions and sauté until tender, about 5 minutes. Add vinegar, mustard and sugar to skillet and stir to blend. Pour over potatoes and toss to coat. Add radishes, green onions, parsley and remaining 1 teaspoon olive oil and toss to blend. Season salad to taste with salt and pepper. Mound salad on platter and serve.

**Butter-Braised Spring Onions with Chives**  
**From *Bon Appetit*, May 2013**

8 spring onions (about 1 pound), root ends trimmed  
4 tablespoons unsalted butter, divided  
Kosher salt  
¼ cup chopped fresh chives

Lay onions in a large skillet, trimming top of dark greens to fit. Add 2 tablespoons butter and ½ cup water to skillet; season with salt. Bring to a boil; cover. Reduce heat and simmer onions until greens are soft and bulbs are almost tender, 15-20 minutes. Uncover and cook, turning onions occasionally, until bulbs are completely tender, 5-8 minutes longer.

Transfer onions to a plate. Simmer cooking liquid in skillet until reduced to 2 tablespoons, about 1 minute. Remove from heat and whisk in remaining 2 tablespoons butter. Return onions to skillet and turn to coat with sauce. Top with chives.

**Wild Arugula and Parmesan Salad from *AllRecipes***

10 oz wild arugula  
¼ cup roughly chopped cilantro  
1 tsp fresh lemon juice  
1 tsp olive oil  
1 tsp balsamic vinegar  
1 tsp red pepper flakes  
1 pinch ground black pepper  
¼ cup shaved Parmesan cheese

Toss arugula and cilantro together in a large salad bowl. Drizzle arugula mixture with lemon juice, olive oil, and balsamic vinegar. Sprinkle with red pepper flakes and black pepper; toss salad again. If desired, add more lemon juice, olive oil, balsamic vinegar, red pepper flakes, and black pepper to taste. Sprinkle salad with Parmesan cheese shavings and toss again to serve.

**Simple Sautéed Mustard Greens**  
**By Sunny Anderson from the Food Network**

2 tablespoons vegetable oil  
2 cloves garlic, minced  
2 bunches mustard greens, stemmed and chopped  
Kosher salt and freshly ground black pepper  
¼ cup chicken stock  
1 tablespoon stone-ground mustard

In a large pan with straight sides on medium heat add the oil. Add the garlic to the hot oil. Sauté until garlic is softened and fragrant and has infused the oil.

Add the mustard greens. Season the greens with salt, and pepper, and sauté while tossing to wilt. Once wilted add the chicken stock and stir. Raise heat to a simmer, then lower and cook for about 5 minutes more. Stir in the ground mustard. Serve warm.

**Turnip Potato Puree**

4 medium turnips, trimmed, peeled and halved (I might not peel them...)  
4 medium potatoes or equivalent of smaller or larger ones, peeled and cut into large pieces  
3 Tablespoons butter  
Salt & Pepper to taste  
Chives for garnish (optional)

Boil turnips and potatoes until soft, 35-40 minutes. (Perhaps less, depends on size of pieces: test with a fork). Drain, return to the same pot, and cook, stirring, until moisture evaporates (2-4 minutes). Stir in butter and S & P to taste. Garnish with chopped chives, if available.

**Turnip, Carrot and Split Pea Soup**

¾ c Dried split peas  
2 tb olive oil or butter  
1 Onion, chopped  
1 c Carrots, chopped  
1 c Turnip, chopped  
Turnip Greens, cleaned and chopped, optional  
2 c Vegetable stock  
2 bay leaves  
Salt & pepper to taste  
splash of vinegar

Wash peas and soak them overnight in cold water, or in hot water for one hour. Drain them and set aside. Heat the oil or butter in a saucepan and sauté the onion until light brown. Add the carrots and turnip and continue cooking 5 minutes. Add the peas, bay leaf, and veg stock, and stir well. Cover the pan, bring to a boil, and simmer 1 - 1½ hours until the peas are really tender. Stir occasionally, and add water if necessary. Season to taste. Stir in turnip greens 1-2 minutes before removing from heat. Serve with a splash of vinegar.

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