



This is a sample  
of our winter csa  
box newsletters

Sample PDF for Winter  
CSA Boxes from Mariquita

This is an example of our winter CSA "mystery box" newsletter. It's only a sample; we sent this box and newsletter out just before Thanksgiving. We don't include paper copies of these newsletters with our winter boxes. There's too much chance they'll just get wet. Instead, for your convenience we post the newsletters [on this page](#). Please bookmark [it](#) and check back the morning of delivery. Email me if you have any further questions. Thank you. -julia

[Orange Cauliflower](#)

[White Carrots](#) (flavorful for cooking)

[Orange Carrots](#) (sweet for eating)

[Chard](#)

[Sweet Potatoes](#)

[Cilantro](#)

[Parsley Root](#)

[Onions 'green tailed'](#)

[Chioggia Beets](#)

[Fennel](#)

[Watermelon Radishes](#)

[Escarole](#)

**Disclaimer to the above vegetable list:** The list above is approximate. There may be differences in your box. Please be patient and adventurous with your veggies. Thank you!

**Fridge Management:** *Everything* into the fridge except tomatoes and winter squash. Top the carrots... toss the greens of the carrots. Top the turnips and then cook them within a day or two. You can cook them alone or with the rapini and or chard. They're all [cooking greens!](#)

[How to store sweet potatoes](#)

**CARROTS:** The Orange ones are great for both cooking and 'sticks' as any orange carrot. The white ones are specifically for cooking: roasting, soup, etc. They are full of flavor for cooking but not sweet for raw munching.

[Recipes A-Z on our website](#)

[Chicken & Parsley Root Salad from Saveur](#)

**Parsley Root:** From [chow.com](#)  
Serving Suggestions: Cook 1 part parsley roots to 3

parts potatoes and mash together. Add parsley root to hearty soups or stews. Make a shredded parsley root and celery root salad.

Flavor Affinities: Barley, beets, cabbage, chicken soup, horseradish, oxtail, root vegetables, shallots, sweet potatoes, thyme.

[14 chard recipes from Heidi at 101 Cookbooks](#)



**Orange Cauliflower**

I've seen parsley root and sweet potato mashed together, yummy!

### CREAMY FENNEL SOUP

from: [recipeland.com](#)

2 cups stock (chicken, beef, vegetable....)  
1 Fennel bulb, about 1 pound  
1 Sliver garlic  
2 Tablespoons Chopped onions  
1 Tablespoon Lemon juice (or more to-taste)  
1 teaspoon Lemon zest, chopped  
1/2 teaspoon Dried dillweed (or 1 1/2 -t fresh)  
1 teaspoon Ground coriander  
1 quart Nonfat yogurt

Clean and slice the fennel bulb, reserving any greens for garnish. Cook the fennel in the stock with the garlic and shallots until soft. Puree in a blender with the lemon juice and zest, and the spices.

Strain the puree if you wish a smoother texture. Combine well with the yogurt and chill. Serve garnished with chopped fennel greens or chopped cilantro.

### **FENNEL STUFFED WITH CREAM CHEESE AND KALAMATA OLIVES**

1 large fennel bulb (about 1 pound)  
3-ounce package cream cheese, softened  
1/3 cup drained Kalamata olives, pitted and chopped

Trim fennel stalks flush with bulb, reserving fronds, and cut outer 2 layers loose at base, removing them carefully and reserving rest of bulb for another use. Chop reserved fronds. In a small bowl cream together cream cheese, olives, and chopped fronds. Spread inside of larger fennel layer with cream cheese mixture and press back of other layer onto filling firmly. Chill fennel, wrapped tightly in plastic wrap, at least 1 hour or up to overnight. Unwrap fennel and cut crosswise into 1/3-inch-thick slices. Cut slices crosswise into 1 1/2-inch-wide sections.

### **CARROT, CAULIFLOWER & BEET SALAD WITH ORANGE-ANISE DRESSING**

1 cup plus 2 tablespoons olive oil  
6 tablespoons white wine vinegar  
3 tablespoons frozen orange juice concentrate, thawed  
2 tablespoons aniseed  
1 tablespoon (packed) grated orange peel  
1 tablespoon honey  
1 large cauliflower (about 2 1/2 pounds), separated into large florets  
4 large carrots (about 1 1/2 pounds), peeled, cut on diagonal into 1/4-inch-thick slices  
5 medium beets, peeled, each cut into 6 wedges, beet greens reserved

Warm pita breads

Blend first 4 ingredients in blender until aniseed is finely chopped, about 1 minute. Strain dressing into medium bowl, pressing hard on seeds in strainer; discard seeds. Whisk in orange peel and honey. Season with salt and pepper.

Steam cauliflower until crisp-tender, about 6 minutes. Transfer to medium bowl. Steam carrots

until tender but still bright in color, about 8 minutes. Transfer to another bowl. Steam beets until tender, adding more water to pot if needed, about 15 minutes. Transfer to another bowl. Cool all vegetables completely.

Mix 1/2 cup dressing into cauliflower. Mix 1/4 cup dressing into beets. (Dressing and marinated vegetables can be made ahead. Cover separately and chill up to 1 day. Bring to room temperature before continuing.)

Rinse and dry beet greens. Arrange on platter as base for salad. Drain dressing from vegetables. Overlap carrots around edge of platter. Arrange cauliflower in ring within carrots. Mound beets in center. Drizzle with some of remaining dressing. Serve salad with pita breads and any remaining dressing. Serves 8. Bon Appétit

### **Carrot Coconut Soup**

adapted from *Slow Good Super Slow Cooker Cookbook* julia's note: this could easily be 'adapted' regular stove top preparation

2 teaspoons cooking oil  
2 sliced red onions (or leeks)  
2 Tablespoons minced peeled fresh ginger  
1 teaspoon ground coriander  
1 bunch carrots, chopped  
at least 6 fresh cilantro sprigs  
salt and pepper to taste  
6 cups broth (vegetable or chicken)  
1 can light or regular coconut milk  
chopped fresh cilantro for garnish

Heat the oil in a large skillet (use a bit more if it's \*not\* a nonstick skillet) over medium heat. Add the onions and ginger; cook, stirring occasionally, until the onions are softened, about 5 minutes. Add the coriander and cook, stirring constantly, until fragrant, about 30 seconds.

Transfer the onion mixture to a 5- or 6- quart slow cooker. Add the carrots, cilantro sprigs, S & P. Pour the broth over the vegetables. Cover and cook until the vegetables are fork-tender, 4-5 hours on high or 8-10 hours on low. Discard the cilantro sprigs.

Puree the soup (I use an immersible blender, fewer things to wash that way...). Return soup to slow cooker if you used a food processor; whisk in coconut milk. Cover and cook on low until heated through, about 30 minutes.

garnish each serving with chopped cilantro.