



Round Parisian [Carrots](#)
Baby [Carrots](#)
[Green Onions](#)
[Green Garlic](#)
[Cilantro](#)
Mixed Color [Daikon](#) Radishes
Lemongrass
Butternut [Squash](#)
[Cabbage](#)
Red [Beets](#)
[Mustard Greens](#)

****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: Parisian & Baby Carrots: separate roots from greens – carrots keep crisper without their greens attached. Compost the greens and store carrots in a bag in the fridge. Green Onions, Green Garlic, Cilantro & Lemon Grass: Remove ties and store loosely in a bag in the fridge. Daikon Radishes, Cabbage & Mustard Greens: Store in bags in your crisper in the fridge. Butternut Squash: Store in a cool dry spot on your counter. Refrigerate after cutting. Beets: Separate roots from greens, and store green and roots in separate bags in the fridge. Use greens as a cooking green.



Lemon Grass. Photo by Andy Griffin.

Cilantro Carrots with Cumin
Bon Appetit, October 1995

2 lbs carrots, 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.)

Lemongrass Ginger Iced Tea
By Miri Rotkowitz from thespruceeats.com

½ cup sugar
½ cup, plus 4 cups, plus 3 cups water
1 large stalk lemongrass (dry tops and tough outer leaves removed, stalk cut into small rounds, about ¼ cup)
1-inch x 2-inch knob of ginger (peeled and chopped, about 2 tablespoons)
4 mild black tea bags, such as Darjeeling or Assam
Garnish: serve over ice

In a small saucepan, combine the sugar, ½ cup water, lemongrass, and ginger. Bring to a boil over medium-high heat, stirring to dissolve the sugar.

Reduce heat to low and simmer for 2 minutes. Remove from the heat and allow the lemongrass and ginger to steep in the sugar syrup for at least half an hour. For more pronounced flavor, place in the refrigerator and allow to steep several hours or overnight.

Bring 4 cups of water to a boil. Add the tea bags, turn off the heat, and allow the tea to steep for 5 minutes. Squeeze out the tea bags and discard. Pour the brewed tea into a heat-proof pitcher.

Strain the lemongrass ginger syrup through a small sieve, pressing on the solids to extract as much flavor as possible. Discard the solids, and then add the syrup to the pitcher of tea. Add three cups of cold water to the tea, and stir well. Chill the tea, and serve over ice. Serves 6 to 8.

Green Garlic Pesto

8 stalks green garlic, blanched for 10 seconds in boiling water if you want to remove the sharp edge of the raw garlic taste

¼ cup (or less) extra virgin olive oil

2 tablespoons toasted pine nuts (or walnuts or almonds)

pinch salt

1-2 pinches black pepper

½-inch chunk of parmesan, cut up into a few pieces

Whirl the nuts and parmesan pieces in the work bowl of a food processor for a few pulses. Cut the green garlic shoots into 1-2 inch lengths. Drop in the garlic pieces through the feed tube as the food processor is running.

Add the olive oil while it's running. When it's all chopped up and ready to spread on toast or mix into sour cream or... you're done!

Noodle Bowl with Vegetables from [Chef Jonathan](#)

1 piece kombu

3 lemongrass stalks, smashed and chopped

1 spicy chile, halved

1 onion, halved and thinly sliced

2 inches ginger, peeled and sliced

2 T sake

2 T mirin

2 T soy sauce

grapeseed oil

1-2 daikon, peeled and julienned

2 carrots, julienned

½ head napa cabbage, shredded

6 shiitake mushrooms, stems cut off and thinly sliced

1 red onion, thinly sliced

1 c mung bean sprouts

soy sauce

toasted sesame oil

3 oz somen noodles

scallions

cilantro

sesame seeds

In a saucepan, add 4 cups of cold water, then add the kombu, lemongrass, chile, onion, ginger, sake, mirin, and 2 T of soy sauce. Bring to a boil, then simmer, uncovered, for 15 minutes. Strain, return to the saucepan and reduce to 2 cups. Taste to make sure you like it.

Heat a pot of water to boiling.

In a very large skillet or wok, heat some grapeseed or peanut oil and add the daikon, carrots, napa cabbage, mushrooms, onion, and bean sprouts. Stir fry until everything has wilted and softened, then toss in a little salt and a tablespoon each of soy sauce and toasted sesame oil. Warm through, remove from heat, and taste for seasoning. Adjust if necessary.

Drop the somen into the boiling water and boil for exactly 2 minutes. Drain, rinse with cold water, and divide the noodles between 4 large bowls.

Top the noodles with the vegetables, then ladle in the hot broth. Finish with chopped scallions, cilantro, and some sesame seeds. You can also pass spicy chili oil around with these at the table for those eaters who want a little kick.

Boiled Beets & Wilted Beet Greens with Garlic & Lemon

Pasta e Verdura by Jack Bishop

4 medium beets with their leafy greens

1 tsp salt, plus some to taste

¼ cup olive oil

4 cloves garlic

1 ½ tsp fresh lemon juice

1 lb pasta (best choice: fusilli or other short, curly shape)

Bring 4 quarts of salted water to a boil in a large pot for cooking the pasta.

Slice the beet stems where the leaves begin and set the leaves aside. Trim all but the last inch of the stems from the beets themselves. Trim any dangling roots and wash the beets to remove any dirt. The trimmed beets should weigh about 1 pound.

Place the beets in a medium saucepan and cover with water. Bring the water to a boil and add salt to taste. Simmer until the beets are tender enough so that a metal skewer slides easily through them, about 25 minutes. Drain the beets and cool them slightly. Use paper towels to hold the beets and rub gently to slip off their skins. Trim and discard the remaining portion of the stem. Cut the peeled beets into ¼-inch cubes and set them aside.

While the beets are cooking, clean the beet greens well. Shake the leaves to remove excess moisture but do not dry them. Slice the damp leaves crosswise into ½-inch wide strips and set them aside. There should be about 5 cups of shredded beet greens.

Heat the oil in a large sauté pan with a cover. Add the garlic and sauté over medium heat until golden, about 2 minutes. Add the beet greens and 1-teaspoon salt. Stir several times to coat the leaves with the oil. Cover and cook, stirring several more times, until the beet greens have wilted, about 5 minutes.

Stir in the cubed beets and the lemon juice and cook until heated through, about 1 minute. Taste for salt and adjust seasonings if necessary.

While preparing the sauce, cook and drain the pasta. Toss the hot pasta with the beet sauce. Mix well and transfer portions to warm pasta bowls. Serve immediately.