



[Daikon](#)

Baby White “Tokyo” [Turnips](#)

[Mei Quin Choy](#)

Green [Kohlrabi](#)

[Leeks](#)

[Spigariello](#)

Rainbow [Chard](#)

[Brussels Sprouts](#)

Mixed Loose [Carrots](#)

Mutsu [Apples](#)

Disclaimer to the above vegetable list: The list above is approximate. There may be differences in your box. We ask for patience and a sense of adventure with these boxes. Thank you!

Storage: Daikon & Carrots: store in a bag in the fridge.

Turnips: Remove and store greens separately. Use as a cooking green within 1-2 days. Store roots in a bag in the fridge. **Mei**

Quin Choy and Chard: Store in a plastic bag in your crisper drawer in the fridge. **Kohlrabi:** Store in a bag in the fridge.

Leeks: They can spread their special fresh oniony smell around, so keep in plastic bag in the fridge. Don't trim or wash before storing, it makes them break down faster. If space is at a premium, chop off the dark green stem part before storing.

Spigariello: Remove any twisty ties/rubber bands and give a nice drink. Store in a plastic bag. No coldest drawer. If the greens are larger than the bag you have, then trim the stems if you can to fit it in the bag. Keeps about a week. **Brussels**

Sprouts: remove from stalk and keep in bag in fridge. Use within 1-2 days for best sweet fresh taste, will keep for several more days. **Apples:** store in a plastic bag in the fridge.



Photo of Mei Quin Choy by Andy Griffin.



Photo of Kohlrabi by Andy Griffin

Noodle Bowl or Stir Fry (Chef Jonathan Miller)

This recipe is a straight noodle bowl, but you can make it a stir fry instead if you like. Just omit the broth and finish the veggie sauté with a little soy sauce, toasted sesame oil, and your favorite spicy oil. Think about using the kohlrabi bulb here, thickly peeled and julienned. It would be good, too.

- 4 lemongrass stalks, halved and smashed
- 1 yellow onion, halved and sliced
- 2 dry red chiles
- 2 inches ginger, sliced
- 1 strip kombu
- 2 T sake
- 2 T mirin
- 2 T soy sauce
- 2 carrots, julienned
- 1 red onion, halved and very thinly sliced
- 1-2 daikon, peeled and julienned
- 4 heads mei quin choy, julienned
- 1 handful mung bean sprouts
- 6 shiitake mushrooms, stems discarded, caps thinly sliced
- sesame seeds
- cilantro
- 4 fish filets (use a white fleshed fish)
- 8 oz somen noodles

Make the broth: put the lemongrass, yellow onion, chiles, ginger, kombu, sake, mirin, and soy sauce in a saucepan with 1 quart of cold water. Simmer 10 minutes. Strain and press hard on the solids. Return the broth to a saucepan and simmer another 5 minutes, to reduce it slightly. Add some salt and taste to make sure you like it.

Heat a large skillet or wok and stir fry the carrots, red onion, daikon, choy, sprouts, and mushrooms in some grapeseed oil until just tender. Add some salt and taste to make sure you like it. Boil your somen in boiling water for 2 minutes. Strain and rinse under cold water. Season your fish and roast it in the oven until just barely cooked.

Put a little bit of noodles in each of 4 bowls. Divide the veggies between the 4 bowls. Pour some hot broth over the veggies and noodles. Top each bowl with a small fish filet and finish with some cilantro leaves, sesame seeds and pass some chili oil around. Serve right away.

Braised Baby Turnips and Carrots (From Alice Waters' *Chez Panisse Vegetables*)

A very simple stewing is all that is wanted for very tiny and delicate turnips and [carrots](#). Wash and trim the vegetables. Both should be tender enough to make peeling unnecessary. Trim off the carrot tops but leave a half inch or so of the stalks. Leave the tender turnip greens attached, trimming off only the leaves that are wilted or damaged. Put the young roots in a saucepan with a little butter and water, and stew gently, covered, until softened but not overcooked. Season with salt and pepper and serve. This is especially nice if you have a variety of carrots of different shapes and colors.

Kohlrabi and Pistachio Salad (Chef Jonathan Miller)

Kohlrabi is another great veggie like beets, in that you get 2 for 1. Both the bulb and the leaves are delicious, so I use them in this recipe. Be sure to thickly peel your kohlrabi bulbs, as they have some very fibrous strings that can be less than pleasant in your mouth.

1 bunch kohlrabi
2 limes
olive oil
5 garlic cloves, peeled and sliced
1/3 c shelled pistachios, toasted

Separate the leaves from the bulbs of the kohlrabi. Thickly peel the kohlrabi bulbs and then julienne them. Zest one of the limes and juice both. Combine the juice and zest with the julienned kohlrabi. Add a couple tablespoons of olive oil and a hit of salt. Taste to make sure you like it and set it aside.

Finely chop the leaves and sauté gently in some oil with the garlic cloves until just wilted. Once wilted, raise the heat and add a little salt, sauteing until tender. Remove from heat and allow to cool to room temperature. Toss the cooked leaves, the pistachios, and the kohlrabi together. Taste to make sure you like it and serve at room temperature.

Lemony Brussels Sprouts

1.5 pounds Brussels sprouts, halved
1 teaspoon Grated lemon rind
2 Tablespoons Fresh lemon juice
Salt to Taste
Coarsely ground pepper to taste

Slash the bottom of each Brussels sprout with a shallow X; steam Brussels sprouts, covered, for 6 minutes or until tender. Drain.

Combine Brussels sprouts and next 3 ingredients in a bowl; toss well to coat. Sprinkle with pepper. Serves 4

Greens Tacos (Julia)

This recipe is one of my favorite breakfast recipes, but of course it would work at any time of day. Please note the amounts given are approximate, I don't measure anything when I make these. You could use more or less of any one of these ingredients. Serves 2-3

3/4 pounds greens, cleaned well and sliced into approximate 1 inch pieces
2 teaspoons cooking oil
2 chopped garlic cloves, or another alium family, whatever you have on hand (onion, green onion, green garlic, leek.....)
Pinch red pepper flakes or cayenne
2 Tablespoons cream cheese
4-6 small corn tortillas or 2-3 larger flour ones

Heat the oil and add the garlic, having the greens ready to go, and cook garlic for about 30 seconds. Then add greens and cook until bright green and wilted, add red pepper (and salt and black pepper if you like). Take off heat and stir in cream cheese. Heat tortillas, divide filling among them. Eat and enjoy.

Mei Quin Choy with Red Curry Sauce (from Jane Spice, her [original blog posting](#))

Some say the taste of mei quin choy is a cross between a cabbage and lettuce, but is much more delicate, and is best steamed or cooked as its bitter if eaten raw. This recipe combines two cultures Asian and Indian, to create a very unique dish. Despite the delicacy of bok choy, the red curry flavor doesn't overpower the dish, it's a great partnership of flavors. The roasted peanuts add a delightful crunch with every bite. Serves 4.

1 teaspoon vegetable or peanut oil
1 teaspoon red curry paste
¼ cup coconut milk
1 teaspoon brown sugar
1 ½ teaspoons fish sauce
½ lime, juiced
2 bunches [mei quin choy](#) or baby bok choy, trimmed
2 tablespoons roasted peanuts, chopped

Heat oil in a wok over medium-high heat. Add curry paste. Stir-fry for 30 seconds or until aromatic. Slowly pour in coconut milk, stirring constantly. Bring to the boil. Reduce heat to medium and simmer for 3 minutes. Add sugar, fish sauce and 2 teaspoons lime juice. Stir to combine.

Wash and drain bok choy. Cut bok choy into quarters lengthways (if small, cut in half). Line base of a steamer basket with baking paper. Place bok choy in basket. Steam, covered, over boiling water (do not allow steamer base to touch water) for 2 to 3 minutes or until thickest part of stems are tender (see shortcut). Transfer to a plate.

Pour curry sauce over bok choy and sprinkle with peanuts. Serve.

Shortcut: Place washed bok choy, with water clinging, in a plastic bag. Twist top to seal. Microwave on HIGH (100%) for 2 to 3 minutes or until tender. Drain.

Note on Spigariello from Julia: Spigariello is a hearty Italian cooking green that mostly reminds me of lacinato kale. The chefs we sell to in SF love it. For cooking you can use it nearly interchangeably with kale in recipes, in my opinion. It is a member of the brassica family.

Here's a nice preparation for spigariello from Local Roots Farm:

Cut the stemmy parts into small bits, reserving the leaves. Put the stems in a pan with some olive oil, crushed garlic, and maybe a little water. Cook until softened, turning up the heat a little if you want a little browning. When the stems have slightly softened, roughly chop the leaves and add them to the pan. Cook until done to your liking. In Italy, they might then toss the spigariello with sausage and some red chili flakes and perhaps then add it all to pasta.

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