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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: Cherry Tomatoes: store in a cool spot on your counter. Do not refrigerate and do not wash until ready to eat. **Potatoes:** store in a bag in your fridge. **Onions:** these are not cured so should be stored in a bag in your fridge. **Kale:** Remove any twisty ties/rubber bands and store in a plastic bag in the fridge. **Carrots:** top the carrots and store the roots in a bag in the fridge. Good keepers. **Mustard:** store in a plastic bag in the fridge, well-covered so that they don't dry out. **Turnips:** Remove the greens from the turnips: Eat the greens within 1-2 days. Store both in a plastic bag in the fridge: they can be stored in the same bag. Separating the root from the leaves helps store the root better and longer. **Broccoli di Cicco:** store in a bag in your fridge. **Pickling Melons:** store in a bag in your fridge. Treat them just like cucumbers!



Photo of Baby White Turnips by Andy Griffin.

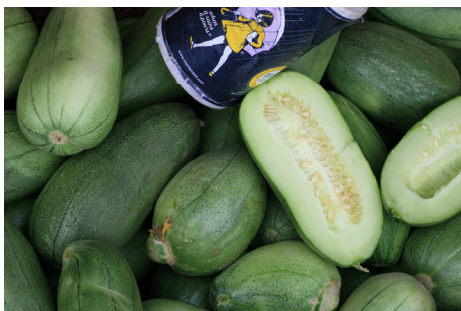


Photo of Japanese Pickling Melons by Andy Griffin.

Mixed Summertime Grill (Chef Jonathan Miller)

The onions are fresh dug bianco di maggio onions - white and sweet. They are a special treat - lovely raw when sliced thinly and tossed with cucumbers, cherry tomatoes, feta, oregano, olive oil, vinegar. I tossed them on some mesquite for a smoky summer mixed plate.

- 1 lb potatoes, whole
- 4 ears corn, shucked
- 1 bunch bianco di maggio onions
- 1 bunch carrots, topped and cut in half lengthwise
- 1 lb summer squash, halved
- 1 pint cherry tomatoes, halved
- large handful fresh herbs – such as thyme and oregano
- 1 flank steak
- parsley or basil, chopped

Light a fire, or get some mesquite charcoal going until you have coals that are hot but not still emitting flames. Put your hand at the level of the grill. You shouldn't be able to hold it there for more than a second and a half or so. If you still have flames, wait a bit longer. You want an even, hot bed of coals.

While your fire gets going put your potatoes in a pot of cold, salted water and bring to a simmer. Boil for 5 minutes and drain. I leave the skins on because I'm lazy, but you could peel them off if you like. The potatoes should not be fully cooked.

When your coals are ready, put the corn and potatoes around the outer edges of the grill, so they are getting indirect heat. Put your bianco di maggio onions over the hotter, center area of the grill (I halved mine). Partially cover your grill - don't cut off oxygen too much at this point. Cook everything until charred and caramelized, turning when necessary. Be sure to allow some parts of the corn to go too far - just not too many parts of the corn! Remove when you like the way things have cooked. Check your heat and add additional wood or charcoal if necessary.

Add the carrots and summer squash to the grill and cook them until they are caramelized, turning as necessary. Toss the tomatoes with a touch of olive oil and salt.

Next, lay the fresh herbs down on the grill, creating a bed. Pour the tomatoes on top, making sure they stay on the greens. Cover and smoke for 5-15 minutes, depending on heat, until the tomatoes are softened and well smoked. Remove and disperse the burnt herbs. Check your heat and add wood if necessary.

Season your steak(s) and grill them until charred on each side, cooking them to your liking. Allow them to rest for 15 minutes before slicing thinly against the grain.

Cut your vegetables into small pieces; cut the corn off the cob, and toss everything in a large bowl with the smoked tomatoes. Add some olive oil, salt, and a fresh herb of choice and toss again. Taste to make sure you like everything and serve with the sliced meat on top. Yum!

Wheat Berries with Charred Onions and Kale (Adapted from *Bon Appétit*) 6 servings

1 ½ cups wheat berries
2 medium onions, halved, divided
5 sprigs thyme
1 tablespoon salt plus a bit more
8 tablespoons olive oil, divided
Freshly ground black pepper
1 bunch kale, stemmed, leaves torn into 2-inch pieces (about 8 packed cups)
1 tablespoon fresh lemon juice

Combine wheat berries, 1 onion half, thyme sprigs, and 1 Tbsp. salt in a large saucepan; add water to cover by 2 inches. Bring to a boil; reduce heat to medium and simmer until wheat berries are just tender but still firm to the bite, about 35 minutes. Drain; discard onion and thyme. Place wheat berries in a large bowl; let cool.

Cut remaining 3 onion halves crosswise into ½-inch slices. Heat 1 Tbsp. oil in a large cast-iron or other heavy skillet over medium-high heat; add onions. Season lightly with salt and pepper. Cook, stirring occasionally, until onions are charred in spots, about 5 minutes. Transfer to bowl with wheat berries. Add 1 Tbsp. oil to same skillet. Working in 3 batches, add kale and cook, tossing occasionally, sprinkling with salt and pepper, and adding oil as needed between batches, until charred in spots, about 1 minute per batch. Add to bowl. Drizzle with lemon juice and any remaining oil; toss to coat. Season to taste with salt and pepper.

Kale and Onion Pizza (from the River Cottage Veg cookbook by Hugh Fearnley-Whittingstall)

1 recipe pizza dough of your choice

For the topping:

A 10-ounce / 300g bunch of curly or Lacinato kale, stems removed
3 tablespoons canola or olive oil, plus a little extra to trickle
2 onions, halved and thinly sliced
2 garlic cloves, finely slivered
Sea salt and freshly ground black pepper
About 3 ½ ounces / 100g mature cheddar, grated

Prepare the dough, leave it to rise, and then punch it down.

Preheat the oven to 500°F / 250°C, if it goes that high, or to at least 425°F / 220°C. Put in a baking sheet to heat up.

While the dough is rising, shred the kale leaves into ¼- to 1/3-inch-wide ribbons. Heat the oil in a frying pan over medium heat and add the onions. Once sizzling, decrease the heat to low and cook gently, stirring from time to time, until the onions are soft and golden, 10 to 15 minutes, adding the garlic halfway through. Stir the shredded kale into the onions and cook for a further 5 minutes, stirring often, until the leaves have wilted. Season with salt and pepper.

After punching down the risen dough, leave it to rest for a few minutes, then cut it into three pieces. Roll out one piece as thinly as you can.

Scatter a baking peel (if you have one) or another baking sheet with a little flour and place the rolled-out dough on it. Spread one-third of the kale and one-third of the onions on the dough,

then top with one-third of the grated cheddar. Trickle with a little oil. Slide the pizza onto the hot baking sheet in the oven if formed on a peel, or, if formed on a baking sheet, simply lay the baking sheet on the hot one in the oven. Bake for 10 to 12 minutes, until the crust is crisp and golden. Repeat with the remaining dough and topping. Serve hot, cut into wedges. Makes 3 pizzas, each serving 2 or 3.

Tomato and Celery Salad with Cumin, Cilantro, and Avocado from Vegetable Literacy by Deborah Madison

2 celery stalks, peeled if stringy and finely diced
About 2 cups assorted small fruit-type tomatoes (like cherry tomatoes!), halved or quartered
1 shallot, diced
2 tablespoons olive oil
1 tablespoon lemon juice
½ teaspoon cumin seeds, toasted and ground
1 tablespoon finely chopped cilantro, plus sprigs to finish
1 tablespoon finely slivered celery leaves
Sea salt and freshly ground pepper
1 large avocado

Put the diced celery, tomatoes, and shallots in a wide bowl. In a small bowl, whisk together the oil, lemon juice, cumin, cilantro, and celery leaves. Pour the dressing over the tomatoes and turn gently with a rubber spatula. Season with a few pinches of salt and plenty of pepper.

Halve, pit, and peel the avocado, then slice into wide wedges and cut each wedge in half crosswise. Add the avocado to the tomatoes and gently fold it in. Finish with the cilantro sprigs and serve. Serves 4.

Super Potato Salad (from Bon Appétit)

3 ½ pounds (about 6 large) russet potatoes, scrubbed
6 hard-boiled eggs, sliced
8 radishes, chopped
4 green onions, sliced
½ cup chopped bread and butter pickles
5 bacon slices, fried, crumbled
½ cup toasted sliced almonds
½ bunch cutting celery, chopped OR 2 stalks celery chopped
½ cup buttermilk
½ cup sour cream
½ cup mayonnaise
½ 1-ounce envelope Ranch salad dressing mix (I would just leave this out...but if you have one in the pantry, try it)
1 tablespoon Dijon mustard
1 teaspoon fresh chopped dill or ½ teaspoon dried dill weed
Salt and pepper
Chopped fresh parsley

Place russet potatoes in large pot. Add water to cover. Boil until potatoes are tender but not mushy, about 35 minutes. Cool potatoes completely. Peel potatoes and dice. Place in large bowl. Add next 7 ingredients.

Mix buttermilk, sour cream, mayonnaise, dressing mix, mustard and dill weed in small bowl. Pour over potato mixture and toss well. Season with salt and pepper. Garnish with parsley.

More recipes at our Vegetable Recipes A-Z Web page:
<http://www.mariquita.com/recipes/index.html>