



New [Potatoes](#) (German Butterball and/or Red Norland)

Green [Cabbage](#)

Par-cel

Baby [Carrots](#)

Gem [Lettuces](#)

[Fava Beans](#)

[Chives](#)

Genovese [Basil](#)

[Summer Squash](#) (Zucchini)

Globe [Artichokes](#)

**\*\*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:** [New Potatoes](#), [Cabbage](#), [Baby Carrots](#), [Lettuces](#), [Fava Beans](#), [Summer Squash & Artichokes](#): Store in bags in your crisper in the fridge. [Par-cel & Chives](#): Remove ties and store loosely in bags in the fridge. [Basil](#): It shouldn't get too cold, so try to find the 'warmest' place in your fridge. For some, that's the door; for others that might be the produce drawer. Wrapping the basil bunch in a damp clean cloth and storing it in your crisper drawer seems to work, well, too. If you're not sure about your fridge you can try keeping your basil as a flower bunch in a jar with water at the stems.



Par-cel is a frilly, herbal variety of celery.  
Photo by Andy Griffin.

### Julia's Potato Salad

4 pounds new potatoes, cut into rough 1-inch pieces and cooked until tender

2 tablespoons rice or cider vinegar

1 teaspoon salt

½ teaspoon ground black pepper

1 bunch scallions, sliced thin

1 small head fennel or celery stalk, cut into small dice

¼ cup sweet pickle (not relish), cut into small dice

(optional)

small-medium handful arugula, washed and chopped

1 cup mayonnaise (homemade makes this dish sublime)

3 tablespoons Dijon-style mustard

1 generous bunch minced fresh parsley (or Par-cel!)

Layer warm potato pieces in medium bowl; sprinkle with vinegar, salt, and pepper as you go. Refrigerate while preparing remaining ingredients.

Mix in remaining ingredients; refrigerate until ready to serve. Serves 6-8.

### Creamy Cole Slaw

**Adapted from The Best Recipe by Cook's Illustrated**

½ head cabbage, shredded

2-3 carrots, grated

2 teaspoons kosher or sea salt

1 walla walla onion, chopped, or more to taste

½ cup mayo or sour cream, or a mixture

2 tablespoons rice vinegar

Black Pepper

Toss cabbage and carrots with salt in colander set over medium bowl. Let stand until cabbage wilts, at least 1 hour and up to 4 hours.

Rinse the cabbage/carrots. Drain and dry with towels. Add other ingredients.

### Moroccan Carrot Salad

**Adapted from *Chez Panisse Vegetables* by Alice Waters**

Peel baby carrots, cut them in half lengthwise and boil until tender in salted water with a crushed clove of garlic. Drain and cool to room temperature. Toss them with a little ground cumin, paprika, and salt, and a pinch each of cinnamon and cayenne. Toss together with lemon juice, olive oil and chopped parsley, and set aside to marinate for at least an hour before serving.

**Mariquita Farm's Vegetable Recipes A to Z page:**

<http://mariquita.com/recipes/index.html>

## **Fava Bean and Pancetta Salad**

3½ tablespoons olive oil  
7 oz. sliced pancetta, coarsely shredded  
4 cups shelled fava beans  
1 medium-sized white fleshed onion, peeled and thinly sliced  
2 cloves of garlic, peeled and sliced  
1 cup of parsley leaves (or Par-cel leaves)  
3½ tablespoons balsamic vinegar  
Black pepper

Heat the oil in deep frying pan and add the pancetta. Cook over high heat until it begins to crisp, then add the beans and sauté until the skins start to burst, stirring gently every few seconds. Add the onion and garlic and cook for another minute, stirring well. Remove from the heat and stir in the parsley. Just before serving, mix the vinegar through the salad and grind some black pepper over it.

## **Basil Pesto**

3 Tablespoons pine nuts or almonds, lightly toasted  
1 Cup lightly packed basil leaves  
2 Tablespoons Italian parsley leaves (or Parcel leaves)  
1 lg. clove garlic, thinly sliced  
1/3 Cup olive oil  
Parmesan cheese  
salt

In a food processor (or blender), combine nuts, basil, parsley, and garlic. Pulse, until well chopped. With motor running, add oil in a stream. Transfer mixture to a bowl and stir in cheese and salt to taste. Store with a thin layer of oil to keep fresh and green. (The parsley helps keep the bright green color too.)

## **Aunt Joan's Zucchini**

1.5 pounds summer squash, mixed or all one variety  
3 cloves garlic, minced  
2 Tablespoons olive oil  
some chopped fresh basil  
grated fresh parmesan cheese  
salt and pepper

Thinly slice the summer squash. Heat oil over moderate heat in medium-large frying pan. Add the minced garlic, and let cook for just a few seconds, don't let it brown. Then add the squash, spreading out in the pan so it can all cook evenly. Once the first layer is browned up a bit, stir it around the pan, letting the still-uncooked squash hit the oil below for a little browning. You can add a bit more oil at this point if you like. Add some salt and pepper to taste. Once it's all cooked (7-12 minutes), remove to a serving dish and top with the fresh chopped basil and the parmesan. Serves 3-4

## **Sara's Great Frittata Recipe**

2 lbs summer squash  
Salt  
Green onions (healthy fistful chopped)  
Basil leaves (fistful again)  
2 garlic cloves  
4 eggs  
¼ Cup oil  
1 Cup flour  
2 tsp. baking powder  
½ Cup parmesan/pecorino cheese

In the main bowl of a food processor, grate about two pounds of summer squash. Put the squash in a colander and lightly salt. Leave to drain, and put the chopping blade in the food processor. Add a healthy fistful of onions and the leaves from a bunch of basil. Toss in a couple garlic cloves if you have them, and pulse until well chopped. In a big bowl, mix around a cup of flour with a couple teaspoons of baking powder and about a half cup of grated parmesan or pecorino romano cheese. Lightly beat four eggs and a quarter cup of oil (if you're feeling decadent and there are no vegetarians in the crowd, add a couple spoonfuls of bacon grease). Put the grated squash in a thin clean dishtowel or heavy duty paper towel and squeeze out excess liquid. Combine all the ingredients in the big bowl. You should have a thick, fragrant batter. Pour the batter into a greased 13x9 baking pan and sprinkle a little more cheese on top. Bake at 375 degrees until golden, about 30-45 minutes (it depends on the moisture left in the squash). When cool, cut into squares and serve.

## **Artichokes with Lemon-Garlic Butter** *Bon Appetit, April 1996*

4 fresh artichokes  
¼ cup olive oil  
6 large garlic cloves, minced  
4 teaspoons minced fresh thyme  
½ cup fresh lemon juice  
½ cup (1 stick) butter

Place steamer rack in large pot. Fill pot with enough water to come just to bottom of rack. Cut stems and top 1½-inches from artichokes. Cut away first outside row of artichoke leaves. Using scissors, cut off pointed tips of leaves. Arrange artichokes on rack. Bring water to boil over high heat. Cover pot; steam artichokes until knife pierces base easily, adding more water if necessary, about 45 minutes.

Meanwhile, heat oil in heavy medium saucepan over medium heat. Add garlic and thyme; cook 1 minute. Add lemon juice and butter; whisk until butter melts. Season with salt and pepper. Serve artichokes warm with seasoned butter. Serves 4.