



Watermelon radishes: just cut up and serve!
Great as an appetizer

[Anaheim Chiles](#)

[Butternut Squash](#)

[Baby Leeks](#)

[Watermelon Radishes](#)

[Plum Purple Radishes](#)

[Curly Parsley](#)

[Spigariello Greens](#) (similar to kale)

[French Fingerling Potatoes](#) (2#)

[Orange Cauliflower](#)

[Red Beets](#)

[Fennel](#)

[Chard](#) ~or~ [Collard Greens](#)

Fridge Management: *Everything* into the fridge except the butternut squash: those can be stored for weeks/months on your counter. .

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

Julia's cauliflower salad

This was inspired by a thought of a pasta salad or a couscous salad: but I didn't want to wait to cook the grain. So I used the cauliflower as the main ingredient!

Cooked Cauliflower florets cooled after cooking, chopped into olive sized pieces, give or take on the size

Sliced kalamata olives, or other favorite sliced olives

Small amount of chopped capers (1 tablespoon per 4 cups florets as a rough guide)

Chopped onion! Green onions, red onions, shallots, whatever you've got. If the onions are strong when chopped raw, use less and chop them fine.

S & P to taste

Lemon juice, freshly squeezed

Olive oil: I use a light hand

Fresh herb: I use basil, parsley, cilantro, or whatever I've got. Chopped

Mix and enjoy! I topped my salad with toasted sunflower seeds, another nut might also be delicious. And or a shredded or crumbled flavorful cheese such as gorgonzola, shaved parmesan....

CURRIED CAULIFLOWER, from *Moosewood Restaurant Cook's At Home*

1 medium head cauliflower

2 TBS vegetable oil

1 tsp. black, brown or yellow mustard seed

2 tsp. grated fresh ginger

1 tsp. Ground coriander

1/2 tsp. Ground turmeric

1/4 tsp. Ground cardamom

1/8 tsp. Cayenne (or to taste)

1/2 cup unsweetened apple juice

2 TBS fresh lemon juice

Dash of salt

Wash the cauliflower and cut it into florets of nearly equal size. Heat the oil on high heat in a skillet or saucepan large enough to hold the cauliflower in a single layer. Add the mustard seeds and cook them until they begin to pop. Stir in the ginger, coriander, turmeric, cardamom, cayenne, and the cauliflower and toss them together. Pour in the apple and lemon juices, sprinkle with salt, cover and simmer, stirring a couple times, until the cauliflower is just tender, about 5 minutes. Serve hot or at room temperature, garnished with some tomato wedges.

**For variation, toss this with a cup of plain yogurt or chill for 30 minutes then serve it topped with a dollop of plain yogurt and 2 TBS of currants.

ROASTED CAULIFLOWER, from Chef Andrew Cohen, frequent guest writer to the newsletter

Purple is the color of a haze or royalty. Whether the cauliflower is white or purple, the favorite recipe for flavor and simplicity here is to roast it. Cut it into bite size chunks (around 1 1/2") and lob it into a bowl. Drizzle with good olive oil or a neutral flavored oil and toss. Sprinkle with coarse salt and fresh ground pepper and put into a pre-heated 450F oven. I actually allow the cauliflower to marinate up to an hour. I like to squeeze lemon or orange juice on it. Try cinnamon, or curry, or cumin- all would be excellent, as would a little garlic. To avoid burning the bits of garlic, vigorously rub the inside of the bowl with a peeled clove of garlic, then add some oil, then the cauliflower. Cook uncovered for a half hour or so, turning once so the cauliflower browns evenly. It is done when it still has a little crunch to it. Roasting is the best way to preserve the beautiful color of the purple variety. I have had some that got an even deeper shade as it cooked, and some has become a lovely lilac shade. Either way, it really looks great on the plate, and flavor is wonderful. Not your stinky old boiled cafeteria cauliflower.

Beet Fennel Ginger Soup serves 4

2 1/2 cup vegetable broth, reduced-sodium
1/4 head savoy cabbage, chopped
3/4 cup beets, about 1 large beet, peeled and chopped
1/2 medium fennel bulb(s), trimmed and chopped
1 medium garlic clove(s), minced
1 tsp ginger root, fresh, minced
1/4 tsp fresh lemon juice
1/4 tsp table salt
1/8 tsp black pepper, or to taste
4 Tbsp plain fat-free yogurt

Combine the broth, cabbage, beet, fennel, garlic and ginger in a saucepan and bring to a boil. Reduce the heat and simmer, covered until the beet is tender, about 10 minutes. Remove from the heat and let cool slightly.

Transfer the mixture to a blender or food processor and puree, working in batches if necessary to avoid overflows. Pour the soup into large bowl.

Season with the lemon juice, salt and pepper. If necessary, thin the soup with enough cold water to reach a pourable consistency.

Refrigerate, covered, until chilled, 3-4 hours or overnight. Serve, topped with the yogurt.

FENNEL MASHED POTATOES, Gourmet, November 1998

2 1/2 pounds boiling potatoes
1 1/2 pounds fennel bulbs including fronds (sometimes called anise; about 2 medium)
1 cup whole milk
2 teaspoons extra-virgin olive oil

Peel and quarter potatoes. In a kettle cover potatoes with salted cold water by 2 inches and simmer until very tender, about 30 minutes. While potatoes are simmering, trim fennel stalks flush with bulbs, reserving fronds and discarding stalks. Halve bulb and discard core. Cut bulbs into 1/4-inch-thick slices. Chop reserved fronds and in a large saucepan poach sliced fennel and three fourths fronds in milk at a bare simmer, covered, until very tender, about 30 minutes. Drain potatoes in a colander and transfer to a large bowl.

In a blender puree fennel mixture until smooth (use caution when blending hot liquids). Add fennel puree to potatoes and mash with a potato masher. Season potatoes with salt and pepper. Potatoes may be made 1 day ahead and chilled, covered. Reheat potatoes, covered, in a 350°F oven about 30 minutes. Serve potatoes drizzled with oil and sprinkled with remaining fennel fronds. Serves 6.

FENNEL AND RADISH SALAD, from More Vegetables Please, Janet Fletcher

Slice a fennel bulb paper thin, toss with some sliced radishes, some minced chives or sliced red onion, and a mustard vinaigrette. Goes well with cold pork sandwiches.

FENNEL AND CHEESE FOR DESSERT, from Victory Garden Cookbook by M. Morash

Fennel bulbs
One excellent cheese, such as gorgonzola or a creamy goat cheese
cruet of good-quality olive oil
salt and pepper

Wash and trim fennel bulbs. If small, cut in half; quarter larger ones. Serve with wedges of cheese and pass the oil, salt, and pepper.