



[Lettuces](#) (Red & Green Gem)

[Carrots](#)

[Escarole](#)

[Formanova Beet](#)

[Mustard Greens](#)

[Avocados](#)

[Lemon Basil](#)

[Bell Peppers](#)

[Tomatoes](#)

[Apples](#)

[Radicchio Treviso](#)

****Disclaimer to the above vegetable list**:** The list above is *approximate*. There may be differences in your box. As always, Andy will make sure it will be a good value. In the meantime, we ask for your patience and a sense of adventure with these boxes.

Storage: [Lettuces](#), [Escarole](#), [Beet](#), [Peppers](#), [Apples & Treviso](#): Store in bags in the fridge. [Carrots](#): If your carrots come with their greens, remove and compost the greens. Carrots stay crisper longer without their greens. Store the roots in a bag in the fridge. [Mustard Greens](#): Remove any ties and store loosely in a bag in the fridge. [Avocados](#): They can be stored on your counter until ready to eat. Only refrigerate once they are soft enough to eat. [Basil](#): Basil shouldn't get too cold, so try to find the 'warmest' place in your fridge. Remove any ties, re-cut the stems, and store basil as a flower bunch in a jar with water at the stems. Cover basil and jar loosely with a plastic bag and store in your fridge. [Tomatoes](#): Store in a cool spot on your countertop. Do not refrigerate.



Radicchio
Treviso.
Photo by
Andy
Griffin.

Radicchio and Avocado Salad
From Chef Jonathan Miller

The idea for this salad came from one of my favorite restaurants, Camino, in Oakland. The beet and avocado combination was one I had never thought of before, and it was fabulous with the chicory. I've changed the dish somewhat but it is the same concept. Thanks to Russ and the Camino crew for such a great idea! If you don't have preserved lemons, don't let that put you off. Make your own lemon vinaigrette with fresh lemons.

2-4 red beets (or one really big Formanova beet!)
flesh from half a preserved lemon

1 small shallot, minced

champagne vinegar

1 T minced parsley

olive oil

1 medium to large fennel, halved and cored

1-2 heads radicchio, torn into bite sized pieces

2 ripe avocados cut into thin slices

2 oz capers (packed in salt, not brined)

Roast your beets using your favorite technique (I roast mine with a little water in a covered roasting dish; 375 for about an hour). Allow to cool slightly, then peel. Slice into quarter inch thick rounds.

Make the vinaigrette while the beets roast. Finely mince the lemon flesh and combine it in a small bowl with a tablespoon or two of the vinegar. Whisking, add the olive oil and whisk until emulsified. Stir in the parsley and taste. Believe it or not, this could probably use a hit of salt to finish it.

Put the capers in a fine strainer and rinse off the salt. Rinse very well to get all the salt out. Put on a paper towel to dry. In a small saucepan pour enough grapeseed oil to reach a depth of half an inch. Heat until nearly smoking. Carefully lower the capers into the oil and fry until popped open and crisp, about 20-30 seconds. Remove with a strainer to a paper towel lined plate.

Toss the beet slices with a tablespoon of the vinaigrette, then lay the slices out over the bottom of a large serving plate. Slice the fennel halves, crosswise, into the thinnest slices that you possibly can. Toss them with another half tablespoon of vinaigrette and scatter them over the beet slices. Toss the radicchio with all but a half tablespoon of vinaigrette and spread the leaves out over the fennel.

Top with slices of avocado and sprinkle some fried capers over the top. Serve immediately.

Radicchio Strudel

Adapted from the LA Times Feb. 2003

This makes a great appetizer!

2 heads treviso radicchio or 1 head chioggia or equivalent
3 Tablespoons olive oil
2 cloves garlic, finely minced
1 teaspoon salt
1 sheet puff pastry, thawed at room temp 20 or so minutes
flour for rolling
2 ounces mozzarella, cut into small cubes
1 egg lightly beaten with 1 teaspoon water

Trim the ends of the radicchio and cut in half (lengthwise if using a long variety such as treviso), then cut the pieces into quarters. Finely shred each piece.

Heat the oil in a large skillet. Add the garlic and cook 30-40 seconds, taking care not to burn it. Add the radicchio and cook, stirring often until wilted, about 4 minutes. Sprinkle salt in and stir well. Set aside to cool.

Roll the puff pastry out on a lightly floured surface into a rectangle about 14 by 12 inches. Lay the radicchio in a stripe down the center. Dot the top of the radicchio with the cheese. Fold both sides of the pastry over the center and brush the underside edge with the egg wash; press to seal. Brush the rest of the egg wash over the surface of the strudel. Place on a baking sheet and refrigerate 10-15 minutes.

Meanwhile, heat the oven to 400 degrees.

Bake until golden brown, 20-25 minutes. Cut crosswise into 12 pieces and serve.

Greens and Bulgur Gratin *Gourmet, September 1995*

½ cup coarse bulgur*
2 lb assorted greens such as kale, collard, escarole, spinach, Swiss chard, and/or mustard greens
6 large garlic cloves, minced
3 tablespoons olive oil
1/4 cup freshly grated Parmesan (about 1 ounce)
6 ounces chilled whole-milk or part-skim mozzarella, grated coarse

For topping:

½ cup fine fresh bread crumbs
1 tablespoon olive oil

*available at natural foods stores and specialty foods shops

In a heat proof bowl pour enough boiling water over bulgur to cover by 1 inch. Cover bowl with a plate to trap steam and let stand 20 minutes. Drain bulgur in a large fine sieve, pressing out excess liquid, and transfer to a bowl.

Keeping each variety of green separate, tear greens into bite-size pieces, discarding stems. Still keeping greens separate, wash thoroughly by dunking in a sink full of water and transfer to a colander to drain.

Put coarser greens (kale or collard) in a 4½- to 5-quart kettle and steam in water clinging to leaves, covered, over moderate heat, stirring occasionally, until wilted, about 4 minutes. Add delicate greens (escarole, spinach, Swiss chard, and/or mustard) to coarse greens and steam, covered, stirring occasionally, until just wilted, 3 to 4 minutes. Drain greens in colander, pressing out excess liquid.

In a large heavy skillet cook garlic in oil over moderate heat, stirring, until softened but not golden. Stir in greens and bulgur and season generously with salt and pepper. Stir in Parmesan and remove skillet from heat.

Preheat oven to 400°F. and lightly oil a 1½-quart gratin dish or other shallow baking dish. Spread half of greens mixture in dish and sprinkle evenly with mozzarella. Spread remaining greens mixture over mozzarella and smooth top with a rubber spatula. Gratin may be prepared up to this point 8 hours ahead and chilled, covered.

Make topping: In a small bowl with a fork stir together bread crumbs and oil until crumbs are evenly moistened.

Sprinkle topping over greens mixture and bake in middle of oven 30 minutes, or until bubbling and top is browned lightly.

Fresh Apple Cake submitted by Diana Roome

2 cups sugar
3 cups flour
1½ tsp baking soda
½ tsp salt
½ tsp ground cloves
½ tsp nutmeg
½ tsp ground cinnamon
2 tsp vanilla extract
1 cup oil
3 eggs
3 cups chopped fresh apples
1 cup chopped pecans

Preheat oven to 350. Sift dry ingredients together. Add liquid ingredients, stirring well to combine. Add chopped apples and nuts. Bake in large lightly oiled bundt or cake pan at 350 for about 1 hour 15 minutes. Sprinkle top with powdered sugar when cooled. Or add glaze: Melt ½ cup butter, add ¼ cup water, 8-16 oz. powdered sugar and two teaspoon cinnamon. Blend well, and pour over cake when still hot.

More recipes at Mariquita Farm's Vegetable Recipes A to Z page: <http://mariquita.com/recipes/index.html>