
[Lettuces](#) “winter density” similar to Little Gem
[Medium Fennel](#)
[Butternut Squash](#)
[Broccoli](#)
[Leeks](#)
[Orange and Yellow Carrots](#)
[Collard Greens](#)
[Castelfranco Radicchio](#)
[Cauliflower](#)
[Calcot Onions](#)
[Swiss Chard](#)

Disclaimer to the above vegetable list: The list above is approximate. There may be differences in your box. Thank you!

Fridge Management Everything into the fridge except the butternut squash. To eat first: I would eat the chard and collards to make space... and the broccoli and cauliflower before they get too ‘cabbagey’ from storage. But any of these can hold for a few days at least in the fridge. If space is still at a premium top the onions and toss their greens or make a stock with them.

[RADICCHIO:](#) This is a chicory that is great as a component in a green salad with escarole or lettuce. It can also be cooked down with garlic and herbs and tossed with pasta. Another simple preparation = separating the leaves, putting a thin slice of gruyere or similar cheese, or some grated parmesan, then broiling them: a great snack or appetizer.

[Andy’s article](#) from our latest Ladybug Letter about his take on hedgerows and his sadness at the passing of large stately but useless trees.

[This week’s Ladybug Postcard:](#) our weekly recipe newsletter with andy’s shorter musings

[And yes, we’re on facebook.](#) Like us if you do that sort of thing. Andy is now posting photos and thoughts regularly! (not tweeting at this time, we have our limits. ☺)

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



Castelfranco Radicchio

Recipes from [Chef Jonathan Miller:](#)

Andy first put calçot onions in the csa boxes last season, and I hope they were a hit with people. I’m reprinting my contribution from last year for this week’s box, in case you didn’t get it last year. Calçot onions are a Catalan treat, and a festival celebrating their harvest takes place in a town called Valls, north of Tarragona in Catalan, each year.

In Valls, the calçots are roasted over hot coals on wire grills. In fact, they are not even washed before roasting. This cooking takes place an hour or two before eating, as the onions have to be wrapped in paper or plastic to “steam” after roasting. This loosens the skin and allows the interior to fully cook and become super sweet. To eat them, hold the calçot in your left hand by its blackened root base and in your right hand by its inner green leaves at the top. Slip off the blackened part, discard it, and dip the white part in the special sauce I am providing next, called salvitjada. Bite off the calçot where the green part starts and chow it down. Wear clothes that can get messy! Nowadays La Calçotada include lots of wine, lamb chops, roasted chicken, sausage with white beans, allioli, endive salad and dessert, but they are great all by themselves.

The following two methods come from “Catalan Cuisine” by Coleman Andrews. The

sauces make enough for about a dozen calçots (which wouldn't even be a single serving in Valls!), so adjust the quantities according to how many you get in your box.

2 Calçot Sauces

1 tomato, whole, unpeeled
12-20 calçots
30 almonds, blanched and roasted
3 garlic cloves, roasted and squeezed out of their skins
1/4 t dried spicy red chili, minced
pinch cayenne
1/2 t red wine vinegar
olive oil
1/2 t salt

Roast the tomato around 10 minutes until blackened on all sides on a grill or over hot coals. Set aside and cool. Grill the calçots until very well blackened on all sides. Remove them from the grill and wrap them in paper (newspaper is fine), then wrap them again in a plastic bag. Set aside to steam for 1-2 hours.

Slip the skin off the tomato, cut it in half, and remove the seeds. Chop finely. Crush the almonds in a mortar, then add the garlic, chili, cayenne, salt, and mix together until a thick paste forms. Transfer to a bowl and cover barely with olive oil. Allow to rest a couple minutes, then add the tomato and vinegar. Mix well. Add more oil, salt, and chili if necessary. This should be slightly thick, but still liquidy.

Another Salvitjada:

10 hazelnuts, roasted
10 almonds, blanched and roasted
1 tomato, seeded and finely chopped
1 head garlic, roasted and the pulp squeezed out of the skins
1 parsley sprig, minced
pinch cayenne
1/2 t salt
1 t red wine vinegar
3 T olive oil

Pulverize the hazelnuts and almonds with a mortar, then transfer to a large bowl. Add the

tomato, garlic, and parsley and mash until smooth. Stir in the cayenne, salt, vinegar, and oil. Mix well and allow to stand for at least 2 hours.

~~~

Let's stay in Spain for another dish. The Spanish sauce, romesco, is delicious on vegetables, whether you steam, roast, or grill them. Try this whatever way you prefer your veggies - I roast mine for this, but cooking over fire, if you have the time and means, adds that wonderful smoky, charred edge that goes really well with the romesco. Serve with a nice spanish cheese (like a garrotxa, [firm goat's cheese]) and some crusty bread.

### Roasted Vegetables with Romesco Sauce

1 small head cauliflower, cut into florets  
4 carrots, halved or quartered lengthwise  
1-4 heads fennel (depending on size), halved lengthwise  
2-4 roasting potatoes, cut into large bite sized pieces  
olive oil  
small handful green olives  
parsley  
romesco sauce (recipe follows)

Toss the vegetables with plenty of olive oil and some salt. Roast the vegetables at 400 or 425 separately so that they can all be roasted properly. Remove them when they are softened, have plenty of color, but are not mushy. Times vary from about 15 minutes for the cauliflower, to potentially 30 for the carrots and potatoes. Remove from the oven and combine gently in a serving dish. Finish with the olives, parsley and the romesco. Alternatively, you could put the romesco on the side, or spoon it on the bottom of the dish and top it with the roasted vegetables.

### Romesco Sauce

*Julia's note:* I would use my frozen peppers and my canned tomatoes for this.... ☺

olive oil  
1/4 c blanched almonds, then roasted to golden  
1/2 c bread cubes

1 red bell pepper, roasted (ok to use jarred)  
2 garlic cloves, smashed  
2 roma tomatoes, peeled (ok to use canned)  
3 T sherry vinegar  
cayenne pepper  
Coarsely chop the almonds. Saute the bread in some olive oil until crisp and golden. Remove from the skillet and add the pepper and garlic. Saute until the garlic is golden, then add the tomatoes, cooking for another minute or so. Transfer to a food processor and process with the almonds and the bread. Add 1/4 c olive oil and process until emulsified, then pulse in the vinegar. Season with salt and cayenne pepper. Use warm or room temperature.

Recipes from [Julia](#):

### **Citrus Collards with Raisins**

adapted from: *Grub: Ideas for an Urban Organic Kitchen*  
by Anna Lappé and Bryant Terry

Coarse sea salt  
2 large bunches collard greens, cut into chiffonade (could use the chard here too)  
1 tablespoon extra-virgin olive oil  
2 garlic cloves, minced  
2/3 cup raisins  
1/3 cup fresh orange juice

Bring 3 quarts of water to boil in a large pot over high heat and add 1 tablespoon salt. Add the collards and cook, uncovered, for 8 to 10 minutes, until softened. Prepare a large bowl of ice water to cool the collards. Remove the collards from the heat, drain, and plunge them into the ice water to stop the cooking and set the color. Drain. Warm the olive oil in a medium sauté pan over medium heat. Add the garlic and sauté for 1 minute. Add the collards, raisins, and a 1/2 teaspoon salt. Sauté for 3 minutes, stirring frequently, until the raisins are plump. Do not overcook—the collards should be bright green. Add the orange juice and cook for an additional 15 seconds. Season with additional salt to taste if needed and serve immediately.

chowhound ideas for collards:

~ You can make Vegetarian greens (with flavor) but but instead of adding smoked meat add a couple of tbsps of vegetable oil  
add oregano  
add a few chopped onions  
add extra seasoning salt

~ For Southern-style stewed collards, Diana likes Alton Brown's recipe. jinet12 uses Paula Deen's, with a smoked ham hock, and adds a bit of brown sugar and cider vinegar. Everyone agrees that the only proper accompaniments to collards cooked this way are a large square of cornbread and a generous pour of the "pot liquor" that the greens have cooked in.

~ Another approach is to parboil and sauté. Parboil the leaves, cut into strips, and squeeze dry, then sauté in toasted sesame oil for an Asian flavor, or in bacon fat for a terrific side for pork or duck. Or cut into even smaller pieces and skip the parboiling—simply sauté the collards in olive oil with the aromatics of your choice (many people like minced garlic and hot pepper flakes); add a little stock and cover for a few minutes if you want extra tenderness.

~ Very good recipe in the Lee Bros cookbook for "sneaky" collards - "sneaky" in that they taste sort of hamhocky but are vegetarian. Here's the short version: Wash them well, as others have said. I don't worry at all about de-ribbing them - as long as you cook them for an hour or so, the ribs are fine. Simmer them in salty spicy water. That's the basics. Now the "sneaky" part is to add a couple of cups of puree of the following things that have all been charred under the broiler in a skillet: onions, tomatoes, garlic, with a good bit of paprika. Before adding that puree, take out a bunch of the water ("pot licker"), saving it for some other purpose. And keep cooking til soft.