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****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 patience and a sense of adventure with these boxes. Thank you!

Storage: Cabbage, Carrots, Beets, Cress & Mustard Greens: store in bags in the fridge. Scallions, Leeks, Parsley, Kohlrabi, Chard & Wild Arugula: Remove rubber bands or ties, and store loosely in a bag in the fridge. Turnips: Remove the greens and store the greens and roots in separate bags in the fridge. Use the greens as you would any cooking green. Butternut Squash: store in a cool, dry place: nearly anywhere in your kitchen or pantry should work. If the winter squash doesn't have nicks/fresh gashes it should last for months.



Photo of Upland Cress by Andy Griffin.



Photo of Kohlrabi by Andy Griffin.

Hawaiian-Style Sesame Cabbage Salad
 From *saveur.com*

1 large head green cabbage, shredded into ¼-inch ribbons
 6-8 scallions, white and green parts, sliced thin (~2 cups)
 ¼ cup mirin
 ¼ cup rice vinegar
 2 tbs. sugar
 ½ tbs. kosher salt
 ½ tsp. white pepper
 ¼ cup sesame oil
 ¼ cup vegetable oil
 ¼ cup toasted sesame seeds
 ¼ cup black sesame seeds
 1 package instant ramen noodles, crushed lightly (save the seasoning packet for another use, or discard.)

In a large bowl, combine the cabbage and scallions. In a medium bowl, whisk together mirin, vinegar, sugar, salt, and white pepper. Combine the sesame and vegetable oils in a separate vessel and slowly add into mirin mixture, whisking steadily, until all the oil is added and the dressing has emulsified. Add vinaigrette to the bowl of cabbage and scallions, top with sesame seeds and crushed ramen noodles. Toss to combine and serve immediately.

Japanese Turnips with Miso
 By Maggie Ruggiero, *Gourmet*, September 2009

3 Tbsp white miso
 3 Tbsp unsalted butter, softened, divided
 3 lbs small (1½ to 2-inch) Japanese turnips with greens
 1 1/3 cups water
 2 Tbsp mirin (Japanese sweet rice wine)

Stir together miso and 2 tablespoon butter.

Discard turnip stems and coarsely chop leaves. Halve turnips (leave whole if tiny) and put in a 12-inch heavy skillet along with water, mirin, remaining tablespoon butter, and 1/8 teaspoon salt. Bring to a boil over medium-high heat, then boil, covered, 10 minutes.

Add greens by handfuls, turning and stirring with tongs and adding more as volume in skillet reduces. Cover and cook 1 minute. Uncover and continue boiling, stirring occasionally, until turnips are tender and liquid is reduced to a glaze, about 5 minutes. Stir in miso butter and cook 1 minute.

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

Sardine, Avocado and Radish Salad with Upland Cress, Recipe by Food52, from Yummly, Serves 4

2 cans sardines (depending on how many you want on each, two layer brisling sardines in olive oil, drained)
2 avocado (split, pit removed and sliced into rounds)
4 radishes (large, sliced thinly)
1 Tbsp fresh chives (cut into batons)
1 Tbsp flat leaf parsley
2 lemon
extra-virgin olive oil
kosher salt
ground pepper
1 bunch upland cress

Carefully remove the sardines with a fork from the can. The idea is to keep them whole. Place then into a shallow flat container and squeeze the juice half a lemon over them. Sprinkle them with half the parsley and 1 teaspoon of chives. Season them with a pinch of pepper and salt. Let them sit for 15 minutes.

While they are sitting attractively place the avocado into bowls. Now place 4 to 6 sardines into each bowl and then scatter the radishes over the top. Tuck in small bunches of cress. Garnish with remaining chives and parsley. Dress with a squeeze of lemon juice and some more olive oil. Season with salt and fresh ground pepper and serve.

Pasta with Arugula and Goat Cheese Sauce from *A Complete Menu Cookbook for All Occasions* by Brother Victor-Antoine d'Avila-Latourrette

a bunch of fresh arugula
4 springs fresh parsley
1 8-ounce container low-fat yogurt or sour cream
1/3 cup goat cheese, crumbled
S and P to taste
1 pound fusilli noodles
Grated Parmesan cheese, as garnish

Before preparing sauce, fill a large casserole with water, and bring the water to a boil.

Wash and clean well the arugula and parsley. Dry thoroughly. Trim and chop both the arugula and the parsley.

Place the arugula and the parsley in a food processor. Add the yogurt or sour cream, goat cheese, salt, and pepper. Blend the ingredients thoroughly. Keep the sauce at room temperature until ready to use.

Add a pinch of salt to the boiling water, and cook the fusilli noodles following the instructions on the package. When the noodles are cooked, drain them, and place them in four serving dishes. Pour the sauce evenly over the top of each serving and add some cheese to each dish. Serve immediately. Serves 4.

Beet Risotto, from The Aloha Files via Yummly

2 cups Arborio rice
2 leeks, chopped
2 Tbsp butter
4 cups beets, peeled & diced
8 cups vegetable broth
balsamic vinegar
pepper
salt

Bring a large stockpot of water to a boil on your stove. Peel the beets and dice into 1/4" chunks. Add the beets to the boiling water and turn down to medium high. Cook for about 30 minutes until beets are soft.

Meanwhile, bring 8 cups of vegetable broth to a soft simmer in another large pot on your stove.

Chop 2 leeks and add to a dutch oven on your stove. Add 2 tablespoons of vegan butter (I like Earth Balance) and slowly sauté over medium heat until the leeks are soft.

Once the beets are cooked through and the vegetable broth is simmering you'll be ready to start the risotto.

Add the 2 cups of arborio rice to the dutch oven with the leeks and continuously stir over medium heat for about 2 minutes. Then start ladling in 2 ladlefuls of vegetable broth at a time to the rice. Stir the rice continuously until the veggie broth is absorbed, then add 2 ladles of the beet water to the risotto (its ok if some of the beets get mixed in). You'll alternate ladling the broth and the beet water until the rice is soft (about 8-10 ladles). Then add the remainder of the beets and mix thoroughly. You might not use all the broth or beet water, but that's ok.

Top with balsamic vinegar and salt and pepper to taste.

Roasted Kohlrabi from allrecipes.com

4 kohlrabi bulbs, peeled
1 Tbsp olive oil
1 clove garlic, minced
salt and pepper to taste
1/3 cup grated Parmesan cheese

Preheat an oven to 450 degrees F (230 degrees C).

Cut the kohlrabi into 1/4 inch thick slices, then cut each of the slices in half. Combine olive oil, garlic, salt and pepper in a large bowl. Toss kohlrabi slices in the olive oil mixture to coat. Spread kohlrabi in a single layer on a baking sheet.

Bake in the preheated oven until browned, 15 to 20 minutes, stirring occasionally in order to brown evenly. Remove from oven and sprinkle with Parmesan cheese. Return to the oven to allow the Parmesan cheese to brown, about 5 minutes. Serve immediately.