

[Chard](#)  
[Fennel](#)  
[Romanesco](#) (use like cauliflower!)  
[Green garlic](#)  
[Escarole](#)  
[Radicchio](#) Castelfranco and Treviso  
[Parsnips](#)  
[Parsley](#)  
[GarlicChives](#)  
[Broccoli di cicco](#)  
[Brussels Sprouts](#)



**Disclaimer to the above vegetable list:** The list above is approximate. There may be differences in your box. We ask for patience and a sense of adventure with these boxes. Thank you!

**Fridge Management:** *Everything* into the fridge. To eat first: chard, Brussels sprouts, perhaps broccoli. The romanesco cauliflower will of course keep for several days but the sooner you cook and eat it, the sweeter/less cabbage-y it is. Truly fresh cauliflower is a treat!

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

Recipes from [Chef Jonathan Miller](#):

**From Jonathan:**

**Roasted Cauliflower with Green Garlic Dressing**  
love roasting romanesco cauliflower. It really brings out the nuttiness in it. Tossed with a green garlic sauce, it becomes tender, nutty, and bright all at once. The bread crumbs really help this dish, so do take the time to make them yourself. And don't forget to salt them while you brown them in the skillet.

1-2 heads cauliflower romanesco, cut into florets  
3 green garlic stalks, chopped finely  
1/4 c chopped parsley  
zest and juice of 1 lemon  
1 shallot, minced  
white wine vinegar  
olive oil  
1-2 heads escarole, chopped  
3 slices day old sourdough bread, chopped finely  
2 hard cooked eggs, sliced

Heat the oven to 400 and toss the romanesco florets with some olive oil, salt and pepper. Roast on a baking sheet until softened and beginning to color, about 15 minutes, depending on your oven.

While the romanesco roasts, combine the green garlic, parsley, lemon zest, and shallot in a bowl. Mix well, then add the lemon juice and a little bit of white wine vinegar. Add some olive oil in a stream, whisking constantly, until you have enough in there for a thick sauce. Taste and add a hit of salt and pepper. Taste again to make sure all the flavors are coming through and the sauce is lively and bright.

Put the escarole in a large bowl. Heat a dry skillet and add a tablespoon of olive oil, then the bread crumbs and a touch of salt, stirring constantly, until toasted to golden brown. Remove from heat.

When the romanesco is done, transfer to a small bowl and toss with the green garlic sauce. Allow to cool just slightly, then toss with the escarole. Taste. Adjust seasonings as you see fit, then top with the bread crumbs and hard cooked egg. Finish with a tiny bit of chopped parsley.

~~~

**Wilted Chicories and Roasted Parsnips**

This is an odd combination, but works nicely as long as you properly roast your parsnips. The sweeter they get, the better the pairing with the wilted greens. Don't worry if some of the parsnips are a little darker than others. The natural variation in doneness makes it a more rustic, homey dish, and adds textural difference. I don't peel my parsnips, but if you do, they will roast up the same way. Vegetarians can omit the anchovy and still have a nice dish.

1 bag parsnips (about 2 lb)  
2 heads escarole, cored and very roughly chopped  
2 radicchio, very roughly chopped  
1-2 anchovies, chopped  
2 stalks green garlic, chopped  
olive oil  
parsley (optional)

Trim the ends off your parsnips. Slice them, lengthwise, into quarters. Check the core - if it is tough, trim it off, especially from the fat end of the parsnip. I usually leave it toward the skinny end, as it isn't as tough down there and trimming it off at that point is very tricky. Toss the parsnips with some olive oil and a little bit of salt, then roast them in a hot oven (400-425) until softened, sweet, and a bit chewy. Time could vary greatly depending on your oven and the size of the parsnips. Don't be too picky, though. You may have variances in the texture of the parsnips. Just make sure they are nice and sweet.

Meanwhile, prepare your greens (and reds, as the case may be). Leave them roughly chopped because they will wilt down in the pan. Heat a large skillet, then add some olive oil - up to 1/4c. Saute the anchovy and green garlic over medium heat for just a minute or two, until just softened. Do not brown. Raise the heat and add the greens (and reds), stirring regularly to promote even wilting. Give them a hit of salt and cook until just wilted, not beyond. Remove from heat, taste, and toss in a little fresh parsley. Mound on a serving plate, top with the roasted parsnips and serve warm.

~~~

### **Get Your Greens Bread Pudding by Jonathan**

I made this dish last night, and it is delicious, although not for the dieting set. It's super rich! I like it best on its own, but it is nice with a roasted chicken, too.

olive oil  
2 small onions, chopped  
2 small fennel bulbs, chopped  
4 green garlic stalks, chopped  
crushed chili flakes  
1 bunch chard, chopped (stems are optional, but if using, separate from the leaves and chop them finely)  
parsley  
2 eggs  
1 1/2 c cream or half and half  
3 oz fresh goat cheese  
4 T parmesan, grated  
3 c day old bread of quality, cut into chunks

Heat the oven to 375. Heat a large saucepan and add some olive oil to it. Add the onions, fennel, and garlic, and saute until softened, about 6 minutes. Add chard stems if you like them and continue to saute for another few minutes. Add the chard leaves, some salt, and a few pinches of chili flakes. Continue to cook until the chard is wilted and soft, about 5-7 more minutes. Remove from heat and stir in a few tablespoons of chopped parsley leaves and a generous grind of black pepper.

In a large bowl beat the eggs with the cream. Salt and pepper your custard well and stir. Crumble in the goat cheese and grated parmesan and mix well. Fold in the chard mixture, stir well and taste for seasoning. Finally fold in the bread.

Transfer to a 1 1/2 -2 quart baking dish. Deep is better than shallow in this case, as the pudding will bake up moister and more custardy in a deeper dish. Make sure there are a few bread chunks that stick out a bit, but that they have been dipped into the custard first. Bake for 45-55 minutes in the oven until set and richly colored on top. Serve warm.

~~~

**From Julia:**

### **Onion, Parsley, and Fontina Lasagne**

*For sauce*

3 tablespoons unsalted butter  
6 tablespoons all-purpose flour  
2 1/2 cups milk  
2 cups fresh flat-leafed parsley leaves, washed well, spun dry, and chopped fine (could use half chard easily for this: 1 bunch parsley and 1 bunch chard)  
1/4 teaspoon turmeric  
1/4 cup vegetable oil  
4 pounds onions (about 8 large), halved lengthwise and cut lengthwise into 1/4-inch-thick slicestwelve  
7- by 3 1/2-inch sheets dry no-boil lasagne pasta  
3/4 cup grated Fontina cheese (preferably Italian, about 3 ounces)  
3/4 cup freshly grated Parmesan (about 3 ounces)

Make sauce:

In a large saucepan melt butter over moderately low heat and whisk in flour until smooth. Cook roux, whisking, 3 minutes. Whisk in milk in a stream and salt and pepper to taste and simmer, whisking occasionally, 5 minutes, or until thick. Sauce may be prepared up to this point 3 days ahead and chilled,

its surface covered with plastic wrap. Stir parsley and turmeric into sauce until combined well.

In a very large heavy kettle heat oil over moderately high heat until hot but not smoking and sauté onions, stirring, until they begin to turn golden. Reduce heat to moderate and cook onions, stirring occasionally, 30 minutes, or until most of liquid from onions is evaporated. Stir in sauce.

Preheat oven to 375 F.

Pour 1 cup sauce into a flameproof baking dish, 13 by 9 by 2 inches (sauce will not cover bottom completely), and cover with 3 lasagne sheets, making sure they do not touch each other. Spread about 1 cup sauce over pasta and sprinkle with about 3 tablespoons each of Fontina and Parmesan. Make 3 more layers in same manner, beginning and ending with pasta and making sure pasta is completely covered with sauce.

Cover dish tightly with foil, tenting slightly to prevent foil from touching top layer, and bake in middle of oven 30 minutes. Remove foil and bake lasagne 10 minutes more, or until top is bubbling. (If desired, broil lasagne about 4 inches from heat 1 minute to brown top). Let lasagne stand 5 minutes before serving.

Serves 6 as a main course or 12 as a side dish.  
Adapted from [Gourmet](#)

~~~

### **Raw Green Garlic Ideas**

Mince and add to salads/dressings

Pound it into a paste to make green-garlic aioli

### **Cooked Green Garlic Ideas**

Poach the last 4" of the tips and dress with a mustard vinaigrette

Blanch in water or chicken stock and puree it. Add the puree to a custard or soufflé.

Dice and sauté the tender portions and add to an omelet or frittata

Chop and add to stir-frys

Chop and add to homemade potato soup

~~~

**Shrimp stir-fry with Green Garlic**  
**Goong Pong Gari** from [Chez Pim](#)

300 g. or about 10 oz. shrimps, shell on (but head off)

1/2 onion, sliced into thin rounds

1/2 cup julienne green garlic (cut into about 2" very thin sticks)

1 heaping teaspoon of curry powder

4 tbsp cooking oil (use high smoke point oil, I use grape seed oil)

1 tbsp fish sauce

2 tbsp water

1. With a very sharp knife, cut each shrimp in half lengthwise with the shell on. Clean out the veins from the shrimp halves and set the shrimps aside.

2. Heat a fry pan or a wok until hot, add oil and then about a quarter of the julienne green garlic. (This will be used as garnish at the end so you won't need much.) Cook until the sticks just begin to change color. Take them out of the oil immediately. Set aside to rest on a paper towel.

3. Turn the heat to medium then add the shrimps to the pan, laying each one the shell side down. Let the shrimps cook, shell side down only, for 2 minutes or until the shells begin to caramelize. Take the shrimps out of the pan and set aside.

4. Add onion into the pan, cook until translucent, then add the curry powder, the rest of the green garlic, and give everything a quick stir to mix well.

5. Add the shrimps back to the pan, then the fish sauce and the water. Stir vigorously until the shrimps are cooked to the desired doneness. I prefer mine a little on the under-done side, but you are welcome to cook them more. Check the seasoning, add more fish sauce if needed.

6. Transfer into a large plate, garnished with the fried green garlic, and serve with freshly cooked jasmine rice.

~~~

### **Shari C.'s ideas:**

-Radicchio is fantastic in risotto - I usually use red wine with the radicchio and lots of parmesan cheese.

-It's also great in a tricolor salad - radicchio, endive and arugula with shaved parmesan cheese and a lemon vinaigrette.

-I love it roasted and drizzled with good balsamic or saba.

**Baked Radicchio** adapted from Lidia's Italy Lidia Bastianich

The best variety for baking is the long thin radicchio trevisano or spadone, but the small round heads most often found in the supermarket or the kind with long but wide leaves (resembling purple romaine lettuce) are also delicious baked this way. Serve as an antipasto or a vegetable course, over soft or baked polenta.

- \* 1½ pounds round or long radicchio, 2 or 3 firm heads
- \* 4 tablespoons butter
- \* 4 tablespoons extra virgin olive oil
- \* 1 medium-large onion, peeled and sliced in ¼-inch-thick half-moons (2 cups)
- \* 3 large garlic cloves, smashed and peeled
- \* 1 teaspoon coarse sea salt or kosher salt, or to taste
- \* 1 tablespoon red wine vinegar
- \* Freshly ground black pepper to taste
- \* 1 cup freshly grated Grana Padano or Parmigiano-Reggiano

#### Directions

Trim the radicchio heads, discarding wilted or bruised outer leaves and slicing off the very bottom if tough and discolored (don't remove the core). Slice the heads in quarters or sixths, into wedges about 3 inches wide. Cut through the core, so the leaves are held together. Arrange a rack in the center of the oven, and heat to 375°F.

Put the butter and 2 tablespoons of the olive oil in the skillet, and set over moderate heat. When the butter is melted and foaming, stir in the onion and garlic and cook for a minute, then lay in all the radicchio wedges in one layer. Sprinkle on the salt, cover the pan, and cook slowly, turning the wedges over and stirring the onion every couple of minutes.

After 10 minutes or so, when the radicchio is softened slightly but still firmly holding its shape, stir the vinegar with ½ cup water and pour into the pan. Raise the heat a bit and bring the liquid to the boil, turning the wedges and stirring. Cook for a couple more minutes, until the pan juices are reduced and syrupy and the wedges are lightly caramelized.

Remove the skillet from the heat, and arrange the radicchio wedges in the baking dish in one layer. Spoon the onion all around, and pour the skillet liquid over. Drizzle on the remaining 2 tablespoons olive oil, season with freshly ground black pepper, and sprinkle the grated cheese in an even layer, covering the radicchio.

Tent the dish with aluminum foil, pressing it against the sides. Bake covered for about 20 minutes, remove the foil, and bake another 5 minutes or more, until the radicchio wedges are tender and moist and glazed golden on top.