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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!

Storage: Kale: store in a bag in the fridge. No coldest drawer.
Squash: store on the counter. Butternut squash gets sweeter over time, so this is a great keeper. **Carrots:** remove the greens and store the roots in a bag in the fridge. Coldest drawer ok. Excellent keepers. **Peppers (all kinds):** store in a bag in the fridge. No coldest drawer. **Tomatoes (all kinds):** store tomatoes on the counter. Never refrigerate; they turn mealy and mushy. **Leeks:** store in a bag in the fridge. Excellent keepers if they are properly covered in a bag. **Cabbage:** store in a bag in the fridge. Excellent keepers. **Beets:** separate the greens from the roots, and store them in bags in the fridge. Greens can be stored just like chard, in a bag in the fridge. Roots can be stored and kept like carrots. **Cauliflower:** Store in a plastic bag in the fridge. Coldest drawer ok. If your cauliflower has some aphids, it's easiest to get rid of them *before* the cauliflower is completely chilled, so check it before you store it. If there are aphids, aggressively rinse them off with water right away.



Lacinato Kale, photo by Andy Griffin.



Egyptian Beets, photo by Andy Griffin.

Kale and Carrots with Browned Onions
(Chef Jonathan Miller)

olive oil
1 large, or 2 medium, red onions, halved and thinly sliced crosswise
4 carrots of mixed colors, julienned
1 large bunch kale, finely chopped
2 garlic cloves, minced
1 inch ginger, peeled and grated
½ lemon
toasted almonds or pistachios, very roughly chopped (optional)

Heat the olive oil in a large skillet. Add the onions and cook over medium high heat, stirring occasionally, until the onions brown, about 8-10 minutes. Add the carrots, some salt, and kale, sautéing briskly until the kale wilts down and begins to soften. Add the garlic and ginger at that point and then cook just until the kale is done to your liking, anywhere from 3 to 10 minutes. Taste to make sure you like it, then finish with a little hit of lemon just before serving. Use the nuts if you like.

Beet and Leek Salad with Peanut Dressing
(Cooking Light, March 2005)

The beets, leeks, and dressing can all be prepared and stored separately in the refrigerator up to two days in advance; just let them all come close to room temperature before serving. The dressing gets thicker as it stands, so add more water to thin it if necessary. To avoid staining your hands when rubbing the skins off the beets, wear gloves or rub the beets under running water.

2 medium beets (about 3/4 pound)
Cooking spray
4 cups thinly sliced [leek](#) (about 1 pound)
½ teaspoon olive oil
½ teaspoon salt, divided
¼ cup water
1 tablespoon fresh lime juice
1 tablespoon creamy peanut butter
1 ½ teaspoons minced peeled fresh ginger
2 cups alfalfa sprouts

Preheat oven to 425°. Leave root and 1 inch of stem on beets; scrub with a brush. Place beets on a small baking sheet coated with cooking spray. Bake at 425° for 1 hour or until tender when pierced with a fork. Cool. Trim off beet roots and stem; rub off skins. Cut each beet in half lengthwise; slice each beet half crosswise into 1/4-inch-thick slices.

Combine leek, oil, and 1/4 teaspoon salt on a baking sheet coated with cooking spray; toss well to coat. Bake at 425° for 15 minutes or until tender and just beginning to brown; stir after 8 minutes.

Combine water, lime juice, peanut butter, ginger, and 1/4 teaspoon salt, stirring well with a whisk until smooth. Arrange 1/3 cup sprouts on each of 6 salad plates; divide the beets and leek evenly among servings. Drizzle about 2 teaspoons dressing over each serving.

Butternut Squash Soup with Roasted Peppers and Tomatoes (Chef Jonathan Miller)

1 butternut squash, medium
2 celery stalks
2 onions, chopped
1 bay leaf
parsley
4 sage leaves
1 large sweet pepper
3-4 Anaheim peppers (any color)
1 T chile powder
1 lb tomatoes (any variety)
butter
olive oil
2 garlic cloves, minced
mint

Peel the squash and cut it in half, lengthwise. Scrape the seeds and strings out and put them in a stock pot. Add the peelings, celery, 1 of the chopped onions, the bay leaf, 6 parsley sprigs, the sage, a little salt, and 8 cups of cold water. Bring to a boil, reduce heat, and simmer for 30 minutes. Strain.

Roast all your peppers either on a grill or under a broiler until blackened. Stack them on top of each other until they cool enough to handle, then scrape off the skins. Dice the flesh and set aside.

Dice the squash into medium sized dice and chop your tomatoes.

In a pot, melt a couple tablespoons of butter with a couple tablespoons of olive oil. Add the remaining chopped onion and the minced garlic and sauté gently until the onion is soft, about 8-10 minutes. Add the tomatoes, the chile powder, a little salt, and cover, cooking slowly for another 5 minutes.

Add the squash, the chopped roasted peppers, and enough of the stock to just cover the squash. Bring to a boil, reduce heat, and simmer until the squash has begun to break down, about 35-45 minutes. Use a masher or fork to mash some of the squash to create a little more thickness and body to the soup, but don't puree it. Taste for salt and make adjustments as necessary. Finish with a few tablespoons each of chopped parsley and fresh mint leaves.

Montreal Slaw

(From *The Way We Cook* by Sheryl Julian and Julie Riven)

1 large green cabbage, quartered and cored
2 Tablespoons coarse (kosher or other) salt
4 [carrots](#), grated
1 [green pepper](#) (I'd leave the green bell pepper out since I find them bitter, or use a red pepper, or another substitution? -J.)
1 bunch [green onions](#), thinly sliced
3-6 Tablespoons sugar
½ cup distilled white vinegar
3 Tablespoons olive oil or another mild salad oil

Shred cabbage and transfer to a large colander, sprinkling the layers with salt. Set the colander in a large bowl and set aside for 30 minutes.

Rinse the cabbage a bit and then With your hands, press the cabbage to remove the excess moisture and transfer to a large

bowl. Add the carrots, green pepper, and scallions and toss thoroughly.

Sprinkle the vegetables with 3 Tablespoons of the sugar, vinegar, and oil. Toss again. Taste for seasoning and add more salt, sugar, or vinegar if you like. Cover bowl and refrigerate slaw for at least 2 hours or for as long as overnight. Toss again just before serving.

Roasted Brassica with Oven Dried Tomatoes (Chef Jonathan Miller)

1 lb Monica tomatoes, quartered lengthwise
1 head cauliflower or broccoli
olive oil
1 c roasted almonds, very roughly chopped
2 c milk
½ c polenta
parsley

Heat the oven to 200. Put the tomatoes on a sheet pan and drizzle with a tiny bit of olive oil, then sprinkle with a bit of salt. Roast at this low temperature until the onions are mostly dry, 2-4 hours depending on your tomatoes and oven.

Cut the cauliflower into florets (or broccoli into small pieces) and toss in a sheet pan with olive oil and salt. Roast in a 425 degree oven until deeply colored, about 15 minutes. Check at 10 minutes and keep checking until it's done to your liking.

Lightly toss the brassicas with the tomatoes and the almonds. Taste to make sure you like it.

Heat the milk with some salt in a medium saucepan until it comes to a simmer. Add the polenta, whisking constantly, until creamy and smooth. I cook this for a short amount of time, about ten minutes. Add the mascarpone and taste for seasoning. Serve in a shallow bowl and top with the cauliflower, almonds, and tomatoes, sprinkle with some parsley and serve warm.

Soft Polenta with Leeks (Adapted from Bon Appétit)

3 tablespoons butter
3 large leeks (white and pale green parts only), thinly sliced
2 ¼ cups (or more) water
2 cups canned chicken broth
1 bay leaf
1 cup polenta
1/3 cup freshly grated Parmesan cheese

Melt 2 tablespoons butter in heavy large saucepan over medium heat. Add leeks; stir to coat. Cover and cook until leeks soften, stirring occasionally, about 10 minutes. Add 2 ¼ cups water, broth and bay leaf.

Bring to boil. Gradually whisk in polenta. Reduce heat to medium-low and cook until mixture is thick and creamy, stirring often and thinning with more water if necessary, about 35 minutes.

Remove pan from heat. Discard bay leaf. Stir in remaining 1 tablespoon butter and Parmesan cheese. Season polenta to taste with salt and pepper. Divide polenta among plates. Serves 4.

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