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 Par-Cel

****Disclaimer to the above vegetable list**:** The list above is *approximate*. When we run short of an item, we substitute with something else similar. Andy will make sure it will be a good value. In the meantime, we appreciate your patience and a sense of adventure with these boxes. Enjoy!

Storage: Spring Onions, Scallions, Orach, Kale & Par-Cel: Remove any ties or rubber bands, and store loosely in bags in the fridge. Romaine & Broccoli: Store in bags in the fridge. Tomatoes & Tomatillos: Do not refrigerate. Store on your counter. Carrots: Remove and compose greens. Roots stay crisper without their greens. Basil: It shouldn't get too cold, so try to find the 'warmest' place in your fridge. For some that's the door, for others that might be the produce drawer. Or, try keeping your basil as a flower bunch in a jar with water at the stems. Beets: Remove greens from beets. Store greens and beets in separate bags in the fridge. Use the greens within the first 1-2 days as a cooking green, just like chard.



Tomatillos. Photo by Andy Griffin.

Cherry Tomato and Olive Relish from Vegetarian Cooking for Everyone by Deborah Madison

1 pint cherry tomatoes, halved or quartered if large
 1 or 2 yellow or other tomatoes, seeded and finely diced
 24 nicoise olives, pitted and halved (or already pitted kalamata chopped roughly will work, too!)
 1 tablespoon capers, rinsed
 1 tablespoon chopped parsley (try the Par-Cel here)
 2 teaspoons chopped marjoram (I use oregano when I don't have marjoram available)
 5 basil leaves, thinly sliced
 1 Tablespoon extra virgin olive oil
 fresh lemon juice to taste
 salt and pepper

Put the tomatoes in a bowl with the olives, capers, and herbs. Moisten with the oil, then season to taste with the S & P & lemon juice. Serve right away, or at least within the hour of making it.

Blanched Broccoli with Basil Pesto and Cherry Tomatoes adapted from Pasta e Verdura by Jack Bishop

2 pounds broccoli di cicco
 salt to taste
 1 cup tightly packed fresh basil leaves
 2 medium cloves garlic, peeled
 2 Tbs. pine nuts
 6 Tbs. olive oil
 ¼ cup freshly grated Parmesan cheese
 2 pints cherry tomatoes
 1 pound pasta (such as shells, or other open shape)

Bring 4 quarts of salted water to boil in large pot for cooking the pasta. Bring several quarts of water to boil in another pot. Chop the broccoli into small, bite-sized pieces. Add the broccoli and salt to taste to the boiling water. Cook until broccoli is tender, about 3 minutes. Drain and set aside the broccoli. Place the basil, garlic, and pine nuts in the work bowl of a food processor and process, scraping down the sides of the bowl as needed, until smooth. With the motor running, slowly pour the oil through the feed tube and process until smooth. Scrape the pest into a large bowl. Stir in the cheese and additional salt to taste. Cut the tomatoes in half. Add the tomatoes to the bowl with the pesto and toss gently. Add the broccoli to the bowl and toss gently. Taste for salt and adjust seasonings if necessary. While preparing the sauce, cook and drain the pasta. Toss the hot pasta with the broccoli sauce. Mix well and transfer portions to pasta bowls. Serve immediately. Serves 4.

Preparing Tomatillos from Kate's Global Kitchen

Before using, peel off the husks and rinse to remove the sticky residue. Other than peeling off the husk, do not peel the green skin.

Tomatillos are traditionally used in three ways — raw, boiled/blanched, or roasted/grilled:

Raw - Uncooked tomatillos add a fresh, tangy citrus-like flavor and are often used raw in Mexican table sauces. Finely dice or puree them.

Blanching - Mellows the flavor. Bring a large pot of water to a boil. Add the whole tomatillos (husks removed and rinsed) and boil for about 5 minutes, until soft. Drain and crush or puree as directed in a sauce recipe.

Fire roasting - Leaving slightly blackened skins on enriches a sauce with a smoky, woody flavor. Can roast under the broiler, with a propane torch, or over an open flame such as a grill or a gas burner. Make sure the heat is quite hot, otherwise the tomatillos will turn mushy before being charred.

Dry roasting - Produces an earthy, nutty flavor. Place the tomatillos in a heavy skillet (preferably cast-iron). Turn heat to low. Roast for about 20 to 30 minutes, turning occasionally, letting each side take on a rich, burnished golden color before turning.

Finally, tomatillos can be quite inconsistent in flavor, from intensely sour to mild and sweet. Some cooks use a pinch of sugar to balance the taste of very tart tomatillos. The lively flavors of this perky little fruit lend themselves well to rounds of experimentation, from stir-fries to soups to salad dressings.

Chicken Soup with Tomatillos Adapted from *Splendid Soups*

1 chicken cut into 8 pieces
1 lb tomatillos coarsely chopped
1 onion finely chopped
3 cloves garlic finely chopped
2 jalapeños seeded and chopped
3 c chicken broth
2 T chopped cilantro
salt and pepper

Brown the chicken in a pan 8-10 minutes a side. Adjust the fat and lightly sauté the onions and garlic. Add broth, tomatillos, jalapenos and chicken to pan. When chicken is done (~15 minutes) remove to cool. Skim any fat and puree what is in the pan (I use a stick blender). The recipe calls for straining it, but I prefer it more 'peasant' and don't. Shred the chicken meat and return to the pan with the cilantro. Adjust salt/pepper to taste and you have a great soup (I'll sometimes add a little lime juice to taste as well). Serve with sour cream and/or shredded cheese.

Chicken with Orange, Spinach and Cherry Tomatoes Adapted from *Bon Appetit*

2 tbsp minced fresh dill
2 tsp grated orange peel
1 tsp minced garlic
¾ tsp salt
1 cup cherry tomatoes, halves
1 tbsp olive oil
4 skinless boneless chicken breast halves, thinly sliced crosswise
4 cups firmly packed torn fresh spinach leaves (~8oz) (try the orach here!)

Preheat oven to 450F. Place large baking sheet in oven to heat. Meanwhile, mix dill, orange peel, garlic and salt in medium bowl. Season with pepper. Combine tomatoes, oil and 1 teaspoon dill mixture in small bowl. Add chicken to remaining dill mixture in medium bowl and toss to coat. Cut 4 sheets of foil, each about 20 inches long. Place 1 foil sheet on work surface. Arrange 1 cup spinach on 1 half of foil. Place ¼ of sliced chicken mixture atop spinach. Spoon ¼ of tomato mixture atop chicken. Fold foil over, enclosing contents completely and crimping edges tightly to seal. Repeat with remaining 3 foil sheets, spinach, chicken mixture and tomato mixture, forming 4 packets total. Arrange foil packets in single layer on heated baking sheet. Reduce oven temperature to 400F. Bake until chicken is just cooked through, about 10 minutes. Transfer to plates; let stand 5 minutes. Makes 4 servings.

Sauteed Kale with Garlic and Vinegar From *Chez Panisse Vegetables* by Alice Waters

2 bunches kale (about 2 pounds)
3 tbsp olive oil
salt
2 cloves garlic
1-2 tbsp red wine vinegar

Strip the kale leaves off their stems and cut away the tough midribs of any large leaves. Chop coarsely and wash in plenty of water. Drain well, but do not spin dry.

Heat a large sauté pan and add the olive oil and enough kale to cover the bottom of the pan. Allow these greens to wilt down before adding more. When all the kale has been added, season with salt, stir in the garlic, and cover the pan. The greens will take anywhere from just a few minutes to 15 minutes to cook, depending on their maturity. When they are tender, remove the lid and allow any excess water to cook away. Turn off the heat and stir in the vinegar. Serve tossed with pasta, or with roast chicken, or as part of an antipasto platter. Serves 4 to 6.

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