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****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: Carrots, Beets, Turnips, Radishes & Cauliflower: Store in bags in the fridge. Bianca Riccia, Wild Arugula, Chard, Sai Sai, Chervil, Mustard Greens & Orach: Remove any ties or rubber bands, and store loosely in bags in the fridge.



Orach is an heirloom variety of spinach. It is nutritious, colorful, and tasty raw in salads or cooked, anywhere you would use the hybrid spinach we are accustomed to. Here's a link to an article Andy that wrote about Orach for The Ladybug Letter in January, 2009. (<http://www.ladybugletter.com/?p=69>) Photo by Andy Griffin.

Rice Wine and Sesame-Fried Carrots
From *Japanese Vegetarian Cooking* by Patricia Richfield

½ lb. carrots
1 tbsp soy sauce
1 tbsp mirin (sweet rice wine)
1 tsp superfine sugar (brown sugar is good, too)
sesame oil
toasted sesame seeds (optional)

Peel the carrots and cut into matchsticks. Mix soy sauce, mirin and sugar, stirring until the sugar has dissolved. Heat a small amount of sesame oil in a frying pan. Add carrots and stir-fry for 2 mins. Add mirin mixture and stir fry over medium heat until liquid has almost all evaporated. Divide among 4 small dishes. Sprinkle toasted sesame seeds over top, and serve.

Carrot and Beet Salad with Ginger Vinaigrette
Gourmet, April 1994

¼ cup minced shallot
1 tbsp minced peeled fresh ginger
1 clove garlic, minced
¼ cup rice vinegar
1 tbsp soy sauce
½ tsp Asian (toasted) sesame oil
Tabasco to taste
½ cup olive oil
4 cups finely shredded carrots
4 cups finely shredded peeled raw beets (~ ¾ pound)
spinach leaves (try the orach here), washed thoroughly, for garnish if desired

In a blender puree shallot, ginger, and garlic with rice vinegar, soy sauce, sesame oil, and Tabasco. With motor running add olive oil in a stream and blend until smooth.

In separate bowls toss carrots with half of the dressing and beets with remaining half. Divide carrot salad and beet salad among 6 plates and garnish with spinach leaves. Serves 6.

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

Turnip, Carrot and Split Pea Soup

¾ c Dried split peas
2 tb olive oil or butter
1 Onion, chopped
1 c Carrots, chopped
1 c Turnip, chopped
Turnip Greens, cleaned and chopped, optional
2 c Vegetable stock
2 bay leaves
Salt & pepper to taste
splash of vinegar

Wash peas and soak them overnight in cold water, or in hot water for one hour. Drain them and set aside. Heat the oil or butter in a saucepan and sauté the onion until light brown. Add the carrots and turnip and continue cooking 5 minutes. Add the peas, bay leaf, and veg stock, and stir well. Cover the pan, bring to a boil, and simmer 1 - 1½ hours until the peas are really tender. Stir occasionally, and add water if necessary. Season to taste. Stir in turnip greens 1-2 minutes before removing from heat. Serve with a splash of vinegar.

Daikon Radish Remoulade

Gourmet, April 1991

1 lb. daikon radish (try the Watermelon Radish here)
3 tbsp Dijon-style mustard
4 tbsp olive oil
1 tsp wine vinegar
¼ cup minced fresh parsley leaves

Cut the daikon into 2-inch-long fine julienne strips or grate it coarse. Rinse a large bowl with hot water, dry it, and in it whisk the mustard with 3 tablespoons hot water. Add the oil in a slow stream, whisking until the dressing is emulsified, and whisk in the vinegar and salt and pepper to taste. Add the daikon strips and the parsley and toss the mixture well. Serves 6.

Cauliflower Soup from Chef Jonathan Miller

Cauliflower, cut into florets
2-3 carrots, chopped
1 onion, chopped
2-3 T herb of choice (parsley or thyme are good choices)
Broth of choice (chicken stock, veggie stock, or even water), up to 1 quart, depending on size of cauliflower
1-2 c half and half or cream

Sauté the onion and carrots in oil or butter. Cook them until the onions are really soft but not brown. Add the cauliflower and the herbs and cook a few minutes. Add your broth until it comes up just below the level of your veggies and simmer until the cauliflower is cooked, around 12-15 minutes. Add some cream and blend in a blender, then check for salt and pepper.

Julia's suggestions for using yummy, healthy greens

waiting for you in your fridge or garden:

1) Make lentil or split pea soup and then add chopped greens at the end of cooking. Also try a Chinese style hot and sour soup, or navy bean, etc. This is one of my favorite ways to consume greens.

2) Cook in olive oil with garlic and add a few chile flakes at the end. A great, easy and satisfying side dish.

3) Make #2 and put onto grilled cheese sandwiches or into tacos, with or without cheese

4) Make a frittata with already-cooked greens, or just add to scrambled eggs.

Orach Salad

Enjoy this tender purple cooking green in a salad on it's own or with a green lettuce for dramatic presentation.

Dressing: Whirl in a blender: 1 clove roughly chopped garlic, pinch salt, 1 teaspoon (scant) dijon mustard, 2 teaspoons plum jam or any other jam available, 4 Tablespoons rice wine vinegar, ½ cup extra virgin olive oil. Dress washed orach leaves with dressing. Add other chopped vegetables as desired.

Orach Pasta

2 cups cleaned and lightly chopped orach leaves
1 onion, chopped (you can use chopped garlic instead, but add it later so it doesn't burn)
S & P to taste
Olive oil to taste

2 cups hot cooked pasta, short twirly shapes work best
optional: roasted pine nuts or walnuts, crumbled blue or other cheese, grated parmesan, etc.

Sauté the onion/garlic in the moderately hot oil (about 1-2 tablespoon) until soft, add the greens and the S & P. Add garlic now if you're using it. Cook until the greens are wilted, about 2 minutes, depending on how hot your pan is. Mix with the hot pasta, and optional additions if you're using any of them. Serve.

Orachy Green Sauce

2 cups mixed greens, such as orach, green garlic, chard, arugula, celery leaves, chervil, almost any other green herb from your garden... The sky's the limit.

1 clove garlic or 1 shallot, chopped fine

½ cup cottage cheese

½ cup yogurt or sour cream

S & P & lemon juice to taste

Put all ingredients in a mortar and pestle or a food processor and mash/whirl until desired consistency. This sauce can be a soup embellishment, a potato topper, a risotto flavoring, etc. Experiment and enjoy.