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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!

**Fridge Management:** *Everything* into the fridge. Top the carrots... toss the greens of the carrots. To eat first: I would start with the swiss chard to make space in my fridge.. If space is still at a premium top the onions and toss their greens or make a stock with them. The Brussels Sprouts are in the cabbage family: so eat them within 1-4 days for sweetest/less cabbage results. The 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!

**CARROTS:** The Yellow ones are great for both cooking and 'sticks' as any orange carrot. The Red ones are specifically for cooking: roasting, soup, etc. They are full of flavor for cooking but not sweet for raw munching.

### Radish Slaw

½ pound watermelon radishes, trimmed and grated coarse (about 2 cups)  
3 cups finely shredded cabbage  
1 cup coarsely grated carrots  
½ cup thinly sliced red or green onion  
2 TBS fresh lemon juice  
½ tsp. sugar  
2 TBS olive oil  
2 TBS finely chopped fresh cilantro

In a bowl toss together the radishes, the cabbage, the carrots, the onion, the lemon juice, the sugar, the oil, the cilantro, and salt and pepper to taste.



Watermelon Radish, photo by Andy

### Stir Fried Noodles with Cabbage and Chard

1 pound dried Japanese ramen noodles, or capellini  
½ head or so red or green cabbage, leaves cut from stem and sliced thinly  
2 tablespoons cooking oil  
2 Tablespoons fresh ginger, minced  
2 Tablespoons garlic, minced (fresh)  
1 teaspoon dried chile flakes  
2 or more cups thin onion slices: about 1 large or 2 medium red or white or yellow  
1 bunch chard or other cooking greens (cleaned and sliced into thinnish strips), and or julienned carrots  
2 Tablespoons sake or rice wine  
sliced, toasted almonds, or toasted sesame seeds (optional)

Sauce: 4 Tablespoons soy sauce, 1 Tablespoon Worcestershire OR fish sauce, 3 Tablespoons rice wine or sake: mix all together.

Boil noodles according to package directions, but be sure not to overcook. Drain and rinse, set aside for a moment.

Heat oil in heavy, large fry pan over medium/high heat, then add ginger, onions, and chile flakes. After about a minute or two, add the garlic. Cover and cook for a good amount of minutes, until

the onions are soft. Now add the cabbage, and carrots if you're using, and rice wine/sake. Cook until the cabbage is soft. Add the chard. Cook until it's bright green, about a minute or two. Add the Sauce. Stir around a bit. Add the cooked Noodles. Top with the almonds or sesame seeds. Serve.

### **From Chef Jonathan Miller:**

This is a variation on a standard noodle bowl I make, designed around the vegetables that show up in your box this week. You can vary the vegetables in it based on what you prefer. Vegetarians can leave out the fish and have a perfectly happy bowl!

### **Noodle Bowl**

#### Broth:

1 piece kombu  
4 lemongrass stalks, halved lengthwise and smashed  
4 inches ginger, peeled and sliced into rounds  
1 small onion, sliced  
1 jalapeno, halved lengthwise  
4 c cold water  
2 T soy sauce  
2 T mirin  
2 T sake  
1/2 t salt

#### Veggies:

1/2 bunch garlic chives, chopped  
2-4 carrots, julienned  
1 watermelon radish, peeled and julienned  
1/2 head savoy cabbage, shredded  
3 leeks, white parts only, julienned  
4 shiitake mushrooms, stemmed and julienned  
toasted sesame oil  
soy sauce  
2-4 scallions, chopped  
cilantro leaves for garnish  
sesame seeds (any color, toasted) for garnish  
chili oil

6 oz somen noodles

12 oz white fish of choice, in 4 small filets

Make the broth: Put all the ingredients in a pot and bring to a simmer. Simmer for 10 minutes. Strain, pressing hard on the solids, then return to a saucepan and reduce slightly. Taste, and add a hit of salt if necessary.

Cook the somen in boiling water until just cooked, around 3 minutes. Drain, then rinse under cold water to stop the cooking. Set aside in a strainer, but keep tossing, with cold water if necessary, to keep from sticking together while you finish the dish.

Heat some neutral oil (I like grapeseed) in a large wok or skillet. Add the garlic chives and saute briskly for 30 seconds. Add the carrots and radish and stir-fry for a minute or so. Add the cabbage, leeks, shiitake, and a little salt and stir-fry again for another minute or two. Add a quick drizzle of soy sauce and sesame oil. Taste and adjust seasonings if necessary.

Season the fish with salt and pepper. Sear, skin side down, in a skillet until very crisp, a couple minutes. Flip and finish cooking (could be very quick, depending on how thick your filets are).

Put a small amount of noodles in the bottom of a large, wide, bowl. Spoon some veggies over the noodles. Pour in some hot broth, then top with the fish. Garnish with the scallions, cilantro, sesame seeds, and some chili oil if you like.

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