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Green AND Orange [Cauliflower](#)  
[Potatoes](#)  
[Cilantro](#)  
[Escarole](#)  
[Red Beets](#)  
[Red Chard](#)  
[Orange Carrots](#)  
Fresh [Onions 'green tailed'](#)  
[Parsnips](#)  
[Cabbage](#)  
[Winter Squash](#): Long Island Cheese Pumpkin

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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 cauliflower and cilantro and perhaps chard. The escarole is a hearty green that 'hangs out' a bit longer than more tender greens. If space is still at a premium top the onions and toss their greens or make a stock with them. 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!

**ESCAROLE:** I love this vegetable! It's a chicory, but it's sweet like lettuce. You could try making a salad with some of the grated beets or carrots... I also cook escarole just like spinach.

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**Julia's Beet note:** you can cook up all your beets by roasting them in the oven, including any stray beets from past shopping/csa boxes etc: then what you don't use in the recipe below, you can make a simple, elegant composed salad! I had a great one at Bar Tartine with crab and crême fraiche... although at home I'm more likely to use a vinaigrette and some almonds...



**Beet and Blue Cheese Spread**

*Cooking Light magazine*

2 beets  
2 apples, cut into 8 wedges  
1/4 cup blue cheese, crumbled  
1 tbs. horseradish

Preheat oven to 400 degrees. Wrap beets in foil and bake for 1 hour or until tender. Cool and peel the beets. Place beets, apples, cheese and horseradish in a food processor, process until well blended. Serve with crackers or pita chips.

**Stir Fried Noodles with Cabbage and Chard**

1 pound dried Japanese ramen noodles, or capellini  
1/2 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.

### **Minestra of Swiss Chard and Rice**

Adapted from *Saved by Soup* by Judith Barrett

2 teaspoons olive oil  
1 medium sized onion, chopped  
5 cups high quality vegetable or chicken broth  
½ cup short grain rice, Arborio or other  
1 bunch chard, rinsed and roughly chopped  
S & P to taste  
2 Tablespoons fresh parmesan cheese, grated,

Heat oil in a heavy large saucepan over med-high heat. Add the onion and cook, stirring, until it begins to soften, 2-3 minutes. Add broth and bring to a boil. Stir in the rice, partially cover pan, reduce heat to med-low, and simmer, stirring occasionally to prevent the rice from sticking to the bottom, until the rice is tender, about 20 minutes. Stir in the chard or spinach, increase the heat to med-high, and cook until the greens are tender, 2-4 minutes longer. Season to taste with S & P. Ladle into bowls and serve with the grated cheese if desired. Makes 6 servings. 118 calories per serving without the cheese. 2.2 grams of fat per serving. (adjust this up of course if your servings are larger...)

### **Beet Cabbage Relish**

Adapted from the *NY Times Cookbook* 1961 edition

1 cup chopped onion or leek or scallion  
1 quart cooked beets, shredded  
1 quart cabbage, shredded  
1 cup grated horseradish  
4 teaspoons salt  
1 ¾ cups vinegar  
¾ cup sugar

Combining in a saucepan the onion, beets, cabbage, horseradish, and salt. Heat the vinegar, dissolve sugar in it and add to the veggies. Boil 10 minutes. Pack in hot sterile jars and seal. At this time either water bathe can for 20 minutes in pint jars if you're a confident canner, or just refrigerate and use within 2-4 weeks.

### **Cabbage Curry**

Cabbage (1 medium)  
Peas (1 tea cup)  
Mustard seed  
Cumin seed  
Salt  
Turmeric

Recipe: Cut cabbage to your desired size and add turmeric and salt. Mix it properly and keep it aside for 20 minutes. Keep a vessel on the heat and add oil to it. Once the oil is hot, add mustard seeds, cumin seed and urad dal. Once it is properly done, add cabbage and peas. While adding cabbage, squeeze out the water out of cabbage (adding salt would draw the water out of cabbage). Let it cook for 10-15 minutes string occasionally and add water if required. Once you are through, can also add grated coconut if you like. You can have this cabbage curry with rice or chapati.



*Long Island Cheese Pumpkin cut in half, ready to bake*

### **Squash Cheese Soup** adapted from *The Vegetarian Lunch Basket* by Linda Haynes

1 teaspoon butter  
3 Tablespoons whole-wheat flour  
2 cups milk or vegetable stock  
1 cup grated sharp cheese, cheddar, provolone, or other  
2 cups cooked, mashed winter squash  
S & P to taste

In a soup pot/large saucepan, melt butter over a medium low heat and whisk in flour. Stir for three minutes. Gradually stir in milk or stock. Simmer until thickened.

Stir in cheese, squash, salt and pepper. Simmer for 5 minutes.

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