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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:** Chard, Green Onions, Dill, Mizuna & Dandelion Greens: Remove ties and store loosely in bags in the fridge. Escarole, Lettuces, Cabbage & Carrots: Store in bags in your crisper in the fridge. Sweet Potatoes: Use within a few days as any needless handling will cause bruising. Store in a cool spot on your kitchen counter with good air circulation—not in the refrigerator. Radishes: If radishes come with their greens, separate greens from roots and store greens and roots separately in bags in the fridge. The greens can be used as a cooking green but should be used within a day or two.



Dandelion Greens. Photo by Andy Griffin.

**Escarole and White Bean Salad with Fennel and Gruyere Cheese adapted from *The Greens Cookbook* by Deborah Madison with Edward Espe Brown**

½ cup small dry white beans  
 ¼ teaspoon salt  
 Mustard Vinaigrette (see below)  
 1 tbsp green onions, thinly sliced  
 1 to 2 tbsp Italian Parsley, chopped  
 1 fennel bulb or several celery stalks, sliced into ¼-inch pieces  
 3 ounces Gruyere cheese, cut into julienne  
 Pepper  
 6 handfuls (~ 12 cups) escarole leaves  
 2 tablespoons butter  
 2 slices rye or Country French Bread, cubed for croutons

Sort through the beans and rinse them well. Cover them with boiling water and let them soak for 1 hour; then pour off the soaking liquid. Cover them generously with fresh water, bring them to a boil, add the salt, and lower the heat to a simmer. Cook until the beans are tender but still hold their shape, 45 minutes or longer, as needed. Drain, and save the liquid to use in a soup stock. (I would be occasionally tempted to skip this step with a can of rinsed cannelloni beans... JW) While the beans are cooking, prepare the vinaigrette. When the beans have cooled down so that they are warm but no longer hot, toss them with half the vinaigrette and the herbs, fennel and cheese. Season to taste with salt, if needed, and freshly ground black pepper, and set aside. Prepare the greens. Use the pale inner leaves of the escarole, torn or cut into pieces; tear or slice the radicchio into smaller pieces. Wash the greens carefully, giving special attention to the bases of the escarole leaves, which often hold a lot of silt. Spin them dry and if they are not to be used right away, wrap them in a kitchen towel and store them in the refrigerator. Melt the butter in a skillet, add the bread cubes, and toss them well. Fry them over low heat until they are brown and crisp all over, shaking the pan every so often so they don't burn. To assemble the salad, toss the greens with the remaining vinaigrette; then add the beans and the croutons and toss again. Arrange the salad in a shallow, flat bowl with the beans distributed evenly among the greens.

*Mustard Vinaigrette:*

¼ teaspoon dried tarragon  
 ¼ teaspoon fennel seeds  
 1½ Tablespoons sherry vinegar  
 ¼ teaspoon salt  
 1½ teaspoons Dijon mustard  
 2 Tablespoons creme fraiche or sour cream  
 6 tablespoons virgin olive oil

Grind the tarragon and the fennel seeds with a pestle to bruise them and partially break them up. Put them in a bowl with the vinegar, salt, mustard, and creme fraiche or sour cream, and stir until the mixture is smooth. Whisk in the olive oil vigorously until the ingredients are completely amalgamated into a thick sauce. The dressing will be very strong.

## **Cabbage and Potato Pancakes** **From Simplicity - from a Monastery Kitchen**

½ head small green cabbage  
4 large potatoes, peeled and grated  
1 medium sized onion, finely chopped  
2 eggs  
¾ c milk  
salt and freshly ground pepper to taste  
a small bunch of parsley, chopped  
8 TBS vegetable or olive oil

Quarter the cabbage and steam it for about 6-7 minutes. Drain and chop the cabbage finely. Place chopped cabbage, grated potatoes, and chopped onion in a big bowl. Mash them thoroughly with a masher and mix them well with a spatula.

In a separate deep bowl beat the eggs. Add the milk and beat some more. Add the cabbage-potato-onion mixture. Add some salt and pepper and the chopped parsley. Mix all the ingredients together until thoroughly blended. Refrigerate 1 hour.

Preheat oven to 250. To make the pancakes use a crepe pan or nonstick skillet. In the pan heat about 1 tablespoon of oil (each time) to low-med and pour in about one eighth of the potato mixture. Flatten the mixture evenly with a spatula and cook over medium heat until the pancake turns brown at the bottom. Turn the pancake over carefully and continue cooking the other side. When the pancake is done, slide it carefully onto an ovenproof platter. Repeat the process until all the pancakes are done. Keep the pancakes in the warm oven until ready to serve.

## **Cabbage, Carrots, and Onions with Sesame** **Still Life with Menu Cookbook, Mollie Katzen**

6 tbsp sesame seeds  
¾ tsp salt  
3 tbsp toasted sesame oil  
1 bunch green onions  
1 large carrot, thinly sliced  
1 head green cabbage coarsely chopped

Combine the sesame seeds and salt in a blender. Grind until they achieve the consistency of coarse meal. This is called gomasio or sesame salt. Set aside. Heat a medium-sized wok or large deep skillet. Add the sesame oil and the onions. Stir-fry over med-high heat for a couple of minutes. Add about a tablespoon of the gomasio. Keep stir-frying until the onions are soft and translucent (5-8 minutes). Add carrots and the cabbage, and sprinkle in about half the remaining gomasio. Keep stir-frying until everything is tender (another 10-15 minutes). Sprinkle in the remaining gomasio, and serve. Serves 4

## **Garlic Parsley Dandelion Greens** **Adapted from *Nouveau English Cookery***

4 tbsp. butter or olive oil (I often use half of each)  
4 tbsp. Italian parsley, finely chopped  
1 teaspoon minced garlic, or more to taste  
S & P to taste  
1 generous bunch dandelion greens, washed and shredded  
1 tbsp. pimientos, chopped

Melt butter/oil in a pan. Add parsley, garlic, salt & black pepper. Fry gently for 3 minutes. Add pimientos. Cook for 4 minutes. Add dandelion greens and simmer gently for 5 minutes until tender. Serve hot as a side dish to pork or chicken. Serves 4.

## **Dandelion Greens Sauté**

1 lb. dandelion greens  
3 tablespoons olive oil  
5 cloves garlic  
¼ cup sesame seeds, toasted  
1 tablespoon toasted sesame oil

Wash and slice greens. Blanch in enough water to cover about 1 minute. Drain and sauté in the olive oil for 3-4 minutes, then add the sesame and garlic and sauté for couple minutes more. Add the sesame oil and serve.

## **Warm Dandelion Greens Salad**

¾ pound dandelion leaves  
2 Tablespoons olive oil  
1 Tablespoon red wine vinegar  
½ teaspoon salt  
freshly ground pepper to taste  
4 ounces smoked bacon  
1 slice French or Italian bread, cubed  
2 Tablespoons red wine vinegar  
1 hard boiled egg, crumbled

Wash the greens and tear into small pieces. Put into a warmed salad bowl with the oil and vinegar. Sprinkle with salt and pepper. Toss lightly.

Fry bacon until half cooked. Add bread cubes and fry until cubes are golden and the bacon is completely cooked. Tip contents of the pan (fat and all if you want to be completely French about it) onto the greens. Toss quickly.

Put the vinegar into the pan and heat rapidly. When it is bubbling fiercely, pour onto the greens and toss. Serve immediately with a sprinkling of the crumbled egg on top. Serves two.

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