



Red Salad Bowl [Lettuce](#)
[Chard](#)
[Escarole](#)
Napolitano [Winter Squash](#)
Parcel
[Sweet Potatoes](#)
[Mixed Radishes](#)
[Apples](#)
[Radicchio](#)
Pomegranate
Lemons/Limes

****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: [Lettuce](#), [Radishes](#), [Escarole](#), [Apples](#), [Pomegranate](#), [Radicchio](#) & [Lemons/Limes](#): Store in bags in your crisper in the fridge. Whole Pomegranates need not be stored in the fridge but will last longer if they are. [Chard](#) & [Parcel](#): Remove ties and store loosely in bags in the fridge. [Sweet Potatoes](#): Store in a cool, well-ventilated spot in your kitchen, not in the fridge. Use within a few days. [Winter Squash](#): store in a cool, dry place in your kitchen or pantry. If the squash doesn't have nicks/ fresh gashes it should last for months.



Sweet Potatoes. Photo by Andy Griffin.

Curried Chickpea, Lentil, and Swiss Chard Stew
Adapted from [Vegetable Harvest](#), [Vegetables at the Center of the Plate](#) by Patricia Wells

1.5 cups dried French Lentils, preferably Puy lentils, rinsed and drained
2 Tablespoons extra virgin olive oil
Bouquet garni: several parsley stems, celery leaves, (use the Parcel here!) and sprigs of thyme, encased in clean cotton string or a metal wire mesh tea infuser
1 leek or onion, cleaned and chopped
S & P to taste (Patricia calls for 'fine sea salt')
2 quarts chicken stock, homemade or purchased
2 teaspoons curry powder
½ teaspoon cayenne pepper
1 large bunch Swiss chard, leaves only, coarsely chopped (I'd finely chop the stems and use those too! –julia)
2 cups canned chickpeas, drained and rinsed
2 teaspoons cumin seeds
1 cup Greek-style yogurt for garnish

Place lentils in a fine-mesh sieve and rinse until cold running water. Set aside

In a stock pot, combine the oil, bouquet garni, onion (leek), and 1 teaspoon salt. Sweat-cook, covered, over low heat until soft but not browned- for about 3 minutes. Add the stock and bring to a simmer over moderate heat. Add the lentils, curry powder, and cayenne and stir. Simmer, covered, until the lentils are tender, about 20 minutes. (Cooking time will depend upon the freshness of the lentils –older lentils take longer to cook.) Add the chard leaves and the chickpeas and cook until the leaves are wilted, about 5 minutes more. Remove the bouquet garni. Add S & P to taste.

While the stew is cooking, toast the cumin. Place the cumin seeds in a small, dry skillet over moderate heat. Shake the pan regularly until the cumin seeds are fragrant and evenly toasted, about 2 minutes. Watch carefully! They can burn quickly. Transfer the cumin to a large plate to cool. Set aside.

Divide soup among the warmed soup bowls. At the table, garnish with a spoonful of yogurt and a sprinkling of toasted cumin.

Escarole Soup

¼ lb White beans
5 c vegetable or chicken broth
2 Tablespoons olive oil
2 Tablespoons minced garlic
1 onion, diced
2 c chopped escarole
Salt and pepper -- to taste
croutons, optional

Soak the beans overnight in water. Drain. Place beans in a pot, add broth, cover and cook over medium heat until beans are soft, about 30 minutes. (or use canned white beans if there isn't time to soak and cook...) Meanwhile, place another pot on the stove, add oil, place over medium heat, add garlic and onion and cook, stirring occasionally, for 7 minutes, or until onions soften. Add the escarole and continue to cook until wilted, another 10 minutes. Add the beans and broth to the pot with the escarole. Add salt and pepper as desired, cover and simmer for 20 minutes. Serve hot, with the addition of croutons if desired. Serves 8.

Butternut Squash "Flan"

Adapted from recipe in *Vegetarian Cooking for Everyone* by Deborah Madison

2 cups cooked winter squash, mashed
½ tsp cumin, ground
½ tsp cinnamon, ground
2 eggs
1/3 cup cream
5 T butter
6 shallots, sliced
5 juniper berries, crushed
½ tsp crushed black peppercorns
1½ cup red wine
balsamic vinegar
olive oil
1 bunch greens (use your chard here!), chopped

Heat the oven to 375. Butter 6 medium or 8 small ramekins.

Combine the squash, cumin, cinnamon, eggs, cream, and some salt in a bowl, mixing well. Taste to make sure you like it. Divide the mash among the ramekins and put the ramekins in a baking dish. Pour hot water into the baking dish until it comes halfway up the sides of the ramekins. Cover with foil and bake until the eggs have set, about 30-40 minutes. Remove, and rest for 5 minutes or so before removing the ramekins from the water bath.

Melt 2T of the butter in a saucepan and add the shallots, the juniper berries, the peppercorns. Cook until the shallots are golden, about 7 minutes, then add the wine. Reduce it by half, then remove from heat and whisk in 2T

of butter and a couple drops of balsamic vinegar. Cover and keep warm.

Heat the last tablespoon of butter with some olive oil in a skillet and sauté the greens until wilted, about 5 minutes. Add some salt and stir well, then remove from heat and keep warm.

Run a knife around the edges of the ramekins and turn them out onto a plate. Mound the greens around them and finish with some of the sauce. Serve warm.

Silver Dollar Sweet Potatoes, from *The Garden of Eating*, by Rachel Albert-Matesz and Don Matesz

2 TBS melted, unrefined coconut oil or EV olive oil
2 tsp. apple pie spice or ground ginger or cinnamon, or as needed
4 large or 6 medium sweet potatoes (2-2 1/2 lb.)

Preheat oven to 400F. Put oil in custard cup and set out spices. Rinse and scrub sweet potatoes with bristle brush. Pat dry. Remove rough sections and any soft or black spots. Peel if desired. Cut into 1/3-inch thick rounds with sturdy vegetable or chef knife or use a mandoline for potato chip-like texture. Cut in ½-inch thick rounds for softer, French fry-like texture.

Working quickly to keep sweet potatoes from oxidizing, lightly brush cut surfaces with oil, dust with spices, rub spiced halves together and arrange on 2 large cookie sheets or shallow baking pans. (For easy cleanup, line with unbleached parchment paper.) Bake 15 minutes. Flip slices with metal spatula if desired, and bake 10 to 15 minutes longer, until just tender. Serve. Refrigerate leftovers and use within 3 days.

Variation:

Sweet Potato Fries: Omit spices. Use only enough oil to lightly grease baking pans or line with unbleached parchment. Gently beat 3 to 4 large egg whites until frothy. Slice sweet potatoes, promptly add to egg whites, and turn to coat thoroughly. Arrange on prepared sheets and bake.

Crostini with Radicchio and Apple

1 lb radicchio, cut in thin stripes
1 shallot, chopped
1 apple, diced
1 tbsp honey
1 tbsp balsamic vinegar
1 tbsp olive oil
salt & pepper

Sautee shallot and apple in oil for a few minutes; add radicchio, honey, salt and pepper and cook until wilted. Add the balsamic vinegar, mix well and spread on warm toasted Italian bread.