



[Snow Peas](#) OR [Sugar Snap Peas](#)

[Red Scallions](#)

[White Scallions](#)

[Mustard Greens](#)

[Chard](#)

[Erba Stella](#)

[Baby “Bionda a foglie larghe”](#)

[Baby “Bianca Riccia”](#)

[Cabbage](#)

[Wild Arugula](#)

[Beets](#)

****Disclaimer to the above vegetable list**:** The list above is *approximate*. There may be differences in your box. As always, Andy will make sure it will be a good value. In the meantime, we ask for patience and a sense of adventure with these boxes. Thank you!

Storage: [Snow Peas](#), [Sugar Snap Peas](#), [Cabbage & Beets](#): store in bags in the fridge. [Scallions](#), [Mustard Greens](#), [Chard](#), [Erba Stella](#), [baby chicories & Wild Arugula](#): Remove rubber bands or ties, and store loosely in a bag in the fridge.



Erba Stella is also known as ‘minutina’ and has a subtle lemony flavor (mildly sorrel-like) with a texture like arugula; delicious as a salad green; should be used within a day or two. Photo by Andy Griffin.



The Bianca Riccia (Left) and Bionda a foglie larghe (Above) in

your box today are baby endives or chicories. Because they’re harvested at this early tender stage, they have a mild, some say sweet, faintly spicy flavor, are best and most often eaten fresh in a salad with a simple olive oil, sea salt and pepper dressing. Photos by Andy Griffin.

Chicory and Wild Arugula Salad with Honey Vinaigrette, Adapted from a recipe by Aida Mollenkamp for Chow.com

Try the baby chicories in your mystery box, Bionda a foglie larghe and Bianca Riccia, in place of the radicchio and Belgian endive in this recipe.

- 1 medium head Belgian endive, coarsely chopped (~1 cup)
- ½ small head radicchio, coarsely chopped (~2 cups)
- 1½ oz baby arugula (about 1½ cups)
- 1½ tsp white wine vinegar
- 1 tsp honey
- ¼ tsp kosher salt, plus more as needed
- 1/8 tsp freshly ground black pepper, plus more as needed
- 2 Tbp grape seed oil
- ¼ cup walnuts, toasted and coarsely chopped

Combine the greens in a serving bowl and set aside.

Whisk together the vinegar, honey, and measured salt and pepper in a small, nonreactive bowl. While constantly whisking, add the oil by pouring it in a thin stream down the side of the bowl. Whisk until all the oil is incorporated. Taste and adjust the seasoning as desired.

Pour the vinaigrette over the reserved greens and, using your hands, mix to coat the salad. Taste and adjust the seasoning as desired. Top with the walnuts and serve.

Sesame Snow Peas, *Gourmet*, September 1996

- ½ pound snow peas, trimmed and strings discarded
- 1 teaspoon Asian sesame oil
- 1 scallion, sliced thinly on diagonal
- 2 teaspoons sesame seeds, toasted lightly

Cut snow peas on diagonal into long thin slices. Have ready a large bowl of ice and cold water. In a saucepan of boiling salted water blanch snow peas 15 seconds and drain in a colander. Immediately transfer snow peas to ice water to stop cooking and drain well. In a bowl toss snow peas with oil, scallion, sesame seeds, and salt to taste.

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

Erba Stella (Minutina) Salad **From the Zuni Café Cookbook)**

1 bunch Erba Stella
¼ t coriander seeds
4 T olive oil
1 T champagne vinegar
1 large carrot
half small celery root, peeled
1 fennel bulb, sliced in half lengthwise (you will only use half for the salad)
4-5 radishes

Handle the erba stella gently when you wash and dry it.

Make the vinaigrette: toast the coriander seeds in a dry skillet; cool, then crush in a mortar. Add to the vinegar and olive oil with a hit of salt, and whisk to combine. Taste with a leaf or two of erba stella to make sure you like it. Adjust if necessary.

Use a mandoline to help with the veggies: as thinly as possible, slice the carrot and celery root lengthwise on the mandoline. Now stack a few slices at a time and slice them with your knife lengthwise into very thin strips. Put these carrot strings into a large bowl. Line the celery strings up and slice them crosswise into tiny dice; add them to the carrots. Use the mandoline again to slice one fennel half into very thin slices crosswise (into thin sickles; use the other half of fennel for something else); slice the radishes into thin coins. Add both to the carrots and celery root in the bowl.

Toss the veggies with the vinaigrette, then add the erba stella and very gently toss again. Taste it to make sure you like it and adjust seasoning if necessary. Serve right away.

Soba Noodles with Spring Vegetables and Teriyaki Sauce, from Saffron and Sun

1 Tbsp canola oil
2 garlic cloves, peeled and sliced
5 slices of fresh ginger
1 bunch asparagus (green, washed, & cut into 1-inch pieces)
2 bunches scallions (washed & cut into 1-inch pieces)
1/2 cup peas
8 oz soba noodles
1 cup rice wine (mirin, Japanese)
1 cup light brown sugar (packed)
1 cup soy sauce

Cook noodles in a pot of salted water until just tender but still firm to bite, about 8 minutes. Drain and rinse noodles under cold water. Drain well.

Heat a deep sauté pan or wok over high heat and add canola oil, ginger and garlic. Cook for 1-2 minutes until garlic is golden brown; remove using a slotted spoon;

reserve garlic and discard ginger.

Add asparagus, scallions and peas and cook over medium-high heat until tender (about 4 minutes). Season to taste with salt.

Add cooked noodles and toss to combine. Transfer to a bowl and add teriyaki sauce.

For the teriyaki sauce: Combine all ingredients in a small sauce pan, bring to a boil and gently simmer, stirring occasionally until slightly thickened (about 40 minutes). Let cool.

Ottolenghi Roasted Beetroot Salad **By Yotam Ottolenghi, original recipe from Ottolenghi: the cookbook**

500g golden beetroot
500g red beetroot
80g sunflower seeds
90ml maple syrup
4 tbsp sherry vinegar
4 tbsp olive oil
2 garlic cloves, crushed
20g chervil leaves
60g baby chard, baby spinach or rocket
coarse sea salt and black pepper

Preheat the oven to 400°F. Wash the beetroot and wrap them individually in foil. Bake for anything between 40 and 90 minute. Ours came in a bag of all different sizes so we gradually took them out of the oven as they felt tender when pierced with a sharp knife.

Spread the sunflower seeds out on in an ovenproof dish and toast along with the beetroot for 8 minutes or until lightly colored.

Let the beetroot cool a little before peeling with a sharp knife (gloves are highly recommended!). Cut them into halves, quarters or dice. Mix with the rest of the ingredients in a large bowl. Toss well and then taste: Yotam advises that you should get a clear sweetness balanced by enough salt. Adjust the seasoning as required and serve.

Sauteed Swiss Chard, *Bon Appetit*, March 1999

1 ½ T. butter
1 ½ T. olive oil
2 cloves garlic, finely chopped
pinch dried crushed red papper
2 large bunches swiss chard, stems trimmed, leaves cut crosswise into ½-inch wide strips

Melt butter with oil in heavy large pot over medium-low heat. Add garlic and crushed red pepper. Sauté until fragrant, about 1 minute. Add chard; stir to coat. Cover; cook until tender, stirring occasionally, about 8 minutes. Season to taste with salt. Transfer to bowl and serve.