



Winter CSA 'Mystery' Box

San Jose
February 16, 2011

[Delicata Squash](#)
[Green Garlic](#)
[Brussels Sprouts](#)
[Broccoli di Ciccio](#)
Watermelon [Radishes](#)
Chantenay [Carrots](#)
[Leeks](#)
Green-Tailed [Onions](#)
[Collards](#)
White [Cauliflower](#)
[Orach](#)

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, except for the Delicata Squash which can stay in a cool spot on your countertop. Top the carrots... toss the greens of the carrots. To eat first: I would start with the collards 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 cabbagey 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!



Orach, Photo by Andy Griffin

From Chef Jonathan Miller:

I made spring rolls for a baby shower this weekend and they were a hit. I've used mostly vegetables that are coming in the box, but for any vegetable roll, feel free to mix up the vegetables you use based on what you like. I generally only cook shiitake caps (I saute mine in a touch of oil and salt), but you can do it however you prefer. I even like my leeks raw in this - just make sure they are properly julienned. The nam prik dipping sauce shouldn't be made far in advance - it loses its potency. I make mine just before the rolls, not any earlier. And be sure to give everyone their own small dish of the nam prik. You'll want to double dip your roll, and some of the vegetables have a tendency to fall out into the dipping sauce. Best to have your own in that case!

Veggie Spring Rolls

1/2 c sugar
1 watermelon radish, peeled and finely diced
1 broccoli stalk, stem peeled and diced, florets cut into small pieces
1 carrot, shredded
1-2 leeks, julienned
2 stalks green garlic, finely chopped
1/3 c mung bean sprouts
1/4 c shiitake caps, julienned
1 small bundle rice vermicelli, soaked in very hot water until soft, drained, and roughly chopped
2 T nam pla (fish sauce)
2 pinches red chili flakes
pepper
8 spring roll wrappers (round rice paper wrappers)
mint leaves
cilantro leaves

Dissolve a half cup of sugar in a quart of water by heating it until the sugar dissolves. Set aside.

If you plan on blanching your broccoli, leeks, and/or shiitake caps, do so now.

Drain and cool. Combine all the vegetables with the vermicelli noodles and toss well. Add the nam pla, the chili flakes, and a generous grind of pepper and toss again. Taste to make sure you like it. No salt here, as it would draw out water from the raw vegetables.

Fill a pie plate or other large shallow dish with the sugar water.

Soak a sheet of rice paper in the sugar water until softened, then place on a tea towel. Put a heaping two tablespoons of vegetable filling in the center of the roll, fold in the sides and roll tightly. Repeat until you use all the filling. Put the rolls on a serving plate and sprinkle some mint and cilantro leaves over the top. Serve with the nam prik.

Nam Prik

1/4 c nam pla
2 T lime juice
1/4 c rice vinegar
2 garlic cloves, minced
1/2 t chili flakes (or use 1 red thai chile, minced)
2 T sugar
Combine all the ingredients and mix until the sugar is completely dissolved.



Veggie Spring Rolls

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I love adding ginger to roasted squash. Here's a cute dish that makes that's finished with a delicious crunch of garlic and ginger. Don't skip this garnish. It's yummy!

### **Gingered Roasted Squash with Veggie Stir Fry**

2 delicata squash  
butter  
juice from 2 lemons  
2 inches fresh ginger, finely grated  
2 T fresh ginger, minced  
2 T garlic, minced  
2 red spring onions (or 1 cured red onion), halved and thinly sliced  
generous pinch chili flakes  
2-3 carrots, julienned  
2 leeks, julienned  
2 stalks green garlic, chopped  
1 bunch kale (or spigarello), finely chopped  
4 T cilantro, chopped  
toasted sesame oil  
soy sauce

Heat the oven to 400. Halve the squash lengthwise and put the halves, cut side down, on a buttered or parchment lined baking sheet. Roast until soft and slightly caramelized, about 30 minutes. Cool slightly, then scrape the flesh out.

Combine in a bowl with a few tablespoons butter, the lemon, the grated ginger, and a little salt. Mash or whisk until everything is smooth, then taste, adjusting the seasoning as necessary.

While the squash roasts, heat about 4T grapeseed oil in a wok or large skillet. Sauté the minced ginger and garlic with a little salt until golden brown and crisp. Remove to a paper towel to drain and cool.

Stir fry the remaining vegetables, adding them in the order given, and cooking just until softened. Make sure they retain a little tooth. Finish with some salt, the

cilantro and a light drizzle of sesame oil and soy sauce.

Spoon the squash puree on a serving plate and mound the vegetables on top. Garnish with the ginger-garlic crisps and a some whole cilantro sprigs.

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I love chewy spelt with greens. This is super simple and the mushrooms keep it warm and comforting. Sauteeing the radishes takes away some of their bite, but they are still great in this mixed up dish.

Spelt with Kale, Radish, and Mushrooms

3/4 c spelt
2 watermelon radishes, peeled and cut in large dice
butter
1 bunch kale (or spigarello), chopped
4 green garlic, chopped
2 spring red onions (or 1 cured onion), thinly sliced
1/2 lb oyster mushrooms

Rinse your spelt berries and put them in a saucepan with cold water to cover by 2 inches. Bring to a boil, add a tablespoon of salt and simmer over medium low heat until tender, but still chewy, about 30 minutes. Drain.

Saute the radish in a little butter and salt until softened and tasty, about 5 minutes. Set aside.

Steam or blanch your kale (or spigarello) until just tender, a few minutes only.

Heat some olive oil and a tablespoon of butter in a large saucepan and add the green garlic and onions. Saute until softened but not browned, about 6 minutes, then add the mushrooms. Cook briskly, adding a little salt here, until softened and beginning to brown. Add the kale, radishes, and spelt to the saute and heat thoroughly. Taste for salt and

finish with a generous grind of pepper and a drizzle of quality olive oil. Serve warm.

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### **And, a couple of recipe suggestions from Julia:**

[Kale Pesto](#) - But you can use Spigariello, chard, collards or kale for this!

[Roasted Delicata Squash Salad](#) from Heidi Swanson's [101cookbooks.com](http://101cookbooks.com).

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[Recipes A-Z on our website](#)