



[Arugula](#)
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Lemons
Purple Frills [Mustard](#)
[Mizuna](#)
Baby White [Turnips](#)

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!

Storage: Arugula: store in a plastic bag in the fridge. Try to use within 5 days. **Spinach, Mustard & Mizuna:** store in a bag in the fridge. Use within the week. **Carrots:** Store in a plastic bag in the fridge. **Radishes:** separate the roots from the greens because the greens are super healthful and peppery. Radish greens do not keep more than a couple of days, so use right away. The roots keep much longer – though they get less sweet over time. **Cabbage & Chicories:** store in a bag in the fridge. Good keeper, but best within the first 5 days. **Lemons:** store in a bag in the fridge. **Turnips:** Remove the greens from the turnips: Eat the greens within 1-2 days. Store both in a plastic bag in the fridge: they can be stored in the same bag. Separating the root from the leaves helps store the root better and longer.



Photo of Mizuna by Andy Griffin.



Photo of Purple Frills Mustard by Andy Griffin.

Arugula Salad with Radishes & Mint
(Chef Jonathan Miller)

I learned to incorporate fresh mint into leafy salads from classic cookbooks from restaurants like Greens and Zuni. I find that many, many raw salads benefit from the lift that mint gives them. This salad is super simple, and tasty. Serve with some bread to mop up extra oil and vinegar. This salad would also be good with the spinach in your box.

1 bunch arugula
olive oil
quality red wine vinegar
6-10 radishes, without greens
leaves from 3 sprigs fresh mint
3 oz blue cheese

Wash the sand out of the arugula and take the time to dry it. If it is large, feel free to cut it into sizes that most please you. Whisk some olive oil and vinegar together with a pinch of salt. For this salad I like a 4:1 ratio of oil to vinegar, but you should always do what you prefer!

Slice the radishes thinly and slice the mint leaves if they are large (leave them whole if they are small). Crumble the blue cheese.

Toss everything together and serve right away. If you want the salad to have a little more lift, incorporate very large, fresh croutons into the whole thing - their bulk will add volume.

Sautéed Pan di Zucchero with Anchovies and Parsley
(Chef Jonathan Miller)

I think of this method as the most basic way to cook most chicories, but especially good for escarole and pan di zucchero. Once cooked, you can dress it up with poultry, eggs, cheeses, or bread. Spice it up with some chile flakes if you like. Add them at the beginning with the shallot.

1 head pan di zucchero
1 shallot, thinly sliced
2-3 anchovy filets, minced
1-2 garlic cloves, minced
olive oil
2-3 T parsley, roughly chopped
red wine vinegar (optional)

Cut the pan di zucchero into pieces that are not too large, but not shredded.

Heat plenty of olive oil in a wide skillet and add the shallot. Cook briefly, just until softened. Add the anchovies and garlic for about 30 seconds, then quickly add the pan di zucchero and a little salt. Cook briskly until the zucchero wilts, then lower the heat and cook until it achieves the texture you prefer. I like mine with some tooth, so I cook it for about 4-5 minutes longer. Remove from heat, taste and adjust seasoning if necessary, and finish with the parsley. Should you feel it needs a little perk, give it just a splash of vinegar just before serving. Serve warm with some nice bread, or a roasted chicken part on top.

Roasted Escarole, Fennel, and Sausage (Chef Jonathan Miller)

2 heads escarole
olive oil
1-2 heads fennel
2-4 links spicy Italian sausage
1 T chopped chervil (or use parsley)

Cut the escarole heads into halves, lengthwise, keeping the stems intact. Wash any grit out and take the time to dry them. Put the halves, cut side up, on a sheet pan and drizzle them with olive oil and sprinkle with salt. Allow to marinate while the oven heats up to 400.

Halve the fennel and cut out the core. Slice thinly, crosswise, and toss with some olive oil and salt. Put on a separate baking sheet and put both the fennel and the escarole into the oven. Roast the escarole for 10 minutes. Pull it out and flip it over, cut side down. Roast another 8 minutes. Check the fennel at this point. Remove the fennel when it gets colored and super sweet. Remove the escarole and keep warm.

Sear the sausages in a skillet on all sides, then slide into the oven to finish cooking. When the sausage has finished cooking, allow to rest.

Put the escarole, cut side up, on a serving dish. Top with the fennel, strewn here and there, the chervil, and then the sausages. Serve warm.

Egg Salad with Pickled Onions and Mizuna (Chef Jonathan Miller)

2 large red [onions](#)
2 c cider vinegar
2 T sugar
2 t salt
2 bay leaves
2 cloves
2 whole allspice berries
12 eggs
mayonnaise
3 T chopped [parsley](#)
1 T minced chives
4 scallions, minced (or 1 shallot)
[mizuna](#) or purple frill mustard

Slice the onions into thin rounds or half-rounds and put them into a heatproof bowl. Put the vinegar in a small saucepan with the sugar, salt, bay leaves, cloves, and allspice. Bring to a boil to dissolve the sugar, then immediately pour the mixture over the onions. Make sure the onions are submerged and allow to cool to room temperature. Chill, covered. They will keep for several months this way.

Put the eggs into a saucepan and cover them with cold water. Bring just to a boil, then remove from heat and cover. Allow to sit undisturbed for 12 minutes. Drain and submerge the eggs in very cold water to stop the cooking and cool them down. Peel them and roughly chop them, then transfer to a mixing bowl. Stir in some mayonnaise, some salt, the parsley, chives, and scallions. Taste and adjust seasoning if necessary. To serve, pile some mizuna on a serving plate. Top with some or all of the egg salad and then top with a good amount of pickled onions. Serve cool or at room temperature.

Cabbage and Radish Salad (From Julia Wiley)

Dressing:

1 tsp caraway seeds
1 tbsp honey
2 tsp grain mustard
juice of ½ lemon, plus more to taste
4 tbsp mild cooking oil

Salad:

½ savoy cabbage, quartered
1 tart, firm apple, unpeeled
juice of 1 lemon
1 large carrot, peeled
10 radishes

To make the dressing, bruise the caraway seeds in a mortar and pestle to release their scent. Put the honey, mustard and lemon juice into a cup, season and add the caraway. Add the rapeseed oil gradually, whisking as you do so.

Core the cabbage quarters, pull off any soft/browned outer leaves and slice finely. Halve and core the apple and cut it into matchsticks. Toss with the lemon juice to stop the apple discoloring. Trim the base and tip of the carrot and cut it into matchsticks. Top and tail the radishes and cut them very finely. Toss all the vegetables and the apple in a bowl with the dressing. (A mandolin would work great with all the vegetables and getting them into matchsticks).

Braised Baby Turnips and Carrots

from Alice Waters' [Chez Panisse Vegetables](#)

A very simple stewing is all that is wanted for very tiny and delicate turnips and [carrots](#). Wash and trim the vegetables. Both should be tender enough to make peeling unnecessary. Trim off the carrot tops but leave a half inch or so of the stalks. Leave the tender turnip greens attached, trimming off only the leaves that are wilted or damaged. Put the young roots in a saucepan with a little butter and water, and stew gently, covered, until softened but not overcooked. Season with salt and pepper and serve. This is especially nice if you have a variety of carrots of different shapes and colors.

Sesame Spinach with Ginger and Garlic

(Gourmet, September 1997)

1 garlic clove
2 teaspoons sesame seeds
1 tablespoon vegetable oil
1 teaspoon grated peeled fresh gingerroot
1 bunch trimmed fresh spinach

Mince garlic and in a small dry skillet toast sesame seeds over moderate heat, stirring, until golden. In a heavy 6-quart kettle heat oil over moderate heat until hot but not smoking and cook garlic and gingerroot, stirring, 30 seconds, or until fragrant and golden. Add spinach by handfuls, stirring, and cook until just wilted.

Serve spinach sprinkled with sesame seeds.

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