



[Kohlrabi](#)

[Baby Carrots](#)

[Lacinato Kale](#)

[Bacon Avocados](#)

[Lettuce](#)

[Potatoes](#)

[French Tarragon](#)

[Green-Tailed Red Onions](#)

[Broccoli](#)

[Cucumbers](#)

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: Kohlrabi: separate the greens from the bulbs and store separately in bags in the fridge. Bulbs are good keepers. **Carrots:** top the carrots and store the roots in a bag in the fridge. Good keepers. **Kale:** Remove any twisty ties/rubber bands and store in a plastic bag. **Avocados:** They can be stored on your counter until ready to eat. Only refrigerate once they are soft enough to eat. **Lettuce:** store in a bag in the fridge. No coldest drawer. **Potatoes:** because these are new potatoes, they should be kept in the fridge in a bag. Coldest drawer ok. **Tarragon:** store in a bag in the fridge. **Onions:** store in a bag in the fridge. All are best eaten within a week. **Broccoli:** store in a bag in the fridge. **Cucumber:** store in a bag in the fridge.



Photo of
Kohlrabi by
Andy
Griffin.



Photo of
Bacon
Avocados by
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Kohlrabi Slaw with Creamy Herb and Avocado Dressing from *Vegetable Literacy* by Deborah Madison

Kohlrabi is light and crisp and has a delicate flavor that supports this herbal dressing. You may not need to use all of it. What remains will make a great dip for other vegetables.

4 or 5 small kohlrabies (about 1 pound)

½ avocado

5 tbsp olive oil

2 tbsp apple cider vinegar

1/3 cup sour cream or yogurt

Sea salt

1 ½ tbsp finely chopped tarragon

2 tbsp finely chopped parsley or chervil

1 tbsp slivered chives, plus more to finish

Freshly ground pepper

If the kohlrabies are young and tender, you don't need to peel them. If they are older and less than tender, take the time to slice off the skins. Cut the kohlrabies into fine julienne. A quick and effective way to do this is to slice them thinly on a mandoline, then stack the slices and cut them into matchsticks.

To make the dressing, peel and slice the avocado. Combine it with the oil, vinegar, sour cream, and ½ teaspoon salt in a food processor and puree until smooth. Stir in the tarragon, parsley, and chives, then taste for salt and season with pepper.

Toss kohlrabi matchsticks with just enough of the dressing to coat well and then garnish with the chives.

Pickled Kohlrabi Bulbs

This is an Asian style pickle, and quick enough to make just one day ahead. Thickly peel your kohlrabi bulbs for this! Serve this with any non-stir fry Asian dish as a side. Great with any spring or fried egg roll.

1 c rice vinegar

2 T sugar

1 t salt

3 [kohlrabi](#) bulbs, thickly peeled and finely julienned

Heat the vinegar, sugar, salt, and 1 cup of water in a pot until it boils and the sugar dissolves. Pour over the kohlrabi and allow to cool. Refrigerate overnight until fully chilled. Keeps for 2 weeks.

Crunchy Red Devils by A. Doncsecz, *Vegetarian Gourme*

2 Tablespoons Apple Cider Vinegar

2 [shallots](#), minced

¼ cup hot red pepper sauce

1 teaspoon grainy mustard

½ teaspoon sugar

3 medium kohlrabi bulbs

Whisk together all ingredients except kohlrabi with ½ cup water. Peel and thinly slice kohlrabi; stir into marinade, coating evenly. Cover and refrigerate 2-3 days, stirring occasionally. Serve cold or at room temperature.

Green Goddess Dressing from *Vegetables* by Alice Waters

1 shallot
1 clove garlic
2-3 tbsp white wine vinegar
½ lemon
½ lime
1 or 2 salt-packed anchovies
½ avocado
¾ cup olive oil
½ cup cream
4 tbsp chopped Italian parsley
3 tbsp chopped tarragon
2 tbsp chopped cilantro
1 tsp chopped savory
Salt and pepper

Peel and chop fine the shallot and garlic and macerate in 2 to 3 tablespoons of white wine vinegar, a big squeeze of lemon, and a smaller one of lime. Add the anchovy, rinsed, boned, and very finely chopped or mashed, and the flesh of the avocado. Mash together with a fork. Whisking or stirring with a wooden spoon, gradually incorporate the olive oil and cream—as if you were making a thin mayonnaise. Use about two parts olive oil to one part cream; the avocado will smoothly absorb up to ¾ cup of olive oil and nearly ½ cup of cream. Flavor with the herbs. Taste and adjust the seasoning to your taste; the dressing probably will need salt and pepper. Makes about 2 cups.

Tuscan Kale with Anchovy-Garlic Dressing from *Vegetable Literacy* by Deborah Madison

4 cups small Tuscan (Lacinato) kale
3 tbsp plus 1 tsp olive oil
Sea salt
1 plump clove garlic
3 anchovies
1 tbsp aged red wine vinegar
Scant 1 cup small, crisp croutons
Chunk of Parmesan cheese, for grating

Slice the kale leaves off their ropy stems and discard the stems. Chop or tear the leaves into small pieces and put them in a small bowl. Pour 1 teaspoon of the oil over the kale, sprinkle with ¼ teaspoon salt, and then squeeze the kale repeatedly with your hands until it glistens.

Pound the garlic with the anchovies in a mortar until mushy. Stir in the vinegar, then whisk in the remaining oil. Pour the dressing over the kale and toss well with your hands, again practically rubbing it into the greens. Add the croutons, toss again, then grate the cheese generously over all.

Spicy Rice and Kale from *Bon Appétit*, Serves 4

2 ¼ cups canned low-salt chicken broth or vegetable broth
1 ½ teaspoons Creole or Cajun seasoning
1 cup converted white rice
4 ounces kale (about ½ large bunch), stems and ribs removed, leaves coarsely chopped (2 cups packed)

Bring broth and Creole seasoning to boil in heavy large saucepan. Stir in rice and kale and bring to boil. Reduce heat to low, cover and cook until rice is tender and liquid is absorbed, about 20 minutes.

New Potato Salad with Sautéed Onion Vinaigrette from *Bon Appétit*

2 ¼ pounds small thin-skinned [potatoes](#)
1 ½ tablespoons dry white wine
3 teaspoons olive oil
2 cups chopped [onions](#)
3 tablespoons balsamic vinegar
2 tablespoons Dijon mustard
1 teaspoon sugar
8 [radishes](#), trimmed, thinly sliced
4 [green onions](#), thinly sliced
¼ cup chopped fresh [parsley](#)
1 large cucumber, peeled, halved lengthwise, seeded, thinly sliced (I would omit this during this cooler season...)

Cook potatoes in large pot of boiling salted water until tender when pierced with fork, about 15 minutes. Drain. Cool potatoes until lukewarm. Cut potatoes in half. Place in large bowl. Sprinkle wine over potatoes.

Heat 2 teaspoons oil in large nonstick skillet over medium heat. Add onions and sauté until tender, about 5 minutes. Add vinegar, mustard and sugar to skillet and stir to blend. Pour over potatoes and toss to coat. Add radishes, green onions, parsley and remaining 1 teaspoon olive oil and toss to blend. Season salad to taste with salt and pepper.

Mound salad on platter. Surround with cucumber slices and serve.

The Greenest Salad by Heidi Swanson, [101cookbooks.com](#)

1 medium head/6 oz romaine or baby romaine lettuce
1 medium head of broccoli or equivalent broccolini, florets and stalks cut into small bite-sized pieces
1 small avocado, sliced
1/3 cup toasted pistachios
a bit of crumbled feta
big splash of balsamic tarragon vinaigrette*

Bring a large saucepan of water to a boil, salt as you would pasta water, add the broccoli and simmer for just a minute or so until the broccoli is bright and just tender. Drain, run under cold water to stop cooking, pat dry with a clean cloth, and set aside.

Trim the base off the head of romaine, then slice it crosswise into ½-inch strips of lettuce. Wash well and dry gently but completely. Set aside someplace cold until ready to use.

Just before serving, in a large bowl, combine the broccoli, lettuce, and pistachios with a generous slug of vinaigrette. Toss well, add the avocado, and gently toss once or twice more. Serve topped with the feta, and a pinch of salt if needed. You can use any remaining vinaigrette drizzle over all sorts of vegetables, frittatas, bread, savory tarts, and the like.

*Balsamic tarragon vinaigrette: In a blender or food processor, combine 1 small peeled shallot, ¼ cup tarragon, 1/3 cup flat-leaf parsley, ¼ cup balsamic vinegar, 2 teaspoons Dijon mustard, scant ½ teaspoon fine grain sea salt, and ¾ cup extra virgin olive oil, and a squeeze of fresh lemon juice. Pulse until smooth, taste, and adjust with more lemon juice, salt, (or a kiss of something sweet), if needed. Makes about one cup of dressing.