



Red [Cabbage](#)

Red [Scallions](#)

[Beets](#)

[Green Garlic](#)

[Carrots](#)

Yacon (a tuber similar to jicama)

Easter Egg OR French Breakfast [Radishes](#)

Mixed [Mustard Greens](#)

Purple Sicilian [Artichokes](#) (Handle carefully)

Baby [Bok Choy](#)

[Mint](#)

Meyer Lemons

Gem [Lettuces](#)

****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: [Cabbage](#), [Yacon](#), [Bok Choy](#), [Lettuce &](#)

[Lemons](#): Store in bags in your crisper in the fridge.

[Scallions](#), [Green Garlic](#), [Mustard Greens &](#)

[Mint](#): Remove ties and store loosely in a bag in the fridge. [Beets](#)

[& Radishes](#): Separate roots from greens, and store greens and roots in separate bags in the fridge. Use greens from all of these as a cooking green. [Carrots](#): Remove and

compost greens. Carrots stay crisp longer without their greens. Store roots in a bag in the fridge. [ARTICHOKES](#):

Please be very careful handling these; the spines are serious! Trim the spines with scissors before storing in a bag in the fridge.



Yacon. Photo by Andy Griffin.

Red Cabbage and Orzo Soup

Gourmet, January 1990

¾ cup chopped red cabbage

1 tablespoon olive oil

1½ cups chicken broth

3 tablespoons orzo (rice-shaped pasta)

1 teaspoon soy sauce

4 thin lemon slices

1 tablespoon thinly sliced scallion greens

In a saucepan cook the cabbage in the oil over moderate heat, stirring, until it is tender, stir in the broth and ½ cup water, and bring the mixture to a boil. Add the orzo, simmer the mixture, stirring occasionally, for 6 to 8 minutes, or until the orzo is tender, and add the soy sauce and pepper to taste. Divide the soup between bowls and top each serving with half the lemon slices and half the scallion greens. Makes about 3 cups, serving 2.

Wilted Red Cabbage with Balsamic Vinegar

Gourmet, September, 1998

10 red cabbage leaves

1 small onion

2 tablespoons water

2½ teaspoons balsamic vinegar

½ teaspoon sugar

2 teaspoons olive oil

freshly ground black pepper to taste

Thinly slice cabbage and onion separately. In a small bowl stir together water, vinegar, and sugar until sugar is dissolved. In a 10- to 12-inch heavy skillet cook onion in oil over moderately low heat, stirring occasionally, until softened. Add cabbage and sauté over moderately high heat, stirring, until crisp-tender, about 5 minutes. Stir in vinegar mixture and pepper until combined well. Serv. 2.

Scallions and Carrots

1 bunch scallions, roots trimmed and white part cut into a 4" length

2 medium carrots, peeled and cut into sticks

1 T olive oil

1 T butter

¼ t sugar

2 T soy sauce

Sauté the scallions in the olive oil for 3 minutes. Add the carrots and continue to cook until vegetables begin to soften and turn golden. Add butter, soy sauce and sugar and cook 30 seconds more.

Yacon is a delicious, very nutritious tuber very similar to jicama, with a crunchy texture and subtle sweetness, described by some like a sweet cross between celery and Granny Smith Apples. Peel them and eat them fresh, stir-fried, roasted, or baked. Unlike potatoes, these are high in inulin, a form of sugar not easily broken down in our digestive system, making it low in calories and good for diabetics, as well as high in antioxidants. “Yacon” means “water root” in the Inca language.

Yacon Carrot Salad with Wasabi **From the Gardener's Pantry**

Peeled and cut yacon discolors when exposed to the air. Acidity from citrus or vinegar maintains the white color. When making this salad, prepare the dressing first so you can quickly add the julienned yacon to it and preserve the color. Serves 4-6

Dressing ingredients

- 1 tsp soy sauce
- 1 tsp *wasabi paste or ½ teaspoon powder
- 3 tbsp rice wine vinegar or cider vinegar
- 1 tbsp lemon juice
- 1 tbsp sugar
- ½ teaspoon grated lemon peel
- ½ tsp grated ginger
- ½ teaspoon dark sesame oil

Combine ingredients in a bowl and stir until mixed. Set aside.

Salad ingredients

- 8 oz. julienned or shredded yacon
- 8 oz. julienned or shredded carrot
- ¾ cup cooked edamame beans (shelled edible soybean)

Prepare dressing before making salad. To shred in a food processor peel both yacon and carrots and cut into 2” lengths. Place these in the processor and with a shredding or julienne blade firmly press on the vegetables while the processor is running. A bit of pressure produces a large shred that is almost as attractive as from a mandoline.

Rachel's Bok Choy **From [Chef Jonathan Miller](#)**

- 1 dozen dry shiitake, soaked in hot water for 30 minutes
- 2 lb chicken thighs, skinless, cut into halves or thirds through the bone
- ¼ cup soy sauce
- 2 TBL mirin
- 2 TBL cornstarch
- 1 tsp. toasted sesame oil
- ½ tsp. salt
- 3 scallions, sliced into 1 inch long pieces
- 1 inch ginger, grated
- 1½ lb bok choy, halved lengthwise and washed thoroughly

Cut off the stems of the shiitakes and discard them with the soaking liquid. Combine the soy sauce, mirin, cornstarch, sesame oil, and salt in a large bowl and mix well. Add the chicken pieces, mushrooms, scallions, and ginger. Marinate at room temperature 30 minutes. Stir occasionally to make sure the chicken marinates evenly. Put the entire mixture in a pyrex or other type container that can be loaded into a steamer. Steam, covered, until the chicken is cooked through, about 30 minutes. Arrange on a plate and serve with rice.

Herbed Artichoke Lemon Salad

- 2 lbs young artichokes, or quarter them if they are large
- 3 T olive oil
- 1 T chopped garlic
- 3 T spring onions
- 1 T lemon juice
- fresh chopped marjoram, or dried oregano if the marjoram isn't available
- S & P to taste

Clean the artichokes by chopping the tips off with your sharpest knife. Cut into quarters if they are as large as your fist or larger. Steam in a steamer until tender, 25-45 minutes, depending on their freshness and size. You'll know they're done as with a baked potato: poke with a fork or bamboo skewer to make sure they are tender all the way through.

Toss with 2 Tablespoons olive oil and all the garlic, then let cool to room temperature, or at least 30 minutes (the heat helps tame the garlic). Add the lemon juice and onions and marjoram and S & P just before serving, mix gently, and you have a salad!

Spring Radish Salad **Adapted from *Verdura Vegetables Italian Style* by Viana La Place**

- 1 bunch fresh radishes
- 2-3 very sweet carrots
- 2 bunches arugula
- salt and pepper to taste
- E.V. olive oil
- 2 Tablespoons freshly grated Parmesan cheese
- Lemon wedges

Trim the radishes and slice them thinly. Peel the carrots and cut them on the diagonal into very thin slices. Snap off the tough stems from the arugula. Gather the arugula into a bunch and cut it crosswise into strips.

Arrange the arugula on a platter. Scatter the sliced radishes and carrots over the arugula. Season with salt and pepper to taste. Drizzle with enough olive oil to lightly moisten the vegetables. Sprinkle the Parmesan over the top. Serve with lemon wedges to squeeze over the salad.