



Winter CSA 'Mystery' Box

San Jose
1-13-11

[Watermelon Radishes](#)

[Gold Chard](#)

[Brussels Sprouts](#) (thanks to Brookfield Farm)

[Fennel](#)

[Mustard Greens](#)

[Yellow Carrots](#) (sweet for eating)

[Potatoes](#)

[Parsley Root](#)

[Green Cauliflower](#)

Fresh [Onions 'green tailed'](#)

[Romanesco](#) (use like cauliflower!)

[Chervil](#)

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. Top the carrots... toss the greens of the carrots. To eat first: chard, Brussels sprouts and chervil. If space is still at a premium top the onions and toss their greens or make a stock with them. 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!

CARROTS: The Yellow ones are great for both cooking and 'sticks' as any orange carrot.

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

Recipes from [Chef Jonathan Miller](#):

Black Eyed Pea Salad with Roasted Fennel and Pickled Onions

This is a salad I made for my daughter's lunch this week. She's not fond of the pickled onions but I find them addictive. In the summertime, you can make this recipe with red peppers, or with roasted red peppers instead of the pickled onions. Sauteed leeks are another nice alternative for fennel. There is no need to soak your black eyed peas overnight. Those beans cook quickly from their dried state, and don't benefit any from the extra soaking. Also, this salad can be served over sweet, leafy greens if you prefer. I would increase the mayo and vinegar a little to provide a touch extra dressing.

1 c black eyed peas
1 red onion, halved and sliced thinly
1 c + 2 T cider vinegar
1/2 c sugar
1 fennel bulb (or 2-3 small ones), cored and sliced thinly crosswise
1-2 carrots, diced small
4 scallions, sliced thinly
3 T parsley, chopped
3 T mayonnaise

Pick over the beans and rinse them well. Cover with plenty of cold water in a large pot, bring to a boil, add about a tablespoon of salt, and simmer until the beans are soft, about 30-45 minutes. Drain, and allow to cool just slightly. While the beans cook, prepare the rest of the salad:

Bring 1 cup of the cider vinegar and the sugar to a boil. When the sugar dissolves, pour over the red onions and allow to cool to room temperature. Chill until needed.

Roast the fennel in a little olive oil and salt in a 400 degree oven until the fennel is soft and sweet, about 25 minutes.

Whisk the mayo and 2 T of the cider vinegar together, then toss all ingredients together, using only about 1/4 cup of the onions (reserve the rest for another use). Taste for seasoning and adjust if necessary.

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#### **Roasted Winter Vegetables**

This is a roasted vegetable melange using just some of the veggies in your box. You can use olive oil or regular butter in place of the ghee if you prefer, but its nuttiness really makes this dish. If you end up with cauliflower in your box, you can include that as well. Just cut it into florets and roast it separately for about 15-20 minutes.

1 bunch yellow carrots, quartered lengthwise  
1 bunch parsnips, quartered lengthwise and cores removed (if necessary)  
1 large, or 3 medium fennel, cored and sliced crosswise thinly  
1 lb potatoes, quartered or halved lengthwise, depending on size  
leaves from 8 branches thyme  
4 T ghee

Toss all the ingredients together with plenty of salt and roast in a large roasting pan at 400 until soft and some of the veggies are caramelized, about 30-50 minutes, depending on the size of your roasting pan.

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I'm pretty sure I learned this technique from my brother, and it is now my favorite way of preparing brussels sprouts. Even my kids will eat these. Non-bacon eaters can roast the greens with sun dried tomatoes and red onion as an alternative. Don't forget to add some oil in that case.

Oven Roasted and Shredded Brussels Sprouts

1 bag brussels sprouts (or 1 stalk)
1/2 lb bacon, diced
1 onion, halved and thinly sliced

Halve a brussels sprout lengthwise. Put the cut side down on a cutting board, then very thinly slice the halved sprout crosswise, basically shredding it. Repeat with all brussels sprouts. Set aside.

In a skillet, saute the bacon until crispy. Remove the meat and pour off all but 2 T of fat. Saute the onion in that fat until browned, about 8 minutes. Remove from heat and toss with the shredded brussels sprouts and the reserved bacon. Toss again with some salt and roast in a 400 degree oven until softened and cooked through, but not mushy. Begin checking after 15-20 minutes, stirring each time you check, and remove when cooked to your liking. Taste for seasoning and serve warm.

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From Julia:

### **[Chard Tart from David Lebovitz:](#)**

(you could use mustard greens in this, or chard of course)

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Cooked Greens: an everyday recipe

Trim & wash the greens, leaving water on the leaves. Cut up into small squares or ribbons.

Heat frying/saute pan that will fit the greens, add a bit of oil (or bacon fat, or even butter if you like, I usually use grapeseed, peanut, or olive oil). Then add some-lots of chopped garlic and or onions. Cook only until barely translucent, don't let the

garlic burn. Add the greens all at once, and give a stir. Then stir until they're bright shiny green, or even a darker green.

OPTIONS:

-with chard I like to add a dollop of dijon mustard, and once in a while a dollop of cream cheese.
-you can add a couple of Tablespoons of rice wine or balsamic to finish the dish.
-S & P to taste if you like, but they're not crucial. Depends on your tastes!
-chopped/toasted nuts sprinkled at the end

Another great way to use up both potatoes and greens at once is to parboil (or nuke) the potatoes until just tender and blanch the greens, then slice the potatoes very thin and fan them out in a baking dish, covering with a sprinkle of garlic salt, a layer of cheese (optional), and a layer of greens. Alternate potato and green layers. Pour over heavy cream, top with leftover spaghetti sauce or chopped tomatoes, sprinkle with cheese and bread crumbs and heat in the oven until hot, melted and browned. Voila, gluten-free lasagna! -Ann Miller -
www.tasterspoon.com

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### **Radish Salad**

(Serves 4)

2 cups diced radishes: any kind  
3/4 cup Gruyere cheese cubed  
2 scallions chopped  
1/3 cup mayonnaise (I might use greek yogurt instead)  
1 teaspoon Dijon mustard  
1 tablespoon sour cream  
Romaine lettuce (optional)

Toss together radish, cheese (Gruyere or Swiss) and scallions, reserving a few chopped green parts of scallion for garnish. Combine mayo, mustard and sour cream together in a small bowl, mixing well. Add to radish mixture, being sure to coat all pieces. Cover and refrigerate, allowing flavors to blend. To serve, spoon salad onto romaine leaves and sprinkle with chopped greens. Or serve with crackers.

This salad might also be used as a canape topping or as the filling for a grilled sourdough sandwich with melted Gruyere cheese.)