



Yellow and Purple [Carrots](#)  
Purple Sicilian [Artichokes](#) (Handle with care!)  
[Arugula](#)  
[Green Onions](#)  
Baby [Carrots](#)  
Rainbow [Radishes](#)  
Mixed Roots for Roasting ([Black Radish](#) &  
[Parsley Root](#))  
[Chard](#)  
[Sugar Snap Peas](#)  
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:** [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. [Arugula, Green Onions, & Chard](#): Remove ties and store loosely in a bag in the fridge. [Radishes & Parsley Root](#): 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. [Lettuce & Peas](#): Store in bags in your crisper in the fridge.



Rainbow Radishes. Photo by Andy Griffin.

**Black Radish, Carrot, and Fennel Salad with Pecorina Cheese from Joyce Goldstein's The Mediterranean Kitchen**  
(this is for a single portion. can be multiplied.)

1 small handful arugula (about  $\frac{3}{4}$  cup loosely packed)  
 $\frac{1}{4}$  cup Citrus Vinaigrette (recipe follows)  
3 large paper-thin slices black radish  
6 thin diagonal slices carrot (~ 2 inches long), blanched  
6 thin slices fennel  
6 to 8 long thin curls pecorino or Parmesan cheese

*Citrus Vinaigrette*

$1\frac{1}{4}$  cups mild olive oil  
6 to 8 tablespoons fresh lemon juice  
1 tablespoon grated lemon zest  
Salt and freshly ground pepper to taste

Toss the arugula with enough of the vinaigrette to coat and place on a salad plate. Arrange the radish slices on top, then the carrot and fennel. Drizzle with the remaining vinaigrette and top with the curls of cheese. To make Citrus Vinaigrette, whisk all ingredients together. Makes about  $1\frac{1}{2}$  cups, enough for 4 to 6 salads.

**Radish Salad (Serves 4)**

2 cups diced radishes  
 $\frac{3}{4}$  cup Gruyere cheese cubed  
2 scallions chopped  
 $\frac{1}{3}$  cup mayonnaise  
1 teaspoon Dijon mustard  
1 tablespoon sour cream  
Romaine lettuce (optional; use the gem lettuce here)

Toss together radishes, 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.)

### **Fixing Young Artichokes by Andy**

Trim them and sauté in broth, along with chopped onion, garlic, and basil. Or, cut them in quarters, and sauté in olive oil with the garlic and any herb you have on hand, season to taste with salt and pepper.

### **From a Market Customer in San Francisco:**

I fixed them all for dinner last night, and we've never had any artichokes like this -- so tender, sweet, fresh. I trimmed them and sautéed them in vegetable broth, along with chopped onion, (green) garlic, parsley, thyme, rosemary. Then I roughly chopped most of them and put them in a risotto I was making with vegetable broth, and served the remaining artichokes sliced in half on top.

### **Sesame Snap Peas**

½ pound snap peas, trimmed and strings discarded  
1 teaspoon Asian sesame oil  
1 scallion, sliced thinly on diagonal  
2 teaspoons sesame seeds, toasted lightly  
Salt as needed/wanted

Slice snap peas into 2 or 3 sections with a sharp knife. Sauté in a pan with the oil on med high heat until bright green. (it's ok if some of the peas come out). When serving, sprinkle with the scallions and sesame seeds. Add Salt if desired.

### **Bow Ties with Peas, Lemon and Mint Adapted from *Gourmet*, Serves 2**

1/3 cup finely chopped shallot  
1 tablespoon unsalted butter  
2 teaspoons fresh lemon juice  
¼ cup dry white wine or vermouth  
¾ cup low-salt chicken broth  
¼ cup heavy cream  
½ cup cooked fresh snap peas, whole  
¼ teaspoon freshly grated lemon zest  
3 tablespoons freshly grated Parmesan cheese  
½ pound bow-tie pasta  
¼ cup julienne strips fresh mint leaves

In a saucepan cook shallot in butter over moderate heat, stirring, until softened. Add lemon juice and wine or vermouth and boil liquid until reduced to about 2 tablespoons. Stir in broth and boil liquid until reduced to ¾ cup. Add cream and boil liquid until reduce to ¾ cup. Stir in peas or snap peas, zest, and Parmesan and cook sauce until peas are heated through.

While sauce is cooking, in a kettle of salted boiling water cook pasta until al dente and drain well. In a serving bowl toss pasta with sauce and mint.

### **Lentil Soup with Parsley Root and Carrots**

1 lb Dried lentils, washed and drained  
¼ cup Lard, bacon drippings, or oil  
2 medium onions or leeks, chopped  
1 parsley root or parsnip, chopped  
2 medium carrots, sliced  
1 cups Sliced fennel or celery  
8 cups Water  
1 t Salt to or to taste  
Several whole black pepper-corns  
2 Whole cloves  
2 Bay leaves  
1 large Potato, peeled and grated  
2 large Links (or 4 small) smoked -sausage, skin pricked-with fork  
2 tbsp Good vinegar

In a large pot, heat fat and add carrots, root vegetable and onions. Sauté until onions are golden. Add lentils, water, celery, and seasonings. Grate the potato into the mixture and add sausage. Simmer covered 1 hour until lentils and vegetables are tender. Remove bay leaves. Add vinegar just before serving and adjust salt. Serve with a crusty bread and salad. Serves 4-6.

### **Chard With Parmesan from Alice Waters of Chez Panisse**

1 bunch of chard  
3 tablespoons butter  
1 handful freshly grated Parmesan cheese

Pull the leaves from the ribs of one or more bunches of chard. Discard the ribs (or save them for another dish) and wash the leaves.

Cook leaves until tender in abundant salted boiling water, 4 minutes or so. Drain the leaves, cool, squeeze out most of their excess water, and chop coarse.

For every bunch of chard, melt 3 tablespoons butter in a heavy pan over heat. Add the chopped chard and salt to taste. Heat through, and for each bunch of chard stir in a generous handful of freshly grated Parmesan cheese. Remove from heat and serve.

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