



[Avocados](#)

[Lettuce](#)

[Sugar Snap Peas](#)

[Red Beets](#)

[Lacinato Kale](#) OR [Spigariello](#)

[Garlic Chives](#)

[Spring Onions](#)

[Fava Beans](#)

[Purple Daikon](#)

[Fennel](#)

****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: Avocados: Avocados ripen off the tree so store on your counter until ready to eat and only refrigerate once they are soft enough to eat. Lettuce, Snap Peas, Fava Beans, Daikon & Fennel: Store in bags in your crisper in the fridge. Beets: Separate roots from greens and store each in bags in the fridge. Use greens as a cooking green within 1-2 days. Kale (or Spigariello), Garlic Chives, & Spring Onions: Remove ties and store loosely in bags in the fridge.



Purple Daikon. Photo by Andy Griffin.

Avocado Pasta

400 g pasta
2 tbsp olive oil
2 cloves garlic
1 large ripe avocado
1 tbsp lemon juice
salt & Pepper
½ cup grated Parmesan cheese
2 tbsp cream

Cook pasta according to package instructions. Peel & remove pit from Avocado. Mash with fork. Mix in Lemon Juice & Salt & Pepper. Heat oil in pan, add crushed garlic & then avocado mixture. Heat without boiling, stir in cream & pour over cooked pasta. Sprinkle over Parmesan cheese.

Roasted Beets with Curry Dressing adapted from Delicious TV Servings: 6

6 medium beets roasted
Olive oil
Salt 2 cloves garlic crushed
2 Tbsp yogurt
2 Tbsp Mayo (regular or vegan)
4 tsp curry powder
3 Tbsp fresh lemon juice
10 tbsp olive oil
4 Tbsp chopped cutting celery or cilantro

Preheat oven to 375. Wash, trim and wrap beets individually in foil. Place in a shallow pan and roast until tender. A sharp kitchen paring knife should pierce through the foil easily. Set aside to cool. Mix dressing by combining all ingredients except oil. When all ingredients are smooth, whisk in the oil and set aside. Many people don't prepare fresh beets because of the staining juices. Wearing latex or vinyl gloves will protect your hands and preparing on a covered surface will protect your cutting board. I often roast beets without wrapping and use them skin included. However, this is an alternative method. Whatever method you use, it is well worth the effort!

Unwrap the beets, and rub away skin. Slice into wedges and set into your dish. Spoon curry over the beets and serve at room temperature.

Simple Kale by Sarah Libertus, former Featherstone Farm CSA Manager

1 bunch kale, leaves cut into thin strips, stems discarded
1 tbsp olive oil
2 thinly sliced green garlic scapes
1 tbsp tamari or soy sauce

Rinse the kale and toss it, still wet, into a large heated pan. After the kale begins to wilt (about 5 minutes), add the olive oil and green garlic to the pan. Cook until the kale reaches the desired doneness. If you are cooking the kale for a longer time, you will need to add a liquid to ensure that the kale does not burn. Sherry, broth, vermouth, green tea, or water all work well. Right before serving, cook off or drain any remaining liquid and add the tamari or soy sauce to the hot greens. Toss, serve, and enjoy. Serves 2.

Crispy Kale

By Kathy Abascal, The Abascal Way Cookbook

1 bunch kale
2 tbsp olive oil
Salt to taste

Preheat oven to 350 F. Wash the kale and shake it mostly dry. Cut out the touch center stem, cut the kale into narrow strips (about ¼" wide), and put it into a large bowl. Pour the olive oil over the kale and toss it to coat. Make sure the kale is well-coated in the oil. Spread the oiled kale strips in a single layer on a rimmed cookie sheet and bake for 5 minutes.

Remove from the oven and turn them over with a spatula. Return to the oven and continue roasting for 6 to 7 minutes, or until the kale is crisp. Watch closely and test it to see if it is ready; you do not want it to burn. When it is done, remove it from the oven and sprinkle with salt.

Umbrian Fava Bean Stew (Scafata)

Adapted from Antonella Santolini's *La Cucina Delle Regioni D'Italia: Umbria* The name comes from the Umbrian word for the hull of the beans.

2 Tablespoons olive oil
½ cup shelled fava beans
½ cup chopped onion
¼ cup chopped [fennel](#)
1½ cups chopped [chard leaves](#)
1½ cups chopped, peeled tomatoes
salt, pepper

Cook oil, beans, onion, fennel, carrot and chard over low heat in medium saucepan. When beans are quite tender, after about 45 minutes, add tomatoes and cook for another 25 minutes. Season to taste with salt and pepper.

Fava Bean and Pancetta Salad

3½ tablespoons olive oil
7 oz. sliced pancetta, coarsely shredded
4 cups shelled fava beans
1 medium-sized white fleshed onion, peeled and thinly sliced
2 cloves of garlic, peeled and sliced
1 cup of parsley leaves
3½ tablespoons balsamic vinegar
Black pepper

Heat the oil in deep frying pan and add the pancetta. Cook over high heat until it begins to crisp, then add the beans and sauté until the skins start to burst, stirring gently every few seconds. Add the onion and garlic and cook for another minute, stirring well. Remove from the heat and stir in the parsley. Just before serving, mix the vinegar through the salad and grind some black pepper over it.

Liz's Fennel Recipe

2 bunches small red onions
2 bulbs fennel, cleaned and quartered
2 tbsp good olive oil
pepper to taste
2 tbsp balsamic vinegar
2 to 3 tbsp Parmesan cheese (freshly grated)

Preheat oven to 375 degrees. Put olive oil in bottom of roasting pan. Coat onions and fennel by rolling in pan. Pepper lightly. Cover with foil and seal tightly. Roast for 35 minutes until tender when pierced with fork. Uncover, sprinkle with balsamic vinegar and coat with Parmesan. Cook uncovered at 375 for 10 to 15 minutes (until parmesan melts and lightly browned.)

Fennel Salad

From Adrienne C.

1 bulb fennel
1 bunch radishes
1 cucumber
a few carrots
rice vinegar
1-2 tsp fresh dill

Thinly slice fennel, carrots and radish. Seed and chop cucumber. Mix everything into a bowl and toss with some rice vinegar and some dill to taste. This salad gets better as the days go by and it marinates in the vinegar, but it is really tasty the day of as well.

Mariquita Farm's Vegetable Recipes A to Z page:
<http://mariquita.com/recipes/index.html>