

[Fennel](#)

[Orange Cauliflower](#) (likely, or something else)

[Red Carrots](#) (flavorful for cooking)

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

[Escarole](#)

[Fresh Onions 'green tailed'](#)

[Potatoes](#) x 3lbs

[Parsnips](#) x 2lbs

[Treviso radicchio](#) x 1 head 1.00

[Arugula](#) x 1 bunch

[Lacinato kale](#) x 1 bunch

[Spinach](#) x 1 bunch

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: I would start with the spinach and arugula to make space in my fridge... followed by the kale. The escarole is a hearty green that 'hangs out' a bit longer than the spinach. 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!

ESCAROLE: I love this vegetable! It's a chicory, but it's sweet like lettuce. You could try making a salad with some of the Treviso (the red radicchio) and some escarole. I also cook escarole just like spinach.

CARROTS: The Yellow ones are great for both cooking and 'sticks' as any orange carrot. The Red ones are specifically for cooking: roasting, soup, etc. They are full of flavor for cooking but not sweet for raw munching.

RADICCHIO: This is a chicory that is great as a component in a green salad with escarole or lettuce. It can also be cooked down with garlic and herbs and tossed with pasta. Another simple preparation = separating the leaves, putting a thin slice of gruyere or similar cheese, or some grated parmesan, then broiling them: a great snack or appetizer.

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



Fennel

Pasta with radicchio recipe by Robyn Lamar

1/2 lb of short pasta such as farfalle or penne
1 head of radicchio, sliced cross-wise into ribbons (I've been using the Treviso)
1-2 cloves of garlic, minced
a few tablespoons of olive oil
2-3 tablespoons tostad pine nuts
Mild goat cheese; if firm, grate, if soft, crumble

While the pasta is cooking in plenty of very salty water, heat the olive oil over medium heat in a large skillet. Sauté the garlic a few seconds until it sizzles and smells nice, then add the radicchio and stir a few minutes until wilted. Add the pine nuts and turn the heat off. When the pasta is al dente, reserve 1/2 cup or so of the pasta water and drain the pasta. Mix the pasta with the radicchio mixture, adding cooking water and flavorful olive oil if it looks dry. Grind on plenty of black pepper, and grate or crumble the goat cheese on top. Serve immediately.

Bake Radicchio recipe by Robyn Lamar

Pull off any wilted outer leaves. Slice the radicchio in half lengthwise, and cut out the core. If the radicchio is on the big side, cut the radicchio lengthwise one more time, leaving you with 4 equal quarters. Place on an oiled baking sheet, drizzle the cut side of the radicchio very generously with olive oil, and salt and pepper to taste. Cook at 450 or 500 degrees for 15-20 minutes, turning once or twice. The radicchio will get very soft, and the edges of some leaves will crisp up and turn brown.

CREAMY FENNEL SOUP

from: recipeland.com

2 cups stock (chicken, beef, vegetable...)
1 Fennel bulb, about 1 pound
1 Sliver garlic
2 Tablespoons Chopped onions
1 Tablespoon Lemon juice (or more to-taste)
1 teaspoon Lemon zest, chopped
1/2 teaspoon Dried dillweed (or 1 1/2 -t fresh)
1 teaspoon Ground coriander
1 quart Nonfat yogurt

Clean and slice the fennel bulb, reserving any greens for garnish. Cook the fennel in the stock with the garlic and shallots until soft. Puree in a blender with the lemon juice and zest, and the spices.

Strain the puree if you wish a smoother texture. Combine well with the yogurt and chill. Serve garnished with chopped fennel greens or chopped cilantro.

FENNEL STUFFED WITH CREAM CHEESE AND KALAMATA OLIVES

1 large fennel bulb (about 1 pound)
3-ounce package cream cheese, softened
1/3 cup drained Kalamata olives, pitted and chopped
Trim fennel stalks flush with bulb, reserving fronds, and cut outer 2 layers loose at base, removing them carefully and reserving rest of bulb for another use. Chop reserved fronds. In a small bowl cream together cream cheese, olives, and chopped fronds. Spread inside of larger fennel layer with cream cheese mixture and press back of other layer onto filling firmly. Chill fennel, wrapped tightly in plastic wrap, at least 1 hour or up to overnight. Unwrap fennel and cut crosswise into 1/3-inch-thick slices. Cut slices crosswise into 1 1/2-inch-wide sections.

Fall Escarole Salad

1 Escarole heart
couple of Fuyu Persimmons
1/4 c pomegranate seeds
toasted hazel nuts
balsamic or lemon juice vinaigrette

Season the escarole with some of the vinaigrette. spread the escarole in a wide platter. slice the persimmons on top, sprinkle the pom. seeds, sprinkle the halved hazel nuts. Drizzle with more vinaigrette and if you have hazel nut oil, drizzle that on top as well.

Favorite Escarole Salad as Martin prepares it:

4 heads escarole, dark outer leaves removed, washed and torn into large bowl. Dress with: olive oil, sherry or champagne vinegar, shaved parmesan, S & P, and truffle oil. this is very very delicious.

Parsnip and Potato Puree

from *Chez Panisse Vegetables* by Alice Waters

Peel and dice about equal quantities of parsnips and potatoes. To control their cooking times, cook each vegetable separately, in boiling salted water. Puree them together and season with salt and pepper. Finish with butter and thin to the desired consistency with warm milk.

Parsnips with Bread Crumbs

Melt 1 Tbs. butter in a skillet, add 1/4 cup fresh bread crumbs and fry until golden and crunchy, a few minutes. Toss them with the boiled or steamed parsnips in the preceding recipe.

Sauteed Parsnips

Slice 2 pounds peeled parsnips into 1/4-inch rounds. Saute in 2 tablespoons oil, or butter in a skillet over med. heat until tender & beginning to brown, about 6 min.. Season with S & P; toss with parsley.

Roasted Parsnips

Preheat the oven to 400 F. Peel 2 pounds parsnips. Leave them whole if small or cut them into batons or chunks. Toss with 2 TBLS oil and season with S & P. Roast in a large gratin dish or roasting pan, uncovered, until browned and tender, 20 to 30 minutes. Give them a stir every 10 min so they color evenly.

ARUGULA PESTO SAUCE eat with artichokes, noodles, toast, carrot sticks...

3 cups packed arugula (about 3/4 pound), washed well and spun dry
1/3 cup pine nuts, toasted golden and cooled
1/2 cup freshly grated Parmesan cheese
1/2 teaspoon salt
1 large garlic clove, chopped
3 tablespoons olive oil
1/4 cup hot water plus additional if desired
In a food processor pulse together all ingredients except oil and water until arugula is chopped fine. With motor running add oil in a stream, blending mixture until smooth. Sauce may be made up to this point 1 week ahead and chilled, its surface covered with plastic wrap. Bring sauce to room temperature to continue. Stir in 1/4 cup hot water plus additional for thinner consistency if desired.