



Gem [Lettuces](#)  
Green [Shallots](#) (like green onions)  
Wild [Arugula](#)  
Baby Purple and Yellow [Carrots](#)  
Red [Beets](#)  
Baby White [Turnips](#)  
[Parsley](#)  
Lemons  
[Spinach](#)  
Red [Radishes](#)  
[Dandelion](#)  
Green [Garlic](#)  
[Apples](#)

**\*\*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:** [Lettuces, Lemons & Apples](#): Store in bags in your crisper in the fridge. [Green Shallots, Wild Arugula, Parsley, Spinach, Dandelion & Green Garlic](#): Remove ties and store loosely in a bag in the fridge. [Carrots](#): Remove and compost greens. Carrots stay crisp longer without their greens. Store roots in a bag in the fridge. [Beets, Turnips & 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.



Green Garlic. Photo by Andy Griffin.

**Wild Arugula and Roasted Baby Carrots**  
From Chef Jonathan Miller

Wild arugula is special. It's difficult to grow consistently, expensive to grow and harvest, but oh so good when done properly. It has a phenomenal peppery flavor, but also a superb texture to it. This recipe is a simple salad that will highlight your wild arugula. Try it within the first two days while your arugula is still nice and fresh and peppery.

1 lb baby carrots  
olive oil  
1 small shallot  
balsamic vinegar  
sherry vinegar  
½ lb wild arugula  
2 oz dry, crumbly, fresh goat cheese

Wash your carrots and dry them well. Toss them with some olive oil and a generous amount of salt. Roast them on a sheet pan, not too close together, at 400 until wrinkly and beginning to color, about 15-25 minutes, depending on just how baby they are. Check regularly so they don't go too far. You want them to taste soft and candy-sweet. You will lose quite a bit of volume on these carrots, but don't worry. They will be delicious.

Mince the small shallot and combine it with a tablespoon each of the vinegars and a pinch of salt. Add olive oil, while whisking, to create an emulsified vinaigrette to your taste. Taste it and make sure you like it. If you think you need added depth of flavor here, add a half teaspoon of Dijon and whisk again. Taste again, checking for a balance of richness and sweetness, and acid, and adjust again if necessary. Use the balsamic for sweetness, the sherry for added acid. Once you like it, toss a few tablespoons with the roasted carrots and set them aside.

When you are ready to serve, put the arugula in a large mixing bowl and toss with the smallest amount of dressing possible. The vinegars will begin to act on the arugula right away, so work quickly to bring the dish to the table quickly. Spread the tossed greens out on a flat serving dish and scatter the carrots around here and there. Crumble the goat cheese around everything and finish with a few more splashes of vinaigrette. Serve immediately.

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

## **Beet and Arugula Salad** **Gourmet, March 1997**

½ lb beets (about 3 medium)  
1 small bunch arugula  
1 tbsp white wine vinegar  
¼ cup olive oil

Peel beets and cut into ½-inch wedges. In a steamer set over boiling water steam beets until tender, about 10 minutes, and transfer to a bowl. Discard coarse stems from arugula. Wash arugula well and dry. In a bowl whisk together vinegar and salt and pepper to taste and whisk in oil until emulsified. Pour half of vinaigrette over beets and toss well. To vinaigrette remaining in bowl add arugula and toss well. Arrange arugula and beets on 2 plates. Serves 2.

## **Roasted Turnips in Wine** **Adapted from Peggy's Biodynamic Garden**

1 bunch turnips, peeled and cubed, greens reserved for another use  
1 cup red wine  
¼ cup honey  
2 Tablespoons butter

Place turnips in saucepan; add remaining ingredients and enough water to barely cover. (You may also add other root vegetables: carrots, parsnips, etc.) Simmer until tender. Pour into baking dish and bake at 350 degrees ½ hour. Serve with rice or chicken. 2-3 servings.

## **Early Spring Salad with Green Garlic Dressing** **By Chef Sharon Ardiana**

This will make more dressing than you will probably need for your salad, so save some for another use.

Dressing:  
2 green garlic stalks, tender white and pale green parts only  
half bunch parsley, leaves only, roughly chopped  
½ cup champagne vinegar  
1 T dijon  
1½ cup olive oil  
a little salt

Put everything in a blender and blend until very smooth. Set aside while you build the salad.

1 bunch radishes + some of the greens  
small handful of kale leaves  
1 fennel bulb  
1 bunch baby carrots  
6-8 kumquats  
1 bunch mizuna

Halve your radishes, then thinly slice them into half moons. Tear a small number of the radish greens into bite sized pieces. Use the smallest kale leaves you have, and trim out the stems, then tear the leaves into pieces. Halve your fennel bulb lengthwise, trim out the fibrous core, then very thinly slice each half crosswise. Trim the greens from the baby carrots. If they are more teenage than baby, halve them carefully lengthwise.

Very thinly slice the kumquats into rounds. Make sure you discard any large seeds. Tear the mizuna into bite sized pieces.

Toss everything together with a little of the dressing. Taste, season if necessary, and serve right away.

## **Dandelion Salad with Anchovy Dressing** **Adapted from the San Francisco Chronicle**

2 bunches Dandelion greens  
6 anchovy filets  
5 stalks green garlic, cleaned as you would a leek and chopped  
¼ cup cooking oil, such as olive  
2 tablespoon dark vinegar, such as balsamic  
salt & pepper to taste

Wash and dry dandelion greens. Cut into 2" long slivers. Mash anchovy filets with garlic; blend in olive oil and balsamic vinegar. Toss leaves with dressing, then divide among 4 plates. Season with S & P and serve at room temperature with thick slices of chewy bread.

## **Green Garlic Scrambled Egg Toasts** **Recipe by Martin Bournhonesque**

1 stalk green garlic for every 3 eggs  
butter  
milk or cream  
dense wheat bread or levain

Chop green garlic like you would a scallion. Feel free to use all the green part as well as the white part. Beat eggs and add 2 tablespoons milk or cream to eggs. Slice bread thinly and leave near toaster.

Sauté green garlic in desired amount of butter over medium flame for a minute or two. Add beaten egg mixture to pan and reduce flame to its lowest possible setting. Stir constantly. As the eggs heat up they will start to steam a little and maybe stick to the bottom of the pan. Add some salt and pepper. Take the pan off direct heat to slow the process down. . The longer it takes, the better it'll taste. It should take at least 10 minutes to cook 3-5 eggs this way. Throw the bread in the toaster. As the eggs finally congeal, spoon onto toast, and cut to desired size.

## **Sesame Spinach with Ginger and garlic** **Gourmet, September 1997**

1 garlic clove  
2 teaspoons sesame seeds  
1 tablespoon vegetable oil  
1 teaspoon grated peeled fresh gingerroot  
1 bunch trimmed fresh spinach

Mince garlic and in a small dry skillet toast sesame seeds over moderate heat, stirring, until golden. In a heavy 6-quart kettle heat oil over moderate heat until hot but not smoking and cook garlic and gingerroot, stirring, 30 seconds, or until fragrant and golden. Add spinach by handfuls, stirring, and cook until just wilted.

Serve spinach sprinkled with sesame seeds.