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## ARUGULA

Supposedly it's divisive, but I really like arugula. It was one of the vegetables I was most excited to grow when I started to dip my toes into farming and could only find it at the farmers' market (the best place to get it anyway). It's peppery and tender, with way more character (I think) than its good friend lettuce. Always satisfying as a salad, tossed in tabbouli, layered on a grilled cheese sandwich, or thrown onto a pizza during the last few minutes in the oven.

- [Arugula pesto with walnuts](#)- easy, affordable, and stores for a week in the fridge (or longer in the freezer). A treat in the depths of winter.
- [Grilled steak salad with beets, scallions, & arugula](#)
- [Olive oil, lemon & parmesan salad](#)- Simple and satisfying. You could also go the other direction and do balsamic & bleu cheese.

### **Storage information:**

- lightly rinse in a clean sink of cold water or in a salad spinner
- dry, either with a kitchen towel or in a salad spinner (if you use a kitchen towel try not to crush those little leaves too much)
- store in a plastic bag in the crisper drawer of your fridge or just leave it in the salad spinner in the fridge

## BABY BOK CHOI

Baby Bok, as we call it at home, is one of my favorite veggies to eat in the most simple form of steaming. It remains crisp, but soft and it is one of the more juicy leafy crops. Baby bok choy is the perfect main component to a simple dinner. Every now and then, Kate and I will chop a bok choy in half, steam it, and put it atop a heaping scoop of rice. We add a square of butter, a pinch of salt and a few shakes of pepper. Its simple for your body to process, take about 10 minutes to prepare, and tastes real good!

- [Ramen and Bok Choy](#)- this is a pork recipe, but if you are like me and don't eat pork, you can leave it out all together. Also, a really great twist to this is the [dry ramen version](#). Its super fast and great for a warmer day.
- [Baby Bok Choy and Miso Dressing](#)- if you do not have mirin, you can sub with a handful of cooked shiitakes
- [Bok Choy and Nuts](#)- this recipe calls for cashews, but I've also made it with peanuts and with sunflower seeds and all the ways are great, so use whatever is easiest for you

**Storage information:** using this storage guide, the bok choy should stay fresh for at least 10 days

- Wash the bok choy in cold water
- Run it through a salad spinner and lay out to dry on a kitchen or paper towel

- lightly pat the bok choy to take away any excess water and place in a perforated plastic bag with a paper towel to wick up any additional moisture
- store in the vegetable or crisper drawer of your fridge

## BABY BRASSICAS

Baby brassicas are a spicy mix of mustard, tatsoi, mizuna, and kale. They are delicious in a stir fry noodle or rice dish with snap peas and scallions. Many of our customers like to eat them raw with a little bit of dressing on the side. I enjoy them in their raw form with chicken, uncooked ramen noodles, sesame seeds, almonds, and a quick vinaigrette. It is a 10 minute meal prep and hits the spot, especially on a warmer spring day.

- [Creamy polenta with mushrooms & baby greens](#)
- [Stir-fry baby greens with garlic & ginger](#)- We can get down with some stir fry baby greens! I would sub out the salt for a dash of soy sauce!

**Storage information:** should keep your baby brassicas crisp and delicious for at least 10 days

- lightly rinse your baby brassicas in a colander or a salad spinner
- dry, either with a kitchen towel or in a salad spinner
- put in a perforated ziplock with one paper towel (we have a ziplock that we have put a bunch of holes in with a thumbtack, once we are done with the item in the ziplock we just rinse that ziplock out and put it on the drying rack to use for the next round)
- store in your crisper drawer

## BABY KALE

I can't believe I'm about to say this. Ahem. Like [Baby Groot](#), Baby Kale is everything you like about the adult version, but cooler.

- [Baby kale with lemon, parm, & chickpeas](#)- I'm pretty much a purist (or a lazy cook) when it comes to baby kale. I like it unfettered, simply tossed with olive oil, garlic, salt, and lemon. But the crispy chickpeas are a good idea to add some texture and protein to this salad.
- [Slaw with lime, cilantro, avocado, & pecans](#)- This farm looks beautiful and their cookbooks are top notch too. Scroll to the bottom to find the recipe. It calls for a foundation of cabbage, but if you only have the baby kale on hand, I would roll just with that.
- [Roasted beet, baby kale & brie, quiche](#)- Beets, kale, and eggs just all go together in my mind. I might be missing the point with the brie, but if I already had everything else on hand, I'd substitute any mild and melty cheese that I have in my fridge.

**Storage information:** this should keep your Baby Kale at super maximum coolness for at least 10 days

- lightly rinse your baby kale in a colander or a salad spinner
- dry, either with a kitchen towel or in a salad spinner
- put in a perforated ziplock with one paper towel (we have a ziplock that we have put a bunch of holes in with a thumbtack, once we are done with the item in the ziplock we just rinse that ziplock out and put it on the drying rack to use for the next round)
- store in your crisper drawer

## **BASIL**

The main herb of summer with a wide variety of social/cultural meanings across the planet. In France, basil is known as the royal herb, in Ancient Greece it was a symbol of hatred, in Portugal it is given, in a pot, to a person one might be courting. In India and several Orthodox Church religions, Basil is holy, thought to open the gates to heaven and offer safe passage!

- [Strawberry-Basil Shortcake](#)- This recipe is Kate's specialty. About twice a year, Kate will make a batch of biscuits that we subsequently freeze (since we really should not eat 12 buttery biscuits, just the two of us, in the days it takes for them to stale). The summer-time batch is almost always accompanied by fresh strawberries and basil!
- [Green Beans, Basil and Chard Stems](#)- this is a tasty way to use those chard stems!
- [Cantaloupe, Basil, Mozzarella Salad](#)- yuuuuuuuum!

**Storage information:** Basil stores best at room temperature and should last this way for 4-5 days.

- give your basil a fresh stem cut and place in a glass of water on the counter
- make sure that water does not rise all the way to the basil leaves or the leaves touching the water will turn brown
- place a plastic bag over the leaves and cup

## **BEETS**

Truthfully, I have spent a lot of time trying to like beets. I've tried them baked, boiled, pickled, raw and hidden among other veggies. It has taken me practice to appreciate them and their many health benefits. I particularly have grown to love their greens. If you do not really like them the first several times you eat them, keep at it, its worth your health!

Beets are packed with essential vitamins, minerals and medicinal plant compounds. They help regulate blood pressure, increase your oxygen use up to 20%, and combat inflammation. Aaaaaand, they are very good for digestion, keeping you regular!

- [Spicy roasted golden beets](#)
- [Spring greens with pickled veggies](#)-a pickled beet might be my favorite beet. This is a bomb salad and you can just quick pile whatever it is you have!
- [Marinated beets with pistachios](#)- this salad is delicious and can be made with whatever nuts you have on hand. We've made it a few times and immediately packed it as lunches for the week. Its easy and great.
- [Barley, fennel & beet salad](#)- this is my favorite of the beet salads. It is filling, tangy and feels homey.

**Storage information:**should store for 1 month or more

- cut off the green tops of your radishes
- you can use the greens in a stir fry, a soup, or just wilt them on toast with a little butter for breakfast
- store your beets in your vegetable or crisper drawer

## BRUSSELS SPROUTS

I can only assume that all of those jokes made about the offensiveness of brussels sprouts have come from people who have never eaten them! These little cabbage cousins are such a treat when they are fresh and have been sweetened by frost in the field. I love to cook them any way that will create a nice brown, crispy, caramelized exterior. Roasting or sauteeing both do the trick. And the leaves of brussels greens are SO sweet and flavorful, they rival the garlic scape in the fanaticism I feel for this ephemeral delicacy.

- [Sauteed brussels](#)- I admit, this was the very first recipe I looked at. But the photo was just so enticing- exactly the level of caramelization that I like on my sprouts. And it is a good reminder that you can cook these quickly, without even turning on the oven.
- [Brussels and smoked gouda quiche](#)- Brussels sprouts and flaky pastry go hand-in-hand. [Some other quiche recipes](#) call for a tangier cheese like gruyere and fresh bacon.
- [Brussels and black bean tacos](#)- We discovered this a bit by accident, but there is no turning back. We eat a lot of tacos in our house. And we try to keep up with our leftovers too. One night we tossed a container of roasted brussels and cabbage into our black beans for tacos. And it was delicious. The best beans we've ever made. Every flavor and texture sang. \$1 to the best name for this champion taco.

**Storage information:**

- if they're still on the stalk, pick off the sprouts and toss the stalk in the compost/wood chipper
- store brussels sprouts or leaves in a plastic bag in the crisper drawer of the fridge

## CABBAGE

On the farm we grow 2 types of cabbage, but there are hundreds of varieties. You will likely see a cone shaped cabbage called Caraflex that has thin and sweet leaves. It is perfect for use raw. We also grow a variety called Red Express which is a sturdier cabbage that either needs to be sliced thinly for eating raw or cooked. This is a very beautiful cabbage, but we don't just love it for its eye-catching physique, Red Express reduces the risk of osteoporosis, combats chronic disease and promotes a healthy gut.

- [Mustard glazed red cabbage](#)- this is one of the better cabbage recipes out there. I will often forgo the apple and add some garlic right at the tail end of cooking.
- [Red cabbage porterhouse](#)- one of the best things we have put in our mouths!
- [Addictive again cabbage salad](#)- yes and yum. I never add the romaine to this and sometimes I'll add some crushed up raw ramen noodles for some added texture.

**Storage information:** should keep from 21 days to 2 months

- keep all of the leaves on the cabbage until you are ready to use it (this helps to lock in the moisture of the innards and allows the cabbage to store longer)
- do not wash the cabbage before putting it in your fridge
- store it in a vegetable or crisper drawer (if it is too large for a drawer, wrap it in plastic wrap and stick it anywhere in the fridge)

## CARROTS

Oh carrots, everyone's favorites! Their flavor magically changes with the season. Winter carrots are crisp, sweet and almost translucent. Spring carrots are often smaller, sweeter and hairier. Summer carrots are more herby and a bit drier, while fall carrots are juicy, plump, and have an almost melting quality in your mouth. There is no other crop like a carrot, growing in all seasons and changing to adapt to its external conditions. It's poetically natural. Carrots are not only versatile in plant quality, but there is no match to their edible diversity. I feel like Bubba in the movie Forest Gump when talking about all the ways one can use carrots. Carrot soup, steamed carrots, raw carrots, grated carrots, carrot cake, candied carrots, pickled carrots, carrot juice...

- [Millet Couscous with Roasted Carrots](#)
- [Carrot Pistachio Salad](#)- this is great to make in advance and to add as a topping to sandwiches, hot dogs, burgers, and egg sandwiches
- [Frittered Carrots and Sweet Potatoes](#)- yum and overly indulgent, but whythehellnot!

**Storage information:** this handling practice should keep the carrots fresh for a month.

- Do not wash your carrots until you are ready to use them

- Always take the greens off of your carrots as soon as you get home, or better yet, at the farmer's market or grocery store! This will keep your roots from sending all their energy to the leaves and becoming floppy in turn
- Do not store your carrots in the same bin as you store fruit. The natural gas that is released from your carrots will speed up the ripening and degradation process of the fruit that surrounds the carrots.
- Place your carrots in a closed plastic bag with a damp paper towel.

## CHARD

Oh, chard. How beautiful thou art. Botanically the same plant as beets, these are grown just for their delicious greens.

- [Green curry with swiss chard](#)- heck yeah! There are few things I love more than green curry. This one is generous with the coconut milk and lime and is topped with fresh mint and cilantro leaves at the end. I would add fresh Thai basil too if was available.
- [Lentils, chickpeas, & chard](#)- this is solidly nutritious. The tang of the lemon and cherry tomatoes is perfect balanced with the earthiness of the chard and the saltiness of the parm.
- [Chard & cannellini bean soup with orzo](#)- Chard and white beans are a classic pairing. I really like the addition of orzo and sage too, which helps to fully round out all of the flavors and textures.

### Storage information:

- make a fresh cut on the stems of your greens
- put them in a cup of water in your fridge with a plastic bag over their greens, or in a plastic bag in the crisper drawer

## CHERRY TOMATOES

Likely these juicy sweet treats won't last long enough to transform them in one way or another, but if you are not a huge fan, like myself, of their raw form, there is almost nothing better than dehydrated cherry tomatoes as toppings for anything and everything! We often have a glut of these in the summer time and so we throw them on a baking sheet in the freezer and then once frozen we will store them in a ziplock for roasting use all winter.

- [Oven Dried Cherry Tomatoes](#)- we have a dehydrator that can passively run, which makes the job a little bit easier.
- [Roasted Cherry Tomato Caprese](#)- this is also great with burrata
- [Real quick pasta dish](#)- this makes a fabulous left over for lunch

**Storage information:** Store cherry tomatoes on your counter and eat or process them quickly to avoid fruit flies. Never put cherry tomatoes in the fridge unless you are planning to cook them after their sojourn in the cold. They will become mealy and start to lose flavor.

## CILANTRO

Some people love it, some people hate it, but I think we can all agree it's one of the freshest tasting and feeling herbs out there! We add it as a garnish once the meal has been plated to keep it's raw flavor. Stir fry's, morning eggs, quesadillas, thick soup, and dips all benefit from its freshness.

- [Grilled chicken with cilantro lime butter](#)- double yum!
- [Black bean and corn tacos](#)- this is even good with canned or frozen corn.
- [Green curry paste](#)- add this to everything! We even coat it over the veggies when we do sheet pan meals.

**Storage information:** should keep your cilantro fresh for 14 days

- make a fresh cut on the stems of your herbs
- put them in a cup of water in your fridge with a plastic bag over their tops
- change the water every 3 days

## COLLARDS

Collard greens always make me think of North Carolina where they were loved by everyone, especially in the winter. They hold up well to stir frying and sauteeing, are an excellent accompaniment to roasted squash and potatoes, and even make a great wrap for spring rolls. Come spring we would harvest the tender unopened flower stalks, which were sweeter and subtler than broccoli, and use them for stir frying or throwing on a sheet pan and roasting.

- [Collard green spring rolls](#)
- [Jambalaya with black eyed peas and collards](#)
- ["Creamed" collards with peanut butter and chili](#)
- [Collard salad with roasted sweet potatoes & cashews](#)- I'm glad to see a recipe for raw collard greens. Most recipes call for them cooked, and often for a long time. I really enjoy the smooth and crisp texture of raw collards, plus the pleasant green sweetness of the leaves. De-stem if they're too thick, though the stems are often also the sweetest part, so crunch on a few before sending them to compost.

**Storage information:**

- make a fresh cut at the base of the stems
- put them in a cup of water in your fridge with a plastic bag over their greens, or
- store them in a plastic bag in the crisper drawer of your fridge



## CUCUMBERS

Heck-to-the-yes! There is almost nothing better than a cold cucumber. Our preferable way to eat them is chopped into finger-sized spears lightly topped with some rice vinegar and salt. Cucumbers are crazy versatile. Here are some of our favorite recipes:

- [Cucumber Margarita](#)- if you are down with a refreshing tequila happy hour, this is the one for you! I would use less than half the agave called for, but it really depends on your tolerance for sweetness.
- [Cucumber Cantaloupe Salad](#)- this is truly a salad for a little later in the season, around September, when both cucumbers and melons are available, but this is where we chose to put cucumbers, so here we are in July! If you can find a ripe cantaloupe in the grocery, get it on board cause this salad is bomb and a perfect dinner for a hot day.
- [Chilled Cucumbers](#)- these could truly top anything, but they go really well with fish. We usually skip the ingredients that are hard to find, but if you'd like to go all in, CAM grocery in Hilliard or Saraga off of Morris and Maize will have everything you could need!
- [Brown Rice and Cucumber Salad](#)- we will often use left over rice for this dish and it works just as well with white rice. Whatever rice you've got!

**Storage information:** should keep for at least 1 week

- do not wash until you are ready to use the cucumber
- store it in the crisper or vegetable drawer of your fridge

## EGGPLANT

Solanum melongena (derived from Italian 'melanzane', meaning 'mad apple'). Kin to the tomato and potato, these nightshades are so creamy and adaptable it's quite a treat when they are in season. They are most excellent roasted or grilled and eaten alongside other summer fruits.

- [Spicy Garlicky Eggplant](#)- this is our go-to eggplant dish. We usually use rice vinegar instead
- [Roasted Eggplant and Goat Cheese Sandwich](#)
- [Grilled Eggplant](#)- I often add some balsamic to this recipe- so good!

**Storage information:** An eggplant will last 3 days in the fridge or 5-7 on the counter.

- Do not place your eggplant in the refrigerator, unless you purchased it cold. If you place eggplant in the fridge, it will collect condensation on its skin, which will speed up the decaying process. You will start to see pock marks on your eggplant, often before you are ready to use it.

- Store your eggplant on the counter in a place that does not collect sun and is not next to high ethylene producers like bananas, tomatoes and melons.

## FENNEL

One time, we played a non-televised version of Chopped with 5 other friends. We each chose a secret ingredient for the competition and Kate's parents judged the event (of course Kate won). One of the secret ingredients was fennel and people were really creative! One of the more surprising, and delicious, creations that came out of the event were fennel pancakes with ginger syrup. I couldn't tell you how to re-create it, but shooooooooooooooooooot it's worth a try!

- [Fennel Celery Salad](#)- I am not really a fan of blue cheese, so if you're like me, a great substitute is parmesan.
- [Sautéed Fennel and Garlic](#)- get down with this on a buttery baked potato
- [Hanger Steak and Fennel](#)- every now and then, we crave a bit of red meat and this is the most perfect light summer dish.

**Storage information:** should for for 3-4 weeks

- cut the fronds from the bulb
- dry or freeze the fronds for use in soup
- do not wash the bulb until you decide to use it
- stick it in the vegetable or crisper drawer

## GARLIC & GARLIC SCAPES

Garlic, am I right?! Put it in everything- tea, stir fries, sautés, bakes, bbq's- you can almost never go wrong with a little garlic. Sometimes, in the morning, we make some toast and rub 1 raw clove over the top before spreading some butter... yummmmmmm! Garlic scapes only come once a year and as soon as they are gone, we are in anticipation for their arrival again. What a strange delicacy that is most often just wasted on the larger more industrial farms.

- [Garlic Dill Soda Bread](#)- yes and yes, make it once, have breakfast all week!
- [7 Things to do with Garlic Scapes](#)
- [Garlic Pasta and Green Olives](#)
- [Garlic Broth](#)- the elixir of life for those cold and flu days

**Storage information:** store in a cool dark place. Garlic can be stored for 3-6 months. Garlic scapes will go floppy quite quickly. The good news is that floppy still tastes great for these delectable twirls. You can store them in a closed plastic bag inside of the crisper drawer. This should help to keep their moisture in and keep them crisp longer, but there is no need to go through too much effort to preserve their crispness.

## GREEN & RED NOODLE BEANS

Green beans and Red Noodle Beans are some of my very favorite summer treats. If you've ever heard me talk about them, you know, the green bean sandwich is where it is at! Just recently, I discovered the green bean sandwich topped with baked beans and sauerkraut rather than cheese and mustard, but truly, either way you are setting yourself up for a scrumptious breakfast, lunch or dinner!

- [Green Bean Sandwich](#)- this one is a little more involved and potentially better than my normal approach. To simplify, I usually cut the beans to roughly the size of my bread, do a quick blanch, toast the bread, add mustard and any cheese I have available, and then put those green beans right on in (it can be nice to put some mayo in there too, if that's your jam)!
- [Garlic Lemon Green Beans](#)
- [Red Noodle Bean Curry](#)- red noodle beans can be substituted in any green bean dish, but here is one specifically for them.

**Storage information:** should store for 10 days

- place green beans in a perforated ziplock bag
- store in your vegetable or crisper drawer

## HEAD LETTUCE

Head lettuce is such a satisfying vegetable to grow and the variety of colors, shapes, and textures are well beyond what is available as cut leaf lettuce. We find that the flavor and mouth-feel of head lettuce is often better too AND it lasts longer. Also it cuts down on packaging. Win win win.

- [Grilled romaine](#)- If you've got the fire burning why not?
- [Mediterranean chopped salad](#)- A hearty salad with olives, chickpeas, cucumber, and tomato with a lemony dressing. I've never used vegetable broth in a dressing, but it seems like a good idea. I also usually just make my dressing in a jam jar with a lid and shake it to mix all of the ingredients
- [Korean mixed rice with sashimi](#)- Cucumbers, daikon, lettuce are the vegetable stars here. If you're not into fish or don't have access to sushi-grade fish, I'd use an avocado. [Gochujang](#) is the other star here. It's a hot pepper paste and staple of Korean cooking. You can find it for about \$5 at Saraga or [make your own](#).

**Storage information:**

- If it's looking wilted when you get home, submerge in a bowl of cold ice water for a few minutes, then shake out excess water and let drip dry on a clean dish rack before storing in the fridge
- Store in a plastic bag or large tupperware container in the crisper drawer in the fridge

## HON TSAI TAI

Hello favorite vegetable of 2019! This Chinese flowering broccoli is outstanding in almost every way. It's beautiful. It's easy and quick to grow. And it tastes delicious both raw and cooked. I spent most of the Fall just standing in the field and eating it. And humbly, I think that is its best form. From stem to bud, it is sweet, crunchy, mild, and *feels good* to eat!

- [Simple saute with crispy garlic](#)- this is about my speed. Minimal prep and simple ingredients. We like to eat with leftover rice, crispy tofu, or best of all: [sauteed mushrooms](#).
- [Stir fry with rice noodles](#)- the ginger and scallions really make this a delicious one. I would opt for a hot, rather than sweet, pepper sauce.
- [Tomato gnocchi stew with greens](#)- you had me at gnocchi.

### Storage information:

- make a fresh cut on the stems of your greens
- put them in a cup of water in your fridge with a plastic bag over their greens, or in a plastic bag in the crisper drawer

## HOT PEPPERS

There are few things in my life quite like hot peppers. One day I bit into a Sugar Rush Peach hot pepper and my ears flared with heat and were ringing for at least 10 minutes afterward. The next day I went back for more. There is strong biology around the human love of hot peppers. Capsaicin, that source of pepper heat, is an aphrodisiac that causes the body to release endorphins. It is also a vasodilator that can pretty quickly get rid of a headache. And hot peppers are a part of almost every cuisine in the world.

- [Fermented jalapenos](#)- This just gets my mouth watering. It is a super simple sea salt brine and one of the best ways to enjoy the hot crunch of jalapenos year-round.
- [Black bean soup with aji amarillo peppers](#)- You can use any hot peppers that you have on hand. But fresh is where it's at! Also, toasting and grinding whole cumin seeds as you're cooking brings on a rich flavor that pre-ground cumin simply cannot meet.
- [Stuffed jalapenos](#)- These can be made with whatever you have on hand. Any proportion of cream cheese and cheddar will do. Skip the worcestershire and bacon and they still turn out wonderful. The key is just getting a little blister on the pepper skins and some melting of the cheese.

### **Storage information:**

- Store on the counter, out of direct sunlight, for up to a week
- If you're not using them immediately (or a week has passed), throw them in a plastic bag in the crisper drawer of the fridge.

## **KALE**

In our house, we eat kale almost daily. Truthfully, we are often shoving it in as an afterthought, but luckily kale is versatile like a multitool! Some of our favorite ways to eat kale are in stews and chilis and as a quick wilted green next to potatoes and eggs for a weekend breakfast.

On the farm, kale comes in many types, flavors and textures. We grow lacinato (or dino), red russian, and curly, but there are many more varieties. Red russian is the most tender, lacinato the best for chips, and curly is a switch hitter.

- [Kale caesar salad](#)-this is a riff on the Harvest kale salad. This all started after a trip to Harvest when Kate's mom said, "I bet I can make this" and now its a weekly staple. We make different versions of this every time; with or without chicken, with or without croutons, and often without celeriac (because its not often available).
- [Fried brown rice with kale](#)-we often make this meal with left over rice from other meals throughout the week. You can also throw almost any left over you have or on its way out veggie into the mix and you've got a whole new meal!

**Storage information:**should keep your kale crisp for 7 days

- make a fresh cut on the stems of your greens
- put them in a cup (or if you have multiple types of greens, a bowl) of water in your fridge with a plastic bag over their greens

## **MUSTARD**

Mustard was the green I most explored in 2017. It is beautiful when bunched, carries a spice that fills your sinuses when eaten raw, and is delicate and slightly sweet when cooked. I have most enjoyed mustard in baby salad mixes with a parmesan vinaigrette dressing and as a bed when roasting a full chicken. It has been most surprisingly delicious baked as one might bake a kale chip and wilted in an egg sandwich!

- [White bean stew](#)- we do not eat pork at home and so I would substitute the pork for 2 tablespoons of miso paste or better than bouillon, and cook the beans in either chicken or veggie stock.
- [Mustard green salad with roasted potatoes & tomatoes](#)- in this recipe I would substitute the potatoes for sweet potatoes. Nothing against regular potatoes, but the sweet potatoes will compliment the bitterness of the raw mustard greens.

**Storage information:** should keep your mustard greens crisp for 7 days

- make a fresh cut on the stems of your greens
- put them in a cup (or if you have multiple types of greens, a bowl) of water in your fridge with a plastic bag over their greens

## OKRA

I found a love for okra living in Senegal, West Africa, where okra is a staple food eaten with every meal. Many people do not like that okra can sometimes be slimy and try to cover that texture with a deep frying, but I fully embrace its slime. In fact, I seek the sliminess of okra! Usually, I steam it and put it in the food processor with scallions, salt, parsley, and garlic until it is the texture of that [super stretchy child's toy, gak](#). We usually mix this strange textured substance with rice and it gives the rice a delightful stickiness and green herbed flavor! It's so good and good for you, that my mouth is watering just writing this. In case that does not sound like anything you would ever want to put in your mouth, here are more okra options:

- [6 Slime Free Recipes](#)
- [Orange Balsamic Okra](#)- this is an amazing recipe and the crisp okra is so nice. If you aren't into this flavor palette or are just looking for something slightly more simple, tossing the okra in olive oil and salt and baking until crisp is just as good. For an added touch, paprika is real nice.

**Storage information:**If handled in this way, your okra should store for 2 weeks.

- Do not wash your okra until you are ready to use it
- Wrap your okra in a paper towel and put in a paper bag in the fridge.
- If you do not think you will use your okra within 2 weeks, give them a 1 minute blanch and then put them in a ziplock in the freezer

## PARSLEY

It seems like parsley has a hard time fitting in in the vegetable world. It's easily recognized and well-known, but it's seldom anyone's first pick for cooking. Sometimes it is even placed on a plate as a sad and floppy garnish that is almost certainly meant to be thrown away. But I love it. It is cold-hardy and biannual-- somehow renewing itself each season if just left in place. And it shines in the fall and winter time when the cold causes it to sweeten up. The stems are especially sweet and crunchy, almost like a vegetable in their own right. It's flavor sings of it's carrot cousins and I maintain it is also a good breath freshener.

- [Parsley pesto with walnuts](#)- Let's face it. Basil is imperiled. Downy mildew comes earlier each season and wipes out those sweet delicate leaves. But parsley is a no-frills garden stalwart. And it is SO damn good as pesto. Pair that herbal, carrotty sweetness with the rich fat of walnut and we're getting somewhere. This will store in the fridge for 5 days, or several months in the freezer.
- [Tabbouleh salad](#)- This recipe calls for a generous amount of parsley and mint and relatively little bulgur wheat. It is herb-forward and supremely delicious, especially with the brightness of cherry tomatoes and lemon juice. I've overcooked, oversoaked, and overthought bulgur almost every time I've used it, so this also flips the script on that. Soak the bulgur in the olive oil-lemon dressing for about 15 minutes before integrating with the rest of the ingredients. That's it.
- [Moroccan potato salad](#)- This dish comes together in about 25 minutes. The longest part of it is cooking the potatoes. I don't peel the potatoes, but you choose.

### **Storage information:**

- Cut the end of the stems and store the parsley as you would a fresh flower bouquet- in a jar of water on the counter (change the water and trim the ends everyday for optimum freshness)
- Or wrap the parsley in a plastic bag and store in the crisper drawer of the fridge.

## **PEAS**

I can't be too sure, but I think everyone loves peas. At home, the majority of the peas go raw, straight into our mouths and often those intended to go home do not make it past the car ride. Here are a few of the recipes we've used when they make it home:

- [Snap peas with lemon](#)
- [Garlic & parmesan snap peas](#)

**Storage information:** Peas are best eaten right away. The longer you keep them the sugars in the peas will start to convert to starch and they will become less sweet.

## **RADISHES**

Round, breakfast, daikon, black, and watermelon are the 5 types of radish we grow on the farm. The general rule with radishes (and many other types of veggies) is that the darker they are in color the spicier they are in flavor. The french breakfast radish and the watermelon radish are our least spicy radishes while the deep purple round radish and the black radish are our most spicy. The radish greens can also be eaten. I do not enjoy the radish greens raw because they have a little prickliness to them, which disappears when cooked.

- [Spicy steak salad wraps](#)- this is a good entry into the radish for the meat eaters out there. It can be topped with any of the radishes we grow.
- [Roasted radishes and radish greens](#)- I would add some garlic to this recipe.

**Storage information:** should keep your radishes crisp for 10-14 days or longer depending on the season.



- cut off the green tops of your radishes
- you can use the greens in a stir fry or soup
- store your radishes in your vegetable or crisper drawer

## SALAD MIX

I think we all know what to do with salad mix; eat it like a salad. I often get stuck in the same salad routine of salad mix with store bought dressing (Newman's Own Parmesan & Roasted Garlic). Bon Appetit's website and magazine has provided a lot of inspiration over the last few years. Here are a few salad ideas I really enjoy:

- [Green goddess cobb](#)- I do not eat pork, so I usually forgo the bacon or pork jowl, but its still damn good! As far as the herbs go, we usually do not buy anything extra and try to use everyday herbs or whatever we have. Do what feels right for you and know that it doesn't have to be perfect to be great!
- [Tropical cobb](#)- we often substitute the chicken in this for some type of bean and we use whatever fruit we have (apples, oranges, dried fruits) sometimes instead of mango.
- [Quick pickle salad](#)-can't get enough!
- [Classic steak salad](#)- but if you like other meats, or no meat, or something else use that, the components are great.
- [Lastly some dressing](#)

**Storage information:** should keep your salad mix crisp and delicious for at least 10 days

- lightly rinse your salad mix in a colander or a salad spinner
- dry, either with a kitchen towel or in a salad spinner
- put in a perforated ziplock with one paper towel (we have a ziplock that we have put a bunch of holes in with a thumbtack, once we are done with the item in the ziplock we just rinse that ziplock out and put it on the drying rack to use for the next round)
- store in your crisper drawer

## SCALLIONS

Scallions, also known as green onions, are theoretically some of my favorite green items to use, but unfortunately I often forget I have them tucked in the veggie drawer. Once I started storing them in the fashion below, they became more visible and therefore more easily used! Some of my favorite ways to use them include cutting off the roots and putting the whole scallions in a pot with collards or adding the full scallion (minus the roots) to the food processor with steamed okra (this is an amazing topping for rice). There is also nothing like a full scallion rubbed with some olive oil and put directly on the BBQ until crisp.



- [Easy 5 ways to use scallions](#)
- [Pickled Scallions](#)- believe it or not, this is the first season I've pickled a scallion and there is no going back now! They are a great topper for almost anything you are cooking.
- [Charred Scallion Dressing](#)- Nothing better. Put this on salad, meat, tofu, fish, crackers... the sky is the limit with this!
- [Scallion Salad](#)- this is particularly good with some baked chicken thighs on top.

**Storage information:** you can store your scallions in the fridge as is, but if you plan to take more than a week to use them then do the following.

- stick your scallions in a cup of water and place a plastic bag over their tops
- you can use the full scallion, if you throw out the green half of the scallion you are wasting valuable and delicious oniony goodness
- change out the water every 3 days

## SHISHITO & JIMMY NARDELLO PEPPERS

Shishitos and Jimmy Nardello peppers are some of our household favorites. Each day, throughout their growing season, we eat these as an appetizer before dinner. We usually toss them in olive oil, throw some salt on them, and place them in the toaster oven on broil until each side is blistered. You can find shishitos on almost every appetizer menu in the city, but Nardellos are more rare, though equally as brilliant and delicious.

- [Roasted Shishitos](#)- all over the city you see people putting interesting twists on this treat. I've seen people add everything bagel spice, cheese, or mustard. All have been delectable. Get as creative as you'd like for this plentiful pepper.
- [Ricotta Toast and Nardellos](#)- burrata is also a great substitute for the ricotta.

**Storage information:** Peppers should store for 2-3 weeks

- Do not wash your peppers until you are ready to use them
- Put them in the produce drawer of your refrigerator
- If you have a lot of peppers you can chop them up and place them on a baking sheet in the freezer
- Once they are frozen, slide them on into a ziplock and use them throughout the winter

## SPIGARIELLO

Spigariello-ello-ello! An Italian leaf broccoli, some have gone so far as to say spigariello is the next kale. I think it is a bit sweeter and more tender than kale, but just as versatile. There are very few recipes on the internet for spigariello, so it may be a while longer before we see this star on the red carpet. Seeds of Italy reports that in Naples it is traditionally used on pizza with olives and chilis. I'd also recommend sauteed with garlic and served with roasted butternut squash on some slices of crusty bread.

- [Simple saute](#)- pine nuts really class up this easy-to-make saute. I'd be happy with chopped walnuts and lots of red pepper flakes.
- [Tuscan white bean soup](#)- sub that kale for spigarello! This recipe also makes use of some stale ciabatta, making it technically a ribollita-- vegetable soup thickened with old bread.
- [Spig with pasta](#)- yup, just treat it like kale

**Storage information:**

- make a fresh cut at the base of the stems
- put them in a cup of water in your fridge with a plastic bag over their greens, or
- store them in a plastic bag in the crisper drawer of your fridge

## SPINACH

Almost every morning Kate and I put a few handfuls of spinach into a blender with a banana, almond milk, a splash of orange juice, yogurt, and flax seeds. It is a really great way to get your greens in without doing anything too labor intensive.

If you are looking for something less easy with more spinach-y deliciousness check out one of these recipes:

- [Chickpeas with leeks, spinach & smoked paprika](#)
- [Spinach shakshuka](#)- I prefer this without the cinnamon, but do what feels good.
- [Spinach lasagna](#)- if you have some time and are looking for a challenge.

**Storage information:** should keep your spinach crisp and delicious for at least 10 days

- lightly rinse your spinach in a colander or a salad spinner
- dry, either with a kitchen towel or in a salad spinner (if you use a kitchen towel try not to crush the spinach too much)
- put in a perforated ziplock with one paper towel (we have a ziplock that we have put a bunch of holes in with a thumbtack, once we are done with the item in the ziplock we just rinse that ziplock out and put it on the drying rack to use for the next round)
- store in your crisper drawer

## SUMMER SQUASH

Summer squash comes in many different forms and sizes. My household prefers the smaller patty pans, zucchini and yellow squash. The smaller they are the more packed with flavor, the easier to prepare and faster they cook. Some of our farmers' market customers prefer larger summer squash that they can spaghettify, stuff or grate into zucchini bread. The most simple recipe we use at home is to cut off the little spikey top, give them a little rinse, put the full tiny summer squash in a bowl with some olive oil, salt, pepper, and a pinch of cayenne. We toss it up and put them on a baking sheet in the oven set at 450\* until one side is blistered. So simple and so good!

- [Roasted Patty Pan Squash](#)

- [Grilled Summer Squash with Salsa Verde](#)- this recipe can be used with any type or size of summer squash
- [Stuffed Zucchini](#)- I usually do not love pine nuts and find them not the crunchiest of seed, so I will substitute them with either sunflower seeds or a richer nut like roasted walnuts or hazelnuts

**Storage information:**with this method, your summer squash should last for at least 10 days.

- Do not wash your summer squash until you are ready to use them
- Place in a closed perforated plastic bag in the fridge. They do not necessarily need to be placed in the veggie drawer, but if you have space, it couldn't hurt!
- You can also freeze cut up summer squash. I recommend chopping them up and placing the chopped pieces on a baking sheet in the freezer. Once frozen, place them in a ziplock for winter use.

## TOMATILLOS

I thought tomatillos were only for salsa verde when I first started growing veggies, but boy was I wrong. Tomatillos are versatile, beautiful, and tangy. They compliment almost everything.

- [Chilaquiles](#)- you most certainly do not need to BBQ or charr the tomatillos over a camp fire. You can simply put them in the oven on a high temperature until blackened. But if you are having a late brunch, it certainly is a fun part of the experience.
- [Classic Salsa Verde](#)- I often roast everything together before putting the ingredient in the food processor, but it takes more time and is fully unnecessary.
- [Shakshuka](#)- is a new addition to my recipe repertoire. I had a version of it for the first time at Italian Market and it was so good, I had to figure out how to make it on my own. Even better though that instead of the traditional tomato sauce, the tomatillo is in the spotlight. Note: you can use any type of kale you have in this recipe.
- [Tomatillo Bloody Mary](#)

**Storage information:**tomatillos handled in this way should store for 2-3 weeks

- Leave the husks on the tomatillos until you are ready to use them (once you remove the husks, the tomatillos will be a little slimy. Give them a good rinse to rectify this situation)
- Place them in a paper bag and put them in the crisper or veggie drawer in your fridge

## TURNIPS

There's no doubt that the local food movement has the potential to turnip the reputation of some overlooked vegetables. And these versatile roots are an excellent place to start! Japanese salad turnips like the variety "hakurei" can be so sweet they make you want to cry (it's true, I've witnessed it). Larger storage turnips like "purple top" are half sweet, half peppery. And that sweetness gets cranked up if they are roasted. They are filling, energizing, and nutritious. Turnip greens are high in potassium and folate and the roots have a suite of B vitamins and manganese.

As a farmer, I also appreciate this. From the 1881 Household Encyclopedia cited on Wikipedia: *The benefits derived from turnip husbandry are of great magnitude; light soils are cultivated with profit and facility; abundance of food is provided for man and beast; the earth is turned to the uses for which it is physically calculated, and by being suitably cleaned with this preparatory crop, a bed is provided for grass seeds, wherein they flourish and prosper with greater vigor than after any other preparation.*

- [Roasted turnips](#)- just a simple instructional for roasting turnips. I can't exercise any restraint and always end up adding every other roast-worthy vegetable I have on hand (beets, potatoes, carrots, winter squash, rutabaga, kohlrabi) to the baking sheet too.
- [Hakurei turnips in salad](#)- Hakurei turnips are so sweet, they're a joy to eat raw in a salad. They are especially good with the fatty richness of pecans or walnuts and add a supremely satisfying crunch.
- [Hakurei turnip & bok choy couscous](#)- This makes for a really satisfying and energizing lunch. We make ours without the tomato or onion, but like to throw in some hot peppers instead. This is also a good recipe to wilt the turnip greens just at the last stage of sauteeing.
- [Parmesan crusted crushed turnips](#)- this is a novel and easy way to have turnips, especially if you get tired of roasting them or snacking on them raw

### **Storage information:**

- Cut the leaves from the roots (the leaves continue to draw moisture from the root and can result in a sad, soft turnip)
- Store the roots in a plastic bag in the crisper drawer in the fridge
- Store the greens in a cup of water in your fridge with a plastic bag over the greens, or in a plastic bag in the crisper drawer