



What's in your box for Week 18

Brussels Sprouts, 1.5 lb



A 1-cup serving of these beauties contains staggering amounts of vitamins B6, C, and K, as well as manganese, folate, dietary fiber, copper, potassium, and iron, all for only 56 calories. Like other members of the Brassica family, Brussels sprouts pack huge amounts of phytonutrients that are believed to have considerable anticancer and anti-inflammatory properties.

Roasting is perhaps the best way to cook Brussels sprouts, as this cooking method caramelizes their natural sugars rather than releases their sulfurous compounds—it all makes for a far tastier sprout. Toss sprouts with oil, balsamic vinegar, and seasonings, and roast in a 400°F oven for 30 to 35 minutes; this creates sprouts with brown, crispy outer leaves and soft, steamy insides.

Sunchokes (Jerusalem Artichokes), 2 lb



Jerusalem Artichokes are native to the New World and were a staple food of Native Americans in both North and South America. Later, European explorers brought them back to their home countries in the 1600s, where they became popular, especially in France.

Crispy Jerusalem Artichokes with Aged Balsamic

2 tablespoons olive oil

2 pounds small Jerusalem artichokes (sunchokes), scrubbed, quartered
Kosher salt and freshly ground black pepper
4 sprigs (or equivalent dried) rosemary
¼ cup (½ stick) unsalted butter
3 tablespoons aged balsamic vinegar

Heat oil in a large skillet, preferably cast iron (you'll need a lid), over medium-high heat. Add Jerusalem artichokes and ¼ cup water and season with salt and pepper. Cover and cook, stirring occasionally, until Jerusalem artichokes are fork-tender, 8–10 minutes.

Uncover skillet and cook, stirring occasionally, until water is evaporated and Jerusalem artichokes begin to brown and crisp, 8–10 minutes longer; transfer to a platter.

Add rosemary and butter to skillet and cook, stirring often, until butter foams, then browns, about 4 minutes. Remove skillet from heat and stir in vinegar, scraping up any browned bits. Spoon brown butter sauce and rosemary over Jerusalem artichokes.

Recipe From Bonappetit.com

Rainbow Chard, 1 bu



Chard is one of nature's nutritional powerhouses—it's an outstanding source of vitamins A, C, and K, as well as magnesium, potassium, iron, copper, and dietary fiber, all for only 35 calories per cup. Research studies have found that its phytonutrients, particularly anthocyanins and carotenoids, may significantly reduce one's risk of colon cancer.

Lemon-Garlic Rainbow Chard

3 bunches rainbow chard, trimmed and rinsed
6 tablespoons olive oil

6 cloves garlic, sliced, or to taste
1 pinch crushed red pepper flakes
1 tablespoon lemon juice

Separate the stems of the chard from the leaves. Cut the leaves into thin strips and set aside. Thinly slice the stems.

Heat the olive oil in a large skillet or pot over medium heat. Stir in the sliced garlic, red pepper flakes, and chard stems, and cook for 3 minutes until the flavor of the garlic mellows and the stems begin to soften. Stir in the shredded chard leaves, cover, and cook 5 minutes over medium-low heat. Stir, recover, and continue cooking until the chard is tender. Toss with lemon juice to serve.

From AllRecipes.com

Soft White Wheat Berries, 1 pt



Wheat berries are a versatile whole grain, full of vitamins and fiber, with a sweet, nutty taste and a delightful chewy texture. They can take a fair amount of time to cook (up to 50 minutes or more), so making a big batch in the beginning of the week and storing it in the refrigerator is both a smart idea and a great beginning to many quick, healthy meals throughout the week

How To Cook Tender, Chewy Wheat Berries

Makes approximately 3 cups

1 cup wheat berries
Salt
Olive oil (optional)

Measuring cups
Baking tray (optional)
2-quart sauce pan with lid
Strainer
Bowl for tossing (optional)

Toast the wheat berries (optional). Preheat the oven to 375°F. Spread the wheat berries on a baking sheet and toast in the oven for about 10 minutes, or until lightly colored and aromatic.

Cook on the stovetop. Transfer the wheat berries into a sauce pan and add 3 cups of water and a big pinch of salt. Bring to a boil, reduce heat to a simmer, and cover the pan.

Check for doneness. At about 30 minutes, start checking for doneness by scooping out a few berries and carefully tasting after they've cooled a bit. They should be chewy but not tough. If not quite done, continue cooking and check the wheat berries every 5 minutes. You may need to cook them up to 25 minutes longer depending on the exact variety of wheat berry you purchased and their age.

Drain. Drain the berries in the strainer and transfer to a bowl. Toss with a splash of olive oil and a pinch of salt.

Store in refrigerator. If not using right away, store the cooked wheat berries in a tightly covered container in the refrigerator for up to a week. Gently reheat in a frying pan over low heat until hot, or serve at room temperature.

Recipe Notes

Check the pot on occasion to be sure there is enough water. Add more hot water as needed.

From TheKitchn.com

Red Cabbage, 1 hd



Serving Suggestions

Try cutting up small wedges of raw cabbage and serving them with your favorite dip or salad dressing. Kids especially love eating cabbage (and many other raw veggies) this way.

* Bake cabbage with cheese at 350°F for 30 to 40 minutes for a filling, savory vegetable treat.

- Braise red cabbage with apples, a little red wine, and cinnamon or cloves.
- Stuffed cabbage dishes abound around the world. Some delicious fillings include combinations of bacon, onions, ground beef, sausage, lamb, tomatoes, mushrooms, or sauerkraut.
- Cabbage loves sausage. Kielbasa, bratwurst, frankfurters, knackwurst, etc. Check out Nash's 8 new flavors of delicious sausages and brats in the freezer section!

From [Bounty from the Box](#)

Honeyboat Delicata Squash



1 ea (Peninsula)

Delicata squash can be baked, sautéed, steamed, or cubed and added to soups and stews. Most will agree, the best way to prepare it is roasted. The skin becomes extra tender and it has a moist and mild creamy flavor similar to a sweet potato.

Delicata Fries

These are a yummy substitute for potato fries.

Several small delicata squash
1 -2 tbsp of olive oil
Sea salt

Preheat oven to 425°F.

Slice the squash in half lengthwise. Using a spoon, scoop the seeds and pulp out of each half.

Cut into long steak fry type chunks leaving the skin intact.

In a large bowl, toss delicata fries with olive oil to lightly coat.

Line a cookie sheet with parchment paper. Arrange fries skin side down and sprinkle with sea salt.

Bake for 30-40 minutes turning once or twice.

Dip in chipotle ketchup or a horseradish mayo!

Recipe from: Wise-Habits.com

Pearl Romanesco, 1 ea (Seattle)



Baked Romanesco Broccoli With Mozzarella and Olives

Sicilian cooks make a traditional cauliflower dish, using a pale-green variety that is baked with soft mild sheep's milk cheese and studded with meaty black olives. It can also be made with romanesco broccoli (confusingly called Roman cauliflower in English).

Ingredients

Salt and pepper

2 or 3 medium heads romanesco broccoli or cauliflower (about 3

pounds)

3 tablespoons extra-virgin olive oil, plus more for baking dish

1 pound fresh mozzarella, sliced

1 cup grated pecorino or Parmesan (about 2 ounces)

1 dozen soft black oil-cured olives, or another type of black olive, pitted

1 teaspoon roughly chopped capers

4 roughly chopped anchovy fillets

4 garlic cloves, minced

½ teaspoon crushed red pepper, or to taste

Pinch of dried oregano

Put a large pot of well-salted water over high heat and bring to a boil. Heat oven to 375 degrees.

Cut broccoli into quarters and trim away the core and any tough bits. Chop quarters into rough 2-inch cubes. Transfer to boiling water and cook for 2 minutes. Drain and rinse with cool water.

Lightly oil an earthenware baking dish. Arrange blanched broccoli in one layer. Season lightly with salt and pepper.

Tear mozzarella slices and scatter over the top, then sprinkle with pecorino. Arrange olives here and there. In a small bowl, stir together capers, anchovy, garlic, red pepper and 3 tablespoons olive oil.

Drizzle mixture evenly over the top.

Bake for about 30 minutes, until cheese has browned a bit and broccoli is tender when pierced with a fork. Let rest 10 to 15 minutes before serving. Sprinkle with a good pinch of dried oregano.

Recipe from: Cooking.nytimes.com

Credit above: [Bounty from the Box](#)

A Message from Patty



I've been your newsletter writer for the past several years, but I'm about to take a month off to get a hip replacement. Eileen Meyer, one of our store cashiers, will take over writing the newsletters while I'm recovering.

I'm really grateful Eileen has stepped into this role. She already has lots of computer and promotional experience, so it's a natural fit for her. She is an imaginative writer and also takes far more interesting photos than I do! I'm sure you will enjoy her work.

I must admit, I'm a little anxious about the surgery, but nevertheless eager for it to happen. Heck, I don't even have pierced ears, and I've only been in the hospital to have kids. I guess I've been really lucky all these years not to have had to deal with major health problems, but this one caught me by surprise.

Over the past two years, the discomfort and pain in the hips has grown steadily worse, and I've reached the point where I have to take care of it or stop working. We are all so fortunate to live in a time when there is a procedure that can relieve this pain. I can only imagine how people in the past coped with something like this. I know it's pretty invasive, but there are lots of folks out there who have had joints replaced (baby boomers like me!). I'm now joining their ranks.

Thank you, Eileen, and our readers too, for understanding. See you in a month or so.

Patty McManus

Note from Eileen and the entire team: It's everyone's sincere pleasure to step in and support you, Patty. We got your back, and your arms, and legs, and well... you do so much, and you do it so well. We will do our very best. May you have a benevolent rest and recovery time.