



MYSTERY THURSDAY

GLOBE
May 29th, 2008

Fava Beans

Cauliflower (eat the greens too!)

Cilantro

Baby Carrots

Scallions (also called green onions)

Bacon Avocados from Marsalisi farm,
organic of course

English Peas (shell these, eat them soon
for maximum sweetness)

Spinach

Salad Mix from High Ground Organics

Collard Greens

Purple Sicilian Artichokes: you can eat
the 'choke' too

**Next 2 Mystery Nights: Preorder if
you like.**

6/12 Piccino 5-7pm

6/26 Greens

**Recipes A-Z on our website:
Mariquita.com**

Notes on today's box: The Fava Beans are beautiful: remove from the pod then blanch and eat as is in recipes OR remove the outer shell of bean if you like.

Small/medium children and guests can do this chore if you're good at delegating! The Cauliflower is super fresh (like everything) so the greens can be treated like any cooking green: chop and cook and eat! The peas are English peas, just a different variety which makes them appear as snap peas, but they're really best shelled and treated like English peas. Eat them within a

day or two or three for max. freshness, you can shell them then freeze if need be. The Salad is prewashed, but the lawyers will remind me to remind you to wash again. WATCH the artichoke spines, they are an old fashioned Sicilian variety. There's a

photo essay in the artichoke recipe page on our website that walks through how we cook them....

Susie's Vegetable Soup

from Andy & Julia's friend [Susie B.](#)

Put a bit of olive oil in a dutch oven and begin to warm. In a food processor, pulse until tiny chunks: any onion/garlic item you want to use, & big carrots. Put this mush into the warming oil. Process in the (unrinsed) food processor: cauliflower leaves, & any cooking greens you know you want to use up. Add this to the now-gently sizzling mush in the dutch oven. Add a dash of balsamic vinegar to the dutch oven. Process in the still-unrinsed food processor 1 jar roasted peppers, then add that 'mush' to your soup pan. Add 1 pat of butter, then 1 quart water. Let simmer for several minutes. Add one can whole black beans (rinsed), and add S & P to taste. Serve with greek yogurt to top. note: this recipe is easily adapted to nearly anything you have in your produce drawer!

Cauliflower and Scallions adapted from
Fresh from the Farm and Garden

1 small head cauliflower
1-2 bunches scallions
3 tablespoons canola or safflower oil
1/2 teaspoon mustard seeds
1/2 teaspoon turmeric
1 or 2 jalapeño chiles or 1/4 tsp chile flakes
salt to taste
1/3 cup hot water

Separate cauliflower into very small florets. Wash and drain. Trim scallions and chop into 1/4 inch pieces.

Heat oil. When oil is very hot, add mustard seeds. Stir constantly for about a minute. Add turmeric, chiles, salt, and scallions, stirring rapidly. Cook for half a minute or so before adding cauliflower. Stir to mix everything well, add the water, and simmer, covered, on low for 15-20 minutes, until cauliflower is tender. Increase heat to evaporate any liquid.