



MYSTERY THURSDAY

PICCINO
August 24th, 2008

Gold Chard
Mini Cor Carrots
Cranberry Beans
Tomatoes (!)
Chantenay Carrots
Danish 'Carrot' Beets
Romaine Lettuce
Summer Squash
Basil Bouquet (anise, purple, and thai)
Cucumber
Peppers spicy goat horn, like an anaheim
Sorrel

Upcoming Mystery Nights: Preorders ok!

9/4 Aziza
9/18 Incanto
10/2 Globe
10/16 Piccino again! (to be confirmed)
10/30 Greens

Recipes A-Z on our website:

Mariquita.com

Julia's notes The 'carrot' beets are just a good solid red beet that are supposed to be long shaped, so they call it a 'carrot' beet. Cranberry beans!?! They are a fresh shelling bean. REALLY good. Recipe below. Tomatoes are here at last, they will be available for pre order starting in 2 weeks THANKS for your patience. The weather is truly in charge of our farming lives, really.

Fresh Shelling Bean & Basil Soup

The Toasts: 6 slices chewy, country-style bread; 2 T. olive oil; 2 garlic cloves

The Soup:: 1 T. extra virgin olive oil
2 garlic cloves, minced
1 yellow onion, minced
5 c. chicken broth
3-4 c. fresh shelled beans
1 bay leaf
1 t. freshly ground pepper
1/2 c. basil leaves
1/4 c. extra virgin olive oil

Preheat oven to 400F. Place the bread slices on a baking sheet and bake for 15 mins. Remove from oven and drizzle with olive oil. Return to oven and bake for another 5-10 mins. until toasts are firm and lightly golden. Remove and let cool, then rub both sides of each toast with a garlic clove. Set aside.

Soup: Heat the olive oil over medium heat in a heavy-bottomed soup pot. Add the garlic and onion; cook, stirring for a minute or two, until the onion is translucent. Add the chicken broth, beans, bay leaf and pepper. Bring to a boil, reduce the heat to low and simmer for 20 mins., or until the beans are soft. Taste for salt, adding more is needed. Remove the bay leaf. Remove 1 c. of the beans, puree in a processor or blender, then return them to pot. While the beans are cooking, puree the basil and olive oil. Set aside. To Serve: Place a toast in the bottom of each soup bowl, then ladle in the soup. Add a teaspoon of the basil sauce to each, giving half a stir with the spoon to make a swirl. Serves 6

SORREL

If you've never used sorrel, try adding small amounts to your salads. In any recipe that calls for spinach you can substitute a small amount of sorrel-try 1/4 sorrel, 3/4 spinach as a start. Place a sprig or two on sandwiches with the lettuce or in place of watercress. Shred sorrel into soups with a tomato or fish base. It is one of the herbs that is best added at the last minute instead of cooking for longer periods of time. Sorrel does not dry well, but you can puree the leaves and store in the freezer to use as seasoning. For salads and when using raw choose leaves that are less than 6 inches, but save the larger ones for cooking.

When adding sorrel cut back on the amount of lemon and vinegar in the recipe. It's a good herb for those on salt free diets because it adds seasoning without salt.