

MYSTERY BOX NEWSLETTER

EAST BAY & PENINSULA August 14th, 2020

Cherry Tomatoes

Dry Farmed Early Girl Tomatoes
Loose Round Carrots
Yellow Onions
Sugar Snap Peas
Cucumber
Lettuce
Cilantro OR Parsley
Red Jalapeños
Spigariello
Arugula

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: Tomatoes: Keep them on your counter until you're ready to eat them. Not in the fridge! It makes them mushy and less tasty. Carrots, Snap Peas, Cucumbers, Lettuce & Jalapeños: Store in bags in your crisper in the fridge. Onions: These are cured -- papery skin, no green tail -- keep them in a cool dark place, in a paper bag, or in a bowl, but out of sunlight. If you keep dried onions in the fridge they will think it's a dark cold winter and they'll start to sprout sooner thinking their spring is just around the corner. Cilantro: Remove ties and store loosely in bags in the fridge.



Red Jalapeños. Photo by Andy Griffin.

Marinated Cherry Tomatoes 4 servings

2 baskets Cherry tomatoes, cut in half
1 small onion, coarsely chopped
1/4 cup finely chopped parsley
1 Tablespoon finely chopped rosemary
3 Garlic cloves, minced
1/3 cup Extra-virgin olive oil
3 Tablespoons Balsamic vinegar
Salt & freshly ground black pepper to taste

Mix tomatoes, onions, parsley, rosemary, garlic, olive oil and vinegar in a shallow bowl. Season with salt and pepper. Cover the bowl and let tomatoes marinate at room temperature at least 1 hour, but preferably 3 to 4 hours or overnight. Stir occasionally. Enjoy with crostini or as a side dish.

Cherry Tomato & Avocado Salad

1 basket cherry tomatoes, halved

2 Tablespoons chopped <u>scallion</u> or other mild onion

1 cup (approx.) chopped avocado

2 tablespoons chopped herb (such as Cilantro, Parsley, Dill)

optional vinaigrette to coat (whirl 2 T lemon juice or vinegar, 1 small clove garlic, 1 t mustard, pinch salt and pepper, with ½ cup olive oil in blender.)

Gently mix all ingredients. Serve. (The avocado is optional but delicious)

Julia's Loose Salsa Recipe

red tomatoes diced fine (I use skins, seeds and all, but others like to remove at least the seeds.)
roasted jalapeños, skins removed, diced fine. (I put them under the broiler until blistering, then into a pyrex dish that has a tight fitting lid, then they steam for a few minutes, then remove the skins and they're ready to dice.)

Onion, diced very fine garlic, also diced very fine (optional, just a little) cilantro, washed and chopped up salt to taste

Mix and eat.

Mariquita Farm's Vegetable Recipes A to Z page: http://mariquita.com/recipes/index.html

Honey Baked Parisian Carrots with Orange & Thyme From *The Clever Carrot*

1 lb. Parisian Carrots
juice of 1 clementine, or 2 tbsp fresh orange juice
2-3 fresh thyme sprigs
olive oil
flaky sea salt (like Maldon)
black pepper
runny honey
orange zest (optional)

Preheat your oven to 400 F.

Place the carrots into a baking dish in one single layer. I used an 8×8 pan, however a 9×13 would work as well. Add the orange juice and place the elementine halves into the pan for extra flavor. Add the thyme sprigs. Drizzle with olive oil and season with salt and pepper. Toss well to coat. Cover the pan with aluminum foil. Bake until the carrots are tender and the liquid has evaporated, about 10-12 minutes.

Remove from the oven and discard the foil. Increase the heat to 450 F. Drizzle the carrots with honey and toss gently. Place back into the oven, uncovered, and roast until the carrots begin to caramelize, about 10 minutes. Keep an eye on them so that they do not burn.

To serve, drizzle lightly with olive oil and add extra salt and pepper to taste.

Seared Sugar Snap Peas By Elise Bauer from Simply Recipes

2 tbsp extra virgin olive oil
1 lb sugar snap peas, strings removed
3-4 scallions or green onions, sliced on the diagonal salt
a pinch of sugar
zest of a lemon
3 tbsp chopped fresh mint
black pepper to taste
lemon juice to taste

Heat a large sauté pan on high heat for 1 minute. Add the olive oil to the hot pan and heat it until it shimmers, about 1-2 minutes. Add the sugar peas and toss to coat with the oil. Sprinkle salt over them and toss again. Allow to cook, undisturbed, for 1 minute.

Add the green onions and sprinkle with a pinch of sugar. Toss to combine. Let cook for 1 minute. Toss and cook untouched again, this time leaving everything undisturbed for 2 minutes.

Turn off the heat, mix in the lemon zest and mint, then add black pepper and lemon juice to taste. Serve at once.

Creamy Cucumber Salad By Cathy Trochelman from Lemon Tree Dwelling

3 cups thinly sliced peeled cucumbers 1 cup thinly sliced red onion ½ cup sour cream 1 then minced fresh dill

1 tbsp minced fresh dill 1 tsp granulated sugar

1 tsp granulated 1/2 tsp salt

1/4 tsp garlic powder

In a medium mixing bowl stir together sour cream, vinegar, dill, sugar, salt, and garlic powder. Add cucumbers and red onion; toss to coat. Cover and refrigerate 2 or more hours. Serves 8.

Classic Greek Salad

5-6 Dry Farmed Early Girl Tomatoes

1 small red onion

2 cucumbers

1 cup Kalamata olives

4 oz Greek feta cheese, crumbled or in a block

2 tbsp olive oil

1 tbsp red wine vinegar

1 tsp dried oregano

2 tbsp capers (optional)

sea salt

Chop the tomatoes into chunks, put in a large bowl and add a few pinches of salt. Thinly slice the red onion in half circles. Peel alternating strips from the cucumbers, making a striped pattern with the peel (or, remove the peel entirely). Cut the cucumbers in half and use a spoon to remove the seeds; then, cut them into ½-inch pieces.

In a large bowl, combine the tomatoes, red onion, and cucumbers with 1 cup Kalamata olives, 4 ounces feta cheese crumbles (or cut up in small cubes), 2 tablespoons olive oil, and 1 tablespoon white wine vinegar. If desired, add 2 tablespoons drained capers and 1 teaspoon dried oregano. Gently mix to combine. Serve immediately, or let sit at room temperature for several minutes to allow the flavors to meld. Serves 4

Pam's Stuffed Jalapeños

Cooked Rice Yogurt Chopped fresh onion Whole Red Jalapeños Mild white cheese for melting on top black pepper

Mix rice and yogurt and onion, stuff this mixture into topped jalapeño chiles. Top with a slab of mild white cheese and bake them at 375 degrees til the cheese is melted and bubbling. Serve!