



Mariquita
Farm

LADYBUG DELIVERIES

SOUTH BAY, PENINSULA &
SAN FRANCISCO
February 10th, 2017

Green Cabbage

Carrots

Beets

Red Chard OR Lacinato Kale

Bianca Riccia

Butternut OR Rugosa Winter Squash

Mustard Greens

Watermelon Radish

Meyer Lemons

Broccoli di Cicco OR Fava Greens

****Disclaimer to the above vegetable list**:** *This is an especially mysterious mystery box.* The list above is *approximate*. The weather has played havoc with our harvesting so that's why there are a few 'this' OR 'that's' in the list above. And, the greens on your beets may look a little rough but the beets will be delicious! When we ran short of an item, we substituted 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: Cabbage, Carrots, Radishes, Lemons, Broccoli di Cicco & Fava Greens: Store in bags in the fridge.

Beets: Separate greens from roots and ideally, use greens as you would any cooking green best within 1-2 days.

Store greens and roots separately in bags in the fridge.

Chard, Kale, Bianca Riccia, & Mustard Greens: Remove any ties and store loosely in a bag in the fridge.

Winter Squash: Store in a cool spot on your countertop. As long as there are no nicks or bruises, the winter squash will keep for months and get sweeter with time.



Cicoria Bianca Riccia. Use fresh in a salad or as a cooking green. Photo by Andy Griffin.

Andy's Favorite Cabbage

sliced green cabbage
sliced onion (red, green or white)
olive oil
salt
pepper
white wine

Sauté the onion and cabbage in oil, then add wine, salt and pepper.

Cabbage Salad with Peanuts

From *Still Life with Menu Cookbook* by Mollie Katzen

¼ cup peanut butter
½ cup hot water
½ cup plus 1 T rice vinegar or cider vinegar
3 T brown sugar or honey
1 ½ tsp salt
1 T soy sauce
1 tsp sesame oil
7-8 cups shredded green cabbage
crushed red pepper to taste

Garnishes: ½ cup peanuts, grated carrots, minced fresh cilantro

In a large bowl, mash together the peanut butter and hot water until they form a uniform mix. Mix in vinegar, sugar or honey, salt, soy sauce, and sesame oil. Add the cabbage in 2 cup increments, mixing well after each addition. Add red pepper to taste. Cover the bowl tightly, and refrigerate for at least 4 hours, visiting it every hour or 2 to give it a good stir. Sprinkle the peanuts on top right before serving with a slotted spoon. Serves 4-6.

Spicy Carrot Salad

2 lbs carrots
1 T lemon juice
1 clove garlic
¼ tsp cayenne
1 tsp salt
¾ cup olive oil
2 T red wine vinegar
2 T chopped cilantro

Peel carrots and cut into julienne -- quick work with a Japanese mandolin. Mash the garlic clove with the salt, mix it with the vinegar, lemon juice, and cayenne. Whisk in the olive oil. Taste for seasoning and add more acid, salt or cayenne if needed. Toss with the carrots and cilantro.

Giant Crusty and Creamy White Beans with Greens **Adapted from Super Natural Cooking by Heidi Swanson**

½ pound medium or large dried white beans, cooked
3 tablespoons olive oil or clarified butter
Fine grained sea salt
1 onion, coarsely chopped
4 cloves garlic, chopped
½ baby chard, washed and roughly chopped, or 1 bunch kale,
cut into wide ribbons
Fresh ground black pepper
Extra virgin olive oil for drizzling
Freshly grated Parmesan for topping

Drain the beans, then heat the oil or butter over med-high heat in the widest skillet available. Add the beans to the hot pan in a single layer. If you don't have a big enough skillet, just do the sauté step in two batches or save the extra beans for another use. Stir to coat the beans with the oil/butter, then let them sit long enough to brown on one side, about 3 or 4 minutes, before turning to brown the other side, also about 3 or 4 minutes. The beans should be golden and a bit crunchy on the outside and soft and creamy on the inside. Salt to taste, then add the onion and garlic and cook for 1 or 2 minutes, until the onion softens. Stir in the greens and cook until just beginning to wilt. Remove from the heat and season to taste with a generous dose of salt and pepper. Drizzle with a bit of top-quality extra virgin olive oil, and sprinkle with freshly grated Parmesan. Serves 6-8 as a side dish.

Butternut Squash Ravioli with Rosemary Oil **Adapted from [Pamela Anderson](#)**

½ lb. butternut squash, peeled, seeded, and cut into ½-inch dice (1½ cups)
¼ cup extra virgin olive oil
Kosher salt and freshly ground black pepper
1 clove garlic, minced
1½ tsp. minced fresh rosemary
¼ cup heavy cream
¼ cup freshly grated Parmesan or other sharp hard cheese;
more for serving
36 square or round wonton wrappers

Put the squash, 2/3 cup water, 1 Tbs. of the oil, and a scant ½ tsp. salt in a large, deep sauté pan. Turn the heat to high until the water simmers. Cover and steam the squash until it's just tender and the water has just evaporated, 5 to 6 minutes. Check often.

Stir in the garlic and ½ tsp. of the rosemary. Sauté until fragrant, about 1 minute. Transfer to a food processor and add the cream, Parmesan, and a few grinds pepper. Process, scraping the bowl as needed, until the mixture is mostly smooth. While the squash cools slightly, wash the sauté pan and fill it with 2 qt. water and 1 Tbs. salt, and bring to a simmer over medium high heat.

With a large wire rack and a small bowl of water close by, lay six wonton wrappers on a clean, dry countertop. Drop a rounded 1 tsp. of the filling in the center of each wrapper. Brush the edges of each wrapper with a little water. Fold each wrapper to create a triangle or half moon, pushing out any air bubbles and pressing the edges to seal completely. Transfer the

ravioli to the wire rack. Repeat the process with the remaining wonton wrappers and filling, making sure the countertop is dry after each batch.

Heat the remaining 3 Tbs. oil and 1 tsp. rosemary in a small skillet or saucepan over medium heat. When the rosemary starts to sizzle, take the pan off the heat. Drop half of the ravioli into the simmering water. Cook until the wrapper over the filling starts to wrinkle and the ravioli turn translucent, 3 to 4 minutes. With a large slotted spoon, transfer six ravioli to each of three pasta plates. Repeat to cook the remaining ravioli. Drizzle each portion of the ravioli with 2 tsp. of the pasta cooking water and 1 tsp. of the rosemary oil, sprinkle with a little Parmigiano, and serve immediately.

Quinoa with Mustard Greens **by Amy Stafford, Feastie.com**

1 cup quinoa
2 cups water
Pinch of Kosher Salt
Black Pepper
1 tablespoon olive oil
1 cup mustard greens
½ lemon, juiced
2 tablespoon chia seeds
3 tablespoon walnut pieces

Rinse quinoa with cold water thoroughly. Heat water in small pan over high heat. As soon as bubbles start to form in water, add rinsed quinoa and pinch of kosher salt. Lower heat to simmer and cover pan. Cook for 20 minutes.

Remove from heat, add pepper and olive oil and mustard greens. Stir and cover for several minutes until greens wilt. Add lemon juice, chia seeds and walnut pieces.

Asian Broccoli di Cicco

1 pound broccoli di cicco, chopped into 1-inch pieces, including stems and leaves
1 teaspoon minced garlic
1/3 c. chicken broth
2 tbl. soy sauce
1 teaspoon sesame oil

Heat a large frying pan until very hot. Add the oil and immediately add the garlic. Let sizzle for 15-20 seconds. Add the remaining ingredients and give everything a quick stir. Without turning the heat down, cover the pan and let steam for 3 minutes, or until the broccoli is done.

Baby Fava Greens from SFGate

You can mix raw fava leaves in a mixed salad with spinach and arugula. They can also be tossed into pasta dishes at the end of cooking, until they're barely wilted. They can be sautéed and added to cooked couscous or farro for a side dish.

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