



Mariquita
Farm

LADYBUG DELIVERIES

SOUTH BAY, PENINSULA &
SAN FRANCISCO
January 13th, 2017

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****Disclaimer to the above vegetable list**:** The list above is *approximate*. There may be differences in your box. As always, Andy will make sure it will be a good value. In the meantime, we ask for your patience and a sense of adventure with these boxes.

Storage: Cauliflower & Lettuces: Store in bags in the fridge. Dill or Chervil, Rapini, Dandelion Greens, and Chard: Remove any ties and store loosely in a bag in the fridge. Beets, Radishes & Turnips: 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. 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.



Dandelion Greens are a chicory, in the same family as escarole and endive. Use fresh in salad or as a cooking green. Photo by Andy Griffin.

Cauliflower Soup From Chef Jonathan Miller

Cauliflower, cut into florets
2-3 carrots, chopped
1 onion, chopped
2-3 T herb of choice (parsley or thyme are good choices)
Broth of choice (chicken stock, veggie stock, or even water), up to 1 quart, depending on size of cauliflower
1-2 c half and half or cream

Sauté the onion and carrots in oil or butter. Cook them until the onions are really soft but not brown. Add the cauliflower and the herbs and cook a few minutes. Add your broth until it comes up just below the level of your veggies and simmer until the cauliflower is cooked, around 12-15 minutes. Add some cream and blend in a blender, then check for salt and pepper.

Whole Wheat Pasta with Cauliflower, Walnuts, and Ricotta Salata

From *Chez Panisse Vegetables* by Alice Waters

2 heads cauliflower
1 medium onion
4 cloves garlic
1 pound whole wheat pasta
extra-virgin olive oil
salt and pepper
1 pinch red pepper flakes
white wine vinegar
½ lemon
½ cup toasted walnuts
4 ounces ricotta salata or feta cheese

Put a large pot of water on to boil. Cut the cauliflower into small flowerets. Peel the onion and slice it very thin. Peel and finely chop the garlic. Put the pasta on to cook. Sauté the cauliflower in olive oil in a large sauté pan. When the cauliflower begins to soften, season with salt and pepper and add the sliced onion and red pepper flakes. Sauté over medium to high heat until the vegetables are brown and tender. The cauliflower should still be slightly crunchy and should not taste steamed. Add the garlic and remove from the heat, tossing and stirring so the garlic doesn't burn; if it starts to brown, add a splash of water. Add few drops each of vinegar and lemon juice and the toasted walnuts. Taste and correct the seasoning. When the pasta is done, drain and add to the cauliflower, adding enough extra-virgin olive oil to coat the pasta thoroughly, toss together, and serve, with the cheese crumbled over the dish.

Julia's Note on Dill: Dill, dill, dill. I love it. It's good chopped up in a rice salad with cherry tomatoes, a bit of minced bell pepper, some grated or crumbled cheese and your favorite vinaigrette. There is always the chopped dill on salmon routine, and it's excellent with many beet preparations and also other fish and chicken dishes.

Dilled Gratin of Turnip and Carrot **From The Victory Garden Cookbook by Marian Morash**

2 cups grated turnips
salt
7 Tbsp butter
¾ cup fresh bread crumbs
2 cups grated carrot
½ tsp sugar
1 Tbsp chopped fresh dill
Freshly ground pepper
¾ cup heavy cream

Sprinkle the grated turnip with salt and set aside for 30 minutes. Meanwhile, melt 3 tablespoons butter, sauté bread crumbs, and set aside. Squeeze water from turnips; combine with grated carrot. Melt 4 tablespoons butter in a sauté pan and add turnips, carrots, and sugar. Turn heat to low, cover, and cook for 10 minutes, stirring occasionally. Uncover; stir in dill and salt and pepper to taste. Put turnip-carrot mixture in a buttered 1-quart oven proof dish. Pour on cream and top with the buttered bread crumbs. Bake in a preheated 350 degree oven for 30 minutes or until brown and bubbly. Top with grated cheese, if desired. Serves 4-6.

Ruby Radishes from Jane G.

3 Tbsp unsalted butter
3 bunches red radishes (about 25), leaves, stems trimmed, rinsed and dry
2 tsp sugar
1 tsp red wine vinegar
1½ Tbsp snipped fresh dill
fresh ground black pepper, to taste

Melt the butter in a medium-size skillet or sauté pan over med. heat. Add radishes and toss to coat with the butter. Cover the pan and cook for 4 minutes, shaking occasionally. Add the sugar and vinegar and toss over medium heat for 1 minute. Sprinkle with dill and season to taste with pepper. Serve immediately. Serves six.

Dandelion Greens Saute

1 lb. dandelion greens
3 tablespoons olive oil
5 cloves garlic
¼ cup sesame seeds, toasted
1 tablespoon toasted sesame oil

Wash and slice greens. Blanch in enough water to cover about 1 minute. Drain and sauté in the olive oil for 3-4 minutes, then add the sesame and garlic and sauté for couple minutes more. Add the sesame oil and serve.

Dandelions are great in salads or can be cooked. If they are cooked they don't need long cooking like sturdier greens like collards etc. Dandelions are a bit bitter, French and Italian cooks and eaters enjoy the bitterness, Americans can sometimes be put off by the bitterness. If your family isn't sure about it, try a richer recipe with bacon, or plenty of olive oil and chile flakes for a vegetarian, even vegan, version.

Rapini with Carmelized Onions **Adapted from *Pasta e Verdura* by Jack Bishop**

¼ cup olive oil, plus more for drizzling
1 large onion or 2 or 3 small medium (about 1 lb.), thinly sliced
1 bunch Rapini
4 cloves garlic, minced
1 tsp. salt
¼ tsp. pepper
1 lb. pasta (linguine or other long, thin shape)

Sauté onions over medium heat, stirring occasionally, until golden brown, about 20 minutes. If the onions start to burn, lower the heat. They should be richly colored to bring out their sweetness.

Meanwhile, bring several quarts of water to a boil in a medium saucepan. Roughly chop the greens and stem of the rapini and boil in the hot water and cook for 2 minutes. Drain and set aside.

Add the garlic to the pan with the onions and cook for 1 minute. Add the rapini, S & P and cook, stirring occasionally, until the rapini is tender, about 5 minutes. Taste for salt and pepper and adjust seasonings if necessary.

While preparing the sauce, cook and drain the pasta, making sure that some liquid still clings to the noodles. Toss the hot pasta with the rapini sauce. Mix well and transfer portions to warm pasta bowls. Drizzle each bowl with olive oil to taste and serve immediately.

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