



Mariquita  
Farm

## LADYBUG DELIVERIES

Peninsula & South Bay  
June 30<sup>th</sup>, 2016

[Lettuce](#)

[Yellow Potatoes](#)

[Parisian Round Carrots](#)

[Chard](#)

[Garlic Chives](#)

[Red Onions](#)

[Summer Squash](#)

[Piccolo Fino Verde Basil](#)

[Korean Shiso](#)

[Sai Sai](#)

[Rainbow Cherry Tomatoes](#)

[Kale](#)

**\*\*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 patience and a sense of adventure with these boxes. Thank you!

**Storage:** [Lettuce](#), [Potatoes](#), [Onions](#), & [Summer Squash](#): store in bags in the fridge. [Carrots](#): Remove greens from carrots and compost greens. Store roots in a bag in the fridge. Carrots stay crisp longer without their greens. [Chard](#), [Chives](#), [Shiso](#), [Sai Sai](#) & [Kale](#): Remove any ties and store loosely in a bag in the fridge. [Basil \(Piccolo Fino\)](#): Basil shouldn't get too cold, so try to find the 'warmest' place in your fridge. Remove any ties, recut the stems, and store basil as a flower bunch in a jar with water at the stems. Cover basil and jar loosely with a plastic bag and store in your fridge. This worked for me and kept the basil fresh for almost a week. [Cherry Tomatoes](#): Store in a cool spot on your countertop. Do not refrigerate.



Korean Shiso is related to basil and mint, and can have flavors of anise or cinnamon. Photo by Andy Griffin.

**Shiso** is rich in calcium and iron, and used in Chinese medicine to treat colds and respiratory illnesses. Like basil and mint, it has a unique aromatic flavor. A few ways to use shiso leaves:

- Chop in a chiffonade and sprinkled in a salad
- Add a few leaves to a pot of green tea
- Minced in or used as a wrap for tuna salad
- Chopped up with fresh fruit
- Chopped and added to stir fries

**Lemon Roasted Potatoes with Bay Leaves** from *Vegetable Harvest: Vegetables at the Center of the Plate* by Patricia Wells

2 pounds firm potatoes  
2 bay leaves, fresh if possible  
2 lemons, scrubbed and cut lengthwise into 8 slices  
3 tablespoons freshly squeezed lemon juice  
2 tablespoons walnut oil or extra virgin olive oil  
1 teaspoon coarse sea salt (or kosher)  
1 teaspoon dried oregano

Preheat oven to 425 degrees F. Scrub the potatoes, but do not peel. Halve them lengthwise. In a large bowl, combine potatoes, bay leaves, lemons, lemon juice, oil, and salt. Toss to evenly coat the potatoes. Transfer to a roasting pan large enough to hold them in a single layer. Roast until the potatoes are soft and golden, turning the potatoes regularly, about 40 minutes. Remove from the oven and remove and discard bay leaves. Season generously with oregano, rubbing the herb with your palms before crumbling into the potatoes to intensify the oregano flavor.

**Potato Leek Soup with Sai Sai Greens**  
By Chef Jonathan Miller

2 T butter  
2 leeks, halved and sliced  
1 ¼ lb potatoes, scrubbed and diced  
4 c chicken stock  
4 c water  
1 huge bunch sai sai greens, washed well  
1 c creme fraiche  
minced parsley to garnish

Melt the butter in a soup pot and add the leeks and potatoes with some salt. Sauté gently so you don't brown any of the leeks and potatoes until soft, about 10 minutes. Add the stock and water and bring to a simmer. Simmer 15 minutes, or until the potatoes are soft.

Add the sai sai greens and the creme fraiche and wilt down for 2 minutes. Cool slightly, then puree the soup thoroughly. Taste for seasoning and serve either warm or cold with a dusting of minced parsley on top.

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

**Garlic Chive Pesto**  
**from Pestos! by Dorothy Rankin**

½ cup chopped garlic chives  
3 T walnuts  
1 cup parsley  
5-6 T olive oil  
3 T grated Parmesan  
Salt and Pepper  
1 clove garlic

Put all ingredients except oil in food processor and blend. While machine is running add the oil and blend until desired consistency is reached.

**Moroccan Carrot Salad**  
**From *Chez Panisse Vegetables*, Alice Waters**

Peel baby carrots, leaving ¼-inch of stem attached. Cut them in half lengthwise and boil until tender in salted water with a crushed clove of garlic. Drain and cool to room temperature. Toss them with a little ground cumin, paprika, and salt, and a pinch each of cinnamon and cayenne. Toss together with lemon juice, olive oil, and chopped parsley, and set aside to marinate for at least an hour before serving.

**Zucchini and Chickpeas**  
**Adapted from *Mediterranean Vegetables* by Clifford Wright (Serves 4)**

2 T olive oil  
1 pound young zucchinis, trimmed and sliced about ½ inch thick  
16 oz can chickpeas, drained  
2 large garlic cloves, chopped  
S & P to taste  
2 T finely chopped fresh parsley leaves

Heat the oil in a large skillet over medium heat and cook the zucchini, chickpeas, garlic, salt and pepper until the zucchini are slightly soft, about 20 minutes. Toss with the parsley and serve hot or at room temperature.

**Marinated Cherry Tomatoes (Serves 4)**

2 baskets Cherry tomatoes, cut in half  
1 small onion, coarsely chopped  
¼ 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 marinate at room temperature at least 1 hour, preferably 3-4 hours or more. Stir occasionally. Enjoy with crostini or as a side dish.

**Moroccan Carrot and Chard Salad**  
**Adapted from *Mostly Foodstuffs***

2 lb carrots, peeled and cut on the diagonal into 1" chunks  
¼ cup olive oil, divided  
1 tsp ground cumin  
1 large bunch chard, coarsely chopped (stems included)  
1 clove garlic, pressed  
zest and juice of 1 lemon  
salt and pepper  
½ large bunch flat-leaf parsley, chopped

Preheat the oven to 400 degrees. Toss the carrots in a baking dish with 1 tablespoon of the olive oil, and sprinkle on the cumin and a few pinches of salt. Stir to coat the carrots with the oil and seasonings. Roast, stirring occasionally, until the carrots are soft and caramelizing on the edges, about 25-30 minutes (adjust the time depending upon how well-caramelized you like your carrots). Remove from the oven and set aside.

While the carrots are roasting, steam the chard in a steamer basket until wilted and soft, about 5-10 minutes. If you don't have a steamer basket, you can just simmer the chard for a few minutes in a large pot of boiling water, then drain well. Set aside.

Make the dressing: mix together the remaining olive oil, garlic, and lemon juice and zest, and season with salt and pepper to taste. Place the carrots on a serving dish, top with the chard and parsley, and then pour the dressing over everything. You can toss to combine, or leave as is, like a composed salad. Serve warm. It's even nicer as the flavors sit and combine, but I seldom wait that long. Serves 4-6 as a side dish.

**Roasted Chicken with Potatoes and Kale**  
**Adapted from recipe by Grace Parisi, *Food & Wine*, December 2008**

1½ lbs kale, stems and inner ribs removed  
1½ lbs potatoes, cut into ½-inch chunks  
1 onion, thinly sliced  
extra-virgin olive oil  
salt and freshly ground pepper  
8 each of chicken legs and thighs  
1 teaspoon paprika  
Lemon wedges, for serving

Preheat oven to 450 F. In a large roasting pan, toss the potatoes, kale and onion with olive oil to lightly coat, and season with salt and pepper. Spread in an even layer.

Season the chicken with salt, pepper and paprika, and lay on top of the vegetables.

Cover the pan with foil and roast the chicken for 20 minutes. Remove the foil and roast for another 30 minutes or until the chicken is cooked through and the vegetables are tender. Serve with lemon wedges.