



Mariquita
Farm

LADYBUG DELIVERIES

PENINSULA/SOUTH BAY
September 22nd, 2016

Potatoes

Dry Farmed Early Girl Tomatoes

Green Bell Peppers

Scallions

Beets

Rainbow Carrots

Orange Carrots

Chard

Winter Squash

Romaine Lettuce

Frisee

****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: Potatoes, Bell Peppers, Lettuce, & Frisee: Store in bags in the fridge. Tomatoes: Store in a cool spot on your countertop. Do not refrigerate. Scallions & Chard: Remove any ties and store loosely in a bag in the fridge. Carrots: Remove greens from carrots and compost greens. Carrots stay crisp longer without their greens. Beets: Remove greens and store roots and greens separately in the fridge. Use greens just like chard or any cooking green. Winter Squash: Store in a cool spot on your countertop. If it doesn't have any bruises or nicks, it should keep for months and get sweeter with time.



Winter Squash diversity – these are all butternut. Photo by Andy Griffin.

Parmesan-Roasted Potatoes

Adapted from recipe by Dan Kluger, Bon Appetit, February 2014

3 lbs small yellow potatoes, halved
½ cup olive oil
salt and pepper
4 oz finely grated Parmesan
¾ cup chopped Italian parsley
1 teaspoon finely grated lemon zest
1 T lemon juice
1 teaspoon crushed red pepper flakes

Place a rack in upper third of oven; preheat to 400. Toss potatoes and oil in a large bowl; season with salt and pepper. Place potatoes, cut side up, on a wire rack set inside a rimmed baking sheet; reserve bowl. Roast until golden brown and cooked through, 30-35 minutes. Transfer to bowl; toss with Parmesan. Return potatoes to rack and roast until Parmesan is brown and crisp, 10-12 minutes.

Toss potatoes in same bowl with parsley, lemon juice, and red pepper flakes. Top with lemon zest just before serving. Servings: 8.

Roasted Carrots with Parsley and Thyme By Martha Rose Shulman, from NYT Cooking

2 lbs carrots, peeled quartered or cut into sixths lengthwise, depending on size, then into 2-inch lengths
3 T extra virgin olive oil
salt
freshly ground pepper
1 teaspoon fresh thyme leaves, chopped
½ teaspoon oregano
3 T finely chopped Italian parsley

Preheat the oven to 400 degrees. Oil a sheet pan or a baking dish large enough to fit all of the carrots in a single layer. Place the carrots in a large bowl, and toss with the olive oil, salt, pepper, thyme and oregano.

Spread in an even layer in the prepared pan or baking dish. Cover with foil, and place in the oven for 30 minutes. Uncover, and if the carrots are not yet tender, turn the heat down to 375 degrees and return to the oven for 10 to 15 more minutes until tender. Add the parsley, stir gently, and taste and adjust salt and pepper. Serve hot, warm or at room temperature. 6 Servings.

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

Tomato and Sweet Pepper Salad

Adapted from *The Vegetable Market Cookbook* by Robert Budwig

3 sweet peppers
4 ripe tomatoes
¼ preserved lemon (or 2 teaspoons grated zest with some of the lemon's juice)
2 cloves garlic peeled and crushed pinch sweet paprika
½ teaspoon ground cumin
1 tablespoon olive oil
1 tablespoon lemon juice
1 teaspoon salt
½ t black pepper

Grill or roast peppers, remove skins, cut into small cubes and set aside. Blanch tomatoes for 15-20 seconds in boiling water. Drain and remove skins and stems. Cut in half and remove seeds. Cut into small cubes. Rinse the preserved lemon under running water and remove the pulp. Cut the rind into fine dice. Arrange peppers, tomatoes and lemon in a dish. Mix remaining ingredients to make a dressing and pour over the salad. Mix well.

Dutch Beet Salad

From *Recipes from a Kitchen Garden* by Shepherd and Raboff

6 large beets, peeled
1 bunch scallions, chopped
½ cup apple cider vinegar
2 Tbs. water
½ cup vegetable oil
pinch sugar
¼ tsp. salt
¼ tsp. black pepper

Grate the fresh beets on the finest grater you have—preferably one used to grate lemon peel. If you are using a food processor, use the blade with the smallest holes. Place the grated beets in a bowl. Mix the remaining ingredients until blended and pour over the beets. Toss and marinate in refrigerator for several hours before serving. For an interesting variation substitute grated carrots and/or grated daikon radishes for 1/3 of the beets. Serves 4 to 6.

Indivia alla Romana

From *Vegetables from Amaranth to Zucchini* by E. Schneider

Rinse frisee. Boil or steam briefly until tender. Drain, squeezing out water; rough-chop. Heat olive oil and chopped garlic in skillet. Add a little tomato sauce or chopped plum tomatoes, minced mint leaves, chopped capers, and seeded, minced fresh chili. Cook just until sauce begins to thicken, 5 to 10 minutes. Add frisee and seasoning and simmer until the mixture is well blended, about 5 minutes. Serve with pasta or alone.

Julia's note on cooking winter squash: In case you've never tried to cook winter squash: Cut in half with a big sharp knife. Remove seeds. Put in a baking pan (I use glass, metal or ceramic would also work) cut side down, with a little water in the pan. Or rub the cut side with a little oil first. Bake in a medium oven (350 or 400) until it's easily pierced with a fork. Remove, and eat.

Winter Squash Gratin adapted from *The Greens Cookbook* by D. Madison and E. Brown

2 tablespoons olive oil
1 onion, finely chopped
1 clove garlic, minced
¼ teaspoon thyme
1 bay leaf
salt
½ cup dry white wine
¼ teaspoon cayenne pepper or ½ teaspoon paprika
1 pound tomatoes, peeled, seeded and chopped
sugar, if necessary|
Pepper
1 butternut winter squash, weighing 2½ to 3 pounds
4 ounces Fontina or Gruyere cheese, sliced
Freshly chopped parsley

Heat the olive oil and add the onion, garlic, thyme, bay leaf and a little salt. Cook over medium heat, stirring frequently, until the onion is soft; then add the wine and let it reduce by half. Add the cayenne or paprika and the tomatoes. Cook slowly for 25 minutes, stirring occasionally, until the sauce is thick. Taste, add a pinch of sugar if the tomatoes are tart, and season with the salt and freshly ground black pepper.

While the tomatoes are cooking, prepare the squash. Cut it open, scoop out the seeds and strings, and then, with the flat cut surface resting on the counter, shave off the skin. (The butternut can easily be peeled with a vegetable peeler before it is cut in half.) Another method is to cut the squash into pieces and then remove the skin from each piece. This takes more time, but you may find it easier. Slice the peeled squash into large pieces about 3 inches long and ¼-inch thick. Heat enough oil to generously coat the bottom of a large skillet, and fry the squash on both sides, so that it is browned and just tender. Remove it to some toweling to drain; then season with salt and freshly ground pepper.

Preheat the oven to 375 degrees. To form the gratin, put a few spoonfuls of the tomato sauce on the bottom of individual gratin dishes, or use it all to cover the bottom of one large dish. Lay the squash on top in overlapping layers with slices of the cheese interspersed between the layers. Bake until the cheese is melted and the gratin is hot, about 15 minutes, and serve with the fresh parsley scattered over the surface.