



Mariquita  
Farm

## LADYBUG DELIVERY

LOS GATOS/SAN JOSE  
June 24<sup>th</sup>, 2015

Genovese [Basil](#)  
[Chives](#)  
Red [Onions](#)  
Charentais Melon  
[Wild Arugula](#)  
[Verdolaga](#) (aka Purslane)  
[Collards](#)  
[Carrots](#)  
[Summer Squash](#)  
Formanova [Beets](#)  
[Kohlrabi](#)

**\*\*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:** [Basil](#): It shouldn't get too cold, so wrap it in a damp clean cloth and put it in the 'warmest' place in your fridge. Or, try keeping your basil as a flower bunch in a jar with water at the stems. [Chives](#), [Arugula](#), [Verdolaga](#) & [Collards](#): Remove any rubber bands or ties, and store loosely in a bag in the fridge. [Onions](#), [Melon](#), [Kohlrabi](#), [Summer Squash](#), [Beets](#), & [Kohlrabi](#): store in bags in the fridge. [Carrots](#): Remove and compost greens; store roots in a bag in the fridge. Carrots keep better without their greens.



*"Ceci n'est pas un agriculteur Biologique"* – Andy channeling Magritte in a photo of verdolaga. Andy: Also known as "French purslane," verdolaga is typical in Mexican cuisine, where it is usually sautéed in a skillet briefly before scrambling with eggs for a breakfast taco or fried up with a bit of pork for a lunch taco. I've had it served me as a salad ingredient in an interesting Moroccan dish that was prepared by Amaryll Schwetner of Boulette's Larder in San Francisco for a benefit dinner to honor Paula Wolfert for her contributions to Alzheimer's disease research. Amaryll regularly buys purslane for her won restaurant where she cooks in a French tradition, and I believe that she is using it for salad there as well. We plant purslane, and we also harvest it where it springs up as a weed. The cultivated variety is slightly more upright in its habit, but in the greenhouse both feral and tame forms perform about the same as far as growing is concerned and taste identical.

### Mexican Pork and Purslane from The Cuisine of Tlaxcala

Codillo, sometimes called chamorro, is the lower part of the pork leg, here cut crosswise into rounds, including the central bone. Nopales (paddle cactus) and verdolagas (purslane) are two of the most common plants found in Central Mexico. Because of their versatility and high nutritional value, they are used in a variety of dishes. Purslane, like nearly all greens, is a perfect complement to the flavor of pork. If you cannot get fresh nopales, you can use canned- just be sure to rinse and drain them well before using.

2 lbs. pork leg, bone in, cut crosswise into 1" rounds  
1½ lbs. tomate verde (tomatillo) husked and blanched  
1 large fresh cuaresmeño or jalapeño chile, seeded and deveined  
2 cloves garlic, peeled and sliced  
¼ cup chopped onion  
3 tablespoons chopped epazote  
1 hoja santa or avocado leaf  
¾ lb. purslane or watercress, cleaned and steamed  
2 nopal paddles, cut into ½" squares, boiled till tender and rinsed well  
Salt to taste

Place the meat in a large pot or Dutch oven and cover with 2 ½ cups water and salt to taste. Pressure cook 25 minutes or bring the meat to a boil, lower flame and simmer until tender.

In a blender or food processor, place the tomatillo, chile, garlic, onion, epazote, hoja santa or avocado leaf, and enough of the meat broth to blend until smooth. Transfer to a saucepan in which a little oil has been heated, add meat and remaining meat broth and simmer 15-20 minutes (see NOTE.) Add purslane and watercress and simmer another 10 minutes. Serve with sliced avocado and white rice. NOTE: Tomatillos vary in acidity. If you find that, after cooking, they are a bit too acid for your taste, take Señora Reyes' advice and add a pinch of sugar or bicarbonate of soda to reduce acidity.

### **Cucumber-Purslane-Yogurt Salad inspired from a starchefs.com recipe**

2 armenian cukes, or 4-5 large green garden cukes, or 10-12 lemon cukes, etc, peeled, seeded and cut into quarter-round slices

¼ pound Purslane, large stems removed, washed and drained well then roughly chopped

2 tablespoons each, Fresh chopped mint, cilantro and chervil

3 cups Greek yogurt

¼ cup best olive oil

3 cloves Garlic, puréed with the blade of a knife

2 teaspoon ground Coriander

S & P to taste

Place the cucumber, purslane and herbs into a large bowl. In another bowl, stir together the yogurt, olive oil and garlic, coriander and season to taste with salt. Add the yogurt mixture to the vegetables and mix well. Add a pinch of ground black pepper. Taste the dressed cucumber-purslane salad for seasoning, adding a little more salt if needed. Serve chilled.

### **Cantaloupe Salad with Basil, Fresh Mozzarella & Onions, Serves 4-6, adapted from theKitchen**

1 medium cantaloupe, cut into 1-inch cubes (try the Charentais melon here)

10-20 leaves of basil, chiffonaded (reserve a few whole leaves for garnish)

10 green olives, sliced

¼ red onion, thinly sliced

1 cup fresh mozzarella balls, sliced into quarters

Olive oil

Champagne or Red wine vinegar

Juice from one Lemon or lime

S & P to taste

In a large bowl, toss the cantaloupe, basil strips, olives, red onions and mozzarella balls together. Lightly dress the salad with a long pour of olive oil and even longer drizzle of red wine vinegar. Juice one lime and toss into the salad. Generously salt and pepper the salad and taste. This salad is great straight away but even better chilled for a few hours before serving, to allow the flavors to really meld.

### **Zucchini with Basil and Pecorino Romano Cheese from Verdura by Viana La Place**

1½ pounds firm zucchini

4 Tablespoons extra-virgin olive oil

3 garlic cloves, peeled and chopped

Salt and Pepper to taste

3 Tablespoons freshly grated imported Pecorino Romano cheese

10 basil leaves

Wash the zucchini well. Trim the zucchini and slice into thin coins. Place olive oil in a large saute pan and turn the heat to high. Add the zucchini and toss in the oil until it is lightly golden in spots but still crisp, about 4 minutes. Turn the heat to medium low, add the garlic and S & P to taste. Cook until the zucchini is tender but still has a trace of crispness.

Transfer the zucchini to a serving platter. Sprinkle the grated Pecorino Romano cheese over the zucchini. Tear the basil leaves into fragments and scatter them over the top.

### **Roasted Garlic Basil Sauce, *Gourmet*, September 1997**

4 large garlic cloves

1 medium zucchini

¾ cup packed fresh basil leaves

¼ cup packed fresh flat-leaved parsley leaves

½ cup water

2 teaspoons fresh lemon juice

Preheat oven to 425°F. Wrap garlic cloves tightly in foil. Cut zucchini into 1/4-inch-thick slices and season with salt and pepper. Put foil-wrapped garlic and zucchini on a baking sheet and roast in middle of oven until garlic is tender and zucchini is pale golden, about 15 minutes. Unwrap garlic and cool. Have ready a bowl of ice water. In a saucepan of boiling water blanch basil and parsley 10 seconds and drain in a sieve. Refresh herbs in ice water to stop cooking and drain in sieve. Sauce ingredients may be prepared up to this point 1 day ahead and kept separately, covered and chilled. In a blender blend garlic, zucchini, herbs, water, and lemon juice until smooth, about 1 minute, and season with salt and pepper. Makes about ¾ cup. Each 3-tablespoon serving about 14 calories and 0 grams fat.

### **Beet and Arugula Salad, *Gourmet*, March 1997**

½ lb. beets (about 3 medium-size)

1 small bunch arugula

1 tbsp white wine vinegar

¼ cup olive oil

Peel beets and cut into 1/2-inch wedges. In a steamer set over boiling water steam beets until tender, about 10 minutes, and transfer to a bowl. Discard coarse stems from arugula. Wash arugula well and dry. In a bowl whisk together vinegar and salt and pepper to taste and whisk in oil until emulsified. Pour half of vinaigrette over beets and toss well. To vinaigrette remaining in bowl add arugula and toss well. Arrange arugula and beets on 2 plates. Serves 2.

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A to Z page: <http://mariquita.com/recipes/index.html>**