



Mariquita
Farm

**LADYBUG
DELIVERY**

**LOS GATOS
December 17th, 2014**

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

Storage: Carrots: Remove and compost the greens, and store the roots in a bag in the fridge. Beets: Remove the greens and store the greens and roots in separate bags in the fridge. Use the greens as you would any cooking green. Romaine, Cauliflower, Apples, Escarole, Radicchio, & Broccoli: store in a bag in the fridge. Spigariello, Sorrel & Green Onions: Remove rubber bands or ties, and store loosely in a bag in the fridge.



Photo of
Romanesco
(Cauliflower)
by Andy
Griffin.



Photo of
Sorrel
by Andy
Griffin.

Simple Beet Salad with Onions

Grate scrubbed beets or cut into julienne; toss with chopped green onions and a vinaigrette you make or from a bottle in your fridge. Add toasted nuts and/or a sharp cheese (blue, Parmesan, feta). Serve alone or with lettuce.

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.

Beet Salad with Sorrel with Pistachio Dressing from Chef Jonathan Miller

2 bunches beets
¼ c pistachios + xtra fr garnish, roasted & unsalted
3-4 T olive oil
2 T balsamic vinegar
1 bunch sorrel
2 cups croutons

Roast your beets to your liking. (I roast mine at 375, covered, in a baking dish with ¼ c water.) Peel and slice into wedges.

Blend the pistachios in a blender with ¾ c water and blend until very smooth. Strain and season with salt and pepper. Whisk this with the olive oil and balsamic vinegar. Check for seasoning and toss a few of the tablespoons with the beets.

Stem the sorrel and julienne the leaves. Put the julienned leaves on the bottom of a plate, top with the beets, then the croutons, then drizzle with some remaining dressing. Finish with some extra pistachios and some more pepper.

Spigariello Skillet Pies from Chef Jonathan

This is Mediterranean take on a fried, vegetarian empanada. There are a few steps involved, but each one is simple, even the dough, so it's worth making. You can make these any size, so don't feel like you have to go as large as these are. The herb combination is a simple one made up of herbs I see in the market all the time. Feel free to modify these however you like. I think even using one herb would work. I love marjoram and parsley together in this if you can find marjoram.

2 ¼ c flour
olive oil
1 T red wine vinegar
1 bunch scallions, sliced thinly
1 large bunch spigariello, chopped
1 bunch dill, chopped
1 bunch mint, leaves only, chopped
leaves from 8 sprigs oregano, chopped
4 oz feta, crumbled
Parmesan
1 egg
grapeseed oil (or canola)

Combine the flour with a teaspoon of salt and mix well. Add ¾ c water, ¼ c olive oil, and the vinegar to the flour/salt mixture and mix well. The dough should be a little sticky. Knead on a floured board until the dough is silky smooth, then allow it to chill in the fridge for about an hour (or overnight is fine).

Heat a few tablespoons of olive oil in a saucepan and add the scallions and cook just until soft, a couple of minutes, then add the spigariello and wilt the spigariello, maybe 5-8 minutes. Add the herbs for the last minute, then transfer everything to a colander and allow to cool. Squeeze the cooked greens and herbs so you extract most of the water. Combine those greens with feta, a few tablespoons of parmesan and an egg, mixing well. Season with salt and pepper and taste to make sure you like it.

Quarter the dough, and roll each piece out into a very thin disk, about 8 inches or so in diameter. Fill each round with a quarter of the greens filling and fold the dough over it into half moon shapes. Crimp the edges to seal.

In a very large skillet, heat some grapeseed oil until very hot, then add 1-2 pies (depending on the size of your skillet) and pan-fry them in the hot oil until deeply colored. Flip, and fry the other side until deeply brown. Do the other pies the same way and serve warm.

Crostini with Radicchio and Apple from Elisa di F.

1 lb radicchio, cut in thin stripes
1 shallot, chopped
1 apple, diced
1 tbsp honey
1 tbsp balsamic vinegar
1 tbsp olive oil
salt & pepper

Sautee shallot and apple in oil for a few minutes; add radicchio, honey, salt and pepper and cook until wilted. Add the balsamic vinegar, mix well and spread on warm toasted Italian bread.

Double Broccoli Quinoa

From Heidi Swanson, 101cookbook.com

3 cups cooked quinoa
5 cups raw broccoli, cut into small florets and stems
3 medium garlic cloves
2/3 cup sliced or slivered almonds, toasted
1/3 cup freshly grated Parmesan
2 big pinches salt
2 Tbsp fresh lemon juice
¼ cup olive oil
¼ cup heavy cream

Optional toppings: slivered basil, fire oil, sliced avocado, crumbed feta or goat cheese

Heat the quinoa and set aside.

Now barely cook the broccoli by pouring ¾-cup water into a large pot and bringing it to a simmer. Add a big pinch of salt and stir in the broccoli. Cover and cook for a minute, just long enough to take the raw edge off. Transfer the broccoli to a strainer and run under cold water until it stops cooking. Set aside.

To make the broccoli pesto puree two cups of the cooked broccoli, the garlic, ½ cup of the almonds, Parmesan, salt, and lemon juice in a food processor. Drizzle in the olive oil and cream and pulse until smooth.

Just before serving, toss the quinoa and remaining broccoli florets with about ½ of the broccoli pesto. Taste and adjust if needed, you might want to add more of the pesto a bit at a time, or you might want a bit more salt or an added squeeze of lemon juice. Turn out onto a serving platter and top with the remaining almonds, a drizzle of the chile oil, and some sliced avocado or any of the other optional toppings. Serves 4-6.

Sorrel Vichyssoise from Gourmet

1 cup finely chopped white and pale green part of leek, washed well
½ cup finely chopped onion
2 tablespoons unsalted butter
1 lb boiling potatoes
4 cups chicken broth
2 cups water
½ lb fresh sorrel, stems discarded and shredded coarse
½ cup heavy cream(I used milk successfully)
¼ cup snipped fresh chives, or to taste

In a large saucepan cook the leek and the onion with salt and pepper to taste in the butter over moderately low heat, stirring, until the vegetables are softened, add the potatoes, peeled and cut into 1-inch pieces, the broth, and the water, and simmer the mixture, covered, for 10 to 15 minutes, or until the potatoes are very tender. Stir in the sorrel and simmer the mixture for 1 minute. Purée the mixture in a blender in batches, transferring it as it is puréed to a bowl, and let it cool. Stir in the cream or milk, the chives, and salt and pepper to taste, chill the soup, covered, for at least 4 hours or overnight, and serve it sprinkled with the additional chives.

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