



Mariquita
Farm

LADYBUG DELIVERY

LOS GATOS / PALO ALTO
February 6th, 2016

Erbette [Chard](#)
Magenta OR Rainbow [Chard](#)
[Spinach](#)
White [Turnips](#)
[Green Garlic](#)
[Celeriac](#) (Celery Root)
[Broccoli](#)
[Cabbage](#)
[Cilantro](#)
Butternut [Squash](#)
[Wild Arugula](#)

****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: [Chard](#), [Spinach](#), [Green Garlic](#), [Cilantro](#) and [Arugula](#): Remove any ties and store loosely in a bag in the fridge.
[Turnips](#): Remove greens and store separately from roots. Use greens within 1-2 days, as you would any cooking green.
[Celeriac](#), [Broccoli](#), & [Cabbage](#): store in bags in the fridge.
[Squash](#): store in a cool, dry place: nearly anywhere in your kitchen or pantry should work. If the winter squash doesn't have nicks/fresh gashes it should last for months, and butternut squash gets sweeter with time.



Green Garlic



Celeriac aka
Celery Root

Photos by
Andy
Griffin.

Market Strata from Julia

Assemble this strata the night before, then in the morning pop in the oven and let it cook while you make your morning tea or coffee.

2 cups (more or less) brown or white mushrooms, sliced
1 cup (more or less) chopped onion, green or white
garlic chopped, optional – try the green garlic here!
2 bunches Erbette or other Chard, washed and coarsely
chopped
½ pound broccoli di cicco, coarsely chopped
butter or olive oil
1 loaf Acme day old bread, sliced and cut or torn into
large pieces
2 cups grated cheese, such as a cheddar or swiss type
melting cheese
salt and pepper to taste
4 eggs
2 cups milk

Butter or oil a large oblong pan (such as the glass pyrex ones many of us have on hand). Place all bread pieces that will comfortably fit into pan only up to the rim. Put a little over half the cheese on top of the bread pieces.

Sauté the onions and mushrooms in oil, add a little garlic if you like. When the onion is translucent, add broccoli and chard, cook until the chard is mostly wilted but still bright green. Put this vegetable mixture on top of bread in baking pan.

Whisk together the milk and eggs (I usually measure out the milk in a large measuring cup, then add the eggs, then whisk in the same cup.) Pour over vegetables and cheese. Cover and refrigerate at least 1-2 hours, or over night. Cook at 350 degrees for about 1 hour. Add the rest of the grated cheese about 40 minutes after putting into the oven. Serve salt and pepper at the table.

Spinach Ohitashi

From Ladies Auxiliary Taber Buddhist Association

Wash [spinach](#) thoroughly. Place stem end at bottom of a pan of boiling salt water. When the stems become tender, drain under cold water. Arrange evenly and squeeze water out gently. Cut 1½-inches in length. Sprinkle with katsuo (dry shaved bonito flakes), goma (finely ground toasted sesame seeds) or oboro (ground shrimp). Eat with shoyu (soy) sauce.

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

Stracciatella (Italian spinach egg soup)
Adapted from *the Minimalist Cooks at Home* by M. Bittman

4 cups chicken stock
2 cups spinach greens, cleaned and ready to cook
4 eggs
4 Tablespoons freshly grate Parmesan cheese
Small grating of fresh nutmeg (or a pinch from your jar)
2 Tablespoons minced parsley (optional)
S & P to taste

Bring 3 cups of the stock to a boil over med.-high heat in a 6-8 cup saucepan. Beat the remaining stock with the eggs, cheese, nutmeg and parsley until well blended.

When the stock is boiling, adjust heat so that is bubbles lightly but not furiously. Stir in the spinach and stir for just a moment (It should cook fairly quickly), then add the egg mixture in a steady stream, stirring all the while. Stir occasionally until the eggs gather together in small curds, 2-3 minutes.

Taste and add S & P to your liking, then serve. Garnish with a bit more Parmesan if you like.

Braised Chicken with Green Garlic
from *Weir Cooking in the City* by Joanne Weir

1 large chicken (about 4 pounds)
2 T butter
2 T olive oil
S and P
1 cup water
3-5 stalks green garlic, trimmed and cleaned as you would a leek, and chopped
1¼ cups white wine
1½ cups chicken stock

Remove the wings from the chicken and discard. Cut the chicken into 8 pieces, each breast half cut crosswise into 2 pieces, 2 thighs, and 2 drumsticks.

Melt the butter in the olive oil in a large skillet over med-high heat. Working in batches if necessary, add the chicken, season with S and P, and cook until golden brown on one side, 6-8 minutes. Turn the chicken pieces and cook until golden brown on the second side, another 6-8 minutes. Transfer chicken to a platter; cover with foil, and keep warm. Pour the excess fat from the pan and discard.

Reduce the heat to medium, add the water and garlic, and cook until the garlic is soft and the water has almost evaporated, about 10 minutes. Add more water during cooking if necessary. Puree in a blender on high speed until very smooth; reserve.

Return the chicken to the pan and increase the heat to high. Add the white wine, chicken stock, and garlic paste

and bring to a boil. Reduce the heat to low, cover, and simmer until the chicken can be easily skewered, 20-25 minutes. Season with S & P.

Transfer the chicken to a platter and cover with foil. Over high heat, reduce the sauce until slightly thickened. Pour the sauce over the chicken and serve. Serves 6.

Celeriac Slaw
From *Carried Away in Aptos*

1 celery root, peeled and cut into julienne (or grated if you don't have a mandolin, some of you may be able to julienne with a sharp knife)

1 egg
1 cup oil
1 Tablespoon capers, chopped
2 Tablespoons lemon juice
salt and pepper to taste
2-4 Tablespoons chopped parsley (or cilantro, or other fresh herb)

Boil a pot of water. Add the thin slices of celeriac for one minute, just to blanch them. Drain and set aside. In a blender mix the egg, lemon juice, salt & pepper. While that is mixing, slowly add in the oil. Spoon the sauce over the celery root, add the capers and the parsley, then toss. (Julia's note: I've successfully skipped the blanching part)

Cabbage with White Beans, Turnip, and Pecorino
Adapted from recipe by Robin Bashinsky,
***Cooking Light*, November 2013**

1 T extra virgin olive oil
1 cup turnips, peeled and cubed
1 T fresh thyme, chopped
¼ cup shallots, thinly sliced
kosher salt
1 15-oz can unsalted white beans, rinsed and drained
4 cups green cabbage, thinly sliced
¼ cup water (or chicken or vegetable stock)
1 T champagne vinegar
½ t freshly ground pepper
1 oz Pecorino Romano cheese, shaved (about ½ cup)

In a large nonstick skillet over medium-high heat, add oil to coat before adding turnip, thyme, shallots and a pinch or two of salt, sautéing for a couple of minutes. Reduce heat to medium-low; cover and cook for 6 minutes or until turnips are slightly tender, stirring occasionally. Increase heat to medium-high again, and add beans, cooking for 2 minutes, stirring occasionally. Add ¼ teaspoon salt, cabbage and ¼ cup water (or stock), vinegar, and pepper; cook for 1 minute or until cabbage is slightly wilted, stirring occasionally. Top with cheese before serving. Serves 4.