



Mariquita
Farm

**LADYBUG
DELIVERY**

PALO ALTO
November 19th, 2015

Napa [Cabbage](#)
Rainbow [Chard](#)
Musque de Provence [Squash](#)
Rainbow Roots ([Radishes](#))
Loose Red [Beets](#)
Upland [Cress](#)
[Cicoria](#) Bianca Riccia
Lacinato [Kale](#)
[Chervil](#)
[Parsley](#)

****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: Cabbage, Rainbow Roots (Radishes), Beets, & Cress: store in bags in the fridge. Winter 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 month. Chard, Kale, Bianca Riccia, Chervil & Parsley: Remove any ties and store loosely in a bag in the fridge.



The **Bianca Riccia** (Left) in your box today is a chicory. Because they're harvested at this early tender stage, they have a very mild, faintly spicy flavor, are best and most often eaten fresh in a salad with a simple olive oil, sea salt and pepper dressing.



Rainbow Roots
(Purple Korean
Daikon,
Watermelon
Radish &
Green Heart
Radish)

Photos by
Andy Griffin.

Cabbage and Sunchoke Slaw **From Lorraine Glazar, Tucson CSA**

3 cups napa cabbage
Salt
¼ pound coarsely shredded sunchoke (Jerusalem artichokes)
(or substitute jicama, apple, or daikon radish)
Juice of ½ large lime or 1 Mexican lime
1 teaspoon celery seed
¼ cup finely minced red onion
½ to 1 teaspoon toasted sesame oil, walnut oil, or pistachio oil
Freshly ground black pepper
¼ cup finely minced cilantro or dill
1 teaspoon rice wine vinegar (optional)

Coarsely shred the cabbage and place it in a colander over a medium bowl. Toss it thoroughly with the salt and let it sit and drain for 30 to 60 minutes. Toss from time to time.

Shred the sunchoke and immediately transfer them to a separate bowl. Toss them with the lime juice and minced onion.

When the cabbage has wilted, rinse it and place it on towels to press it dry. Combine it with the sunchoke-onion mixture. Taste, and then add the sesame oil. Toss with black pepper to taste, and top it with the chopped herbs. If the slaw is not sour enough from the lime juice, add the rice wine vinegar to taste.

Giant Crusty and Creamy White Beans with Greens **Adapted from *Super Natural Cooking*** **by Heidi Swanson**

½ pound medium or large dried white beans, cooked
3 tablespoons olive oil or clarified butter
Fine grained sea salt
1 onion, coarsely chopped
4 cloves garlic, chopped
½ pound baby chard, washed and roughly chopped, or 1 bunch kale, cut into wide ribbons
Fresh ground black pepper
Extra virgin olive oil for drizzling
Freshly grated parmesan for topping

Drain the beans, then heat the oil or butter over med-high heat in the widest skillet available. Add the beans to the hot pan in a single layer. If you don't have a big enough skillet, just do the sauté step in two batches or save the extra beans for another use. Stir to coat the beans with the oil/butter, then let them sit long enough to brown on one side, about 3 or 4 minutes, before turning to brown the other side, also about 3 or 4 minutes. The beans should be golden and a bit crunchy on the outside and soft and creamy on the inside. Salt to taste, then add the onion and garlic and cook for 1 or 2 minutes, until the onion softens. Stir in the greens and cook until just beginning to wilt. Remove from the heat and season to taste with a generous does of salt and pepper. Drizzle with a bit of top-quality extra virgin olive oil, and sprinkle with freshly grated Parmesan. Serves 6-8 as a side dish.

Musque de Provence Pumpkin Soup **From *Healthy Living Market***

3 lbs fresh pumpkin, skin and seeds removed
4 T unsalted butter
1 cup chopped onion
1 T diced garlic
1 T diced fresh ginger
6 cups chicken or vegetable stock
½ cup heavy cream
½ tsp ground nutmeg
½ tsp cinnamon
1-2 T apple cider syrup or maple syrup, optional

Cut the pumpkin into 1-inch cubes. Melt butter in a soup pot, add onion and cook gently until soft, about 5 minutes. Add pumpkin pieces, garlic and ginger. Add stock and simmer until pumpkin is soft. Add cream, nutmeg and cinnamon and bring to a simmer again. Puree soup using an immersion blender or tabletop blender. Taste for sweetness; if desired, stir in 1-2T of apple cider syrup or maple syrup to taste. Garnish with fresh chives.

Chervil Soup, Adapted from *Recipes from the French Kitchen Garden* by Brigitte Tilleray

2 # potatoes
2 cups water
1 generous bunch fresh chervil
½ cup creme fraiche or sour cream
2 Tablespoons butter
S & P to taste

Peel and wash potatoes, then cut into thick slices. Cook in boiling salted water for 15-20 minutes or until tender. Meanwhile, wash chervil well, shake out extra water and chop well. (Use a sharp knife or kitchen scissors.) Puree the potatoes using a hand blender or food processor, using the cooking liquid to keep it soupy. Return soup to pan (if you're using a food processor, with a hand blender your soup is still in the pan!) Add the chopped chervil and leave to infuse for 2 minutes. Stir well and add S & P to taste. Stir in the butter and creme fraiche over a very low heat. Serve as soon as the butter has melted. Serves 6.

Watercress, Onion, and Radish Salad **from *Mad Hungry*, by Lucinda Scala Quinn**

1 bunch watercress (or upland cress!)
1 bunch radishes
¼ white onion
vinegar (red-wine or one of your choice)
extra virgin olive oil
salt & freshly ground black pepper

Break apart the watercress and add to a large bowl. Clean and slice the radishes. Peel and chop the onion. Drizzle vinegar (of your choice) and extra-virgin olive oil over the salad and season with salt and pepper.

Chicory and Wild Arugula Salad with Honey Vinaigrette, Adapted from a recipe by Aida Mollenkamp for *Chow.com*

Try the baby chicory in your mystery box, Cicoria Bianca Riccia, in place of the radicchio and Belgian endive in this recipe.

~1 cup Belgian endive, coarsely chopped
½ small head radicchio, coarsely chopped (~2 cups)
1½ oz baby arugula (about 1½ cups)
1½ tsp white wine vinegar
1 tsp honey
¼ tsp kosher salt, plus more as needed
1/8 tsp freshly ground black pepper, more to taste
2 Tbsp grape seed oil
¼ cup walnuts, toasted and coarsely chopped

Combine the greens in a serving bowl and set aside.

Whisk together the vinegar, honey, and measured salt and pepper in a small, nonreactive bowl. While constantly whisking, add the oil by pouring it in a thin stream down the side of the bowl. Whisk until all the oil is incorporated. Taste and adjust the seasoning as desired.

Pour the vinaigrette over the reserved greens and, using your hands, mix to coat the salad. Taste and adjust the seasoning as desired. Top with the walnuts and serve.

Baked Kale Chips

Servings: 1-6, depending... Like potato chips, you cannot stop at just eating one. They are great for parties. Note: this is an easy recipe, but watch the last step of actually baking the kale chips: you want them a bit crispy and not still damp/chewy, but you don't want to burn them!

1 bunch [kale](#)
1 tablespoon olive oil
1 teaspoon good salt (I use kosher)

Preheat an oven to 350 degrees F. Line a non-insulated cookie sheet with parchment paper or baking mat. (OR I just use a rimmed jellyroll pan: it works great.) With a knife or kitchen shears remove the leaves from the center stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with salt. Sometimes I do with my well-washed hands in a mixing bowl to make sure there's good 'oil coverage'.

Bake until the edges brown but are not burnt, 10 to 15 minutes. Watch this carefully, it's all about the timing, and every oven is different, you just have to watch them and check every minute or so at the end til they are perfect. Worth the extra couple minutes of your time!

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