



Mariquita
Farm

LADYBUG DELIVERIES

SF MISSION / PALO ALTO
August 26th, 2015

[Eggplant](#)

[Par-Cel](#)

[Summer Squash](#)

[Padron Peppers](#)

[Dry Farm Early Girl Tomatoes](#)

[Dry Farm Monica Tomatoes](#)

[Jimmy Nardello Peppers](#)

[Red Potatoes](#)

[Kohlrabi](#)

[Bulgarian Carrot Chiles](#)

****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: Eggplant, Summer Squash, Peppers, Potatoes, Kohlrabi & Chiles: store in bags in the fridge. Par-Cel: Remove ties and store loosely in bags in the fridge. Tomatoes: Store in a cool spot on your counter. Do not refrigerate. Putting them in the fridge makes them mushy and less tasty.



Jimmy Nardello Peppers (Sweet). Photo by Andy Griffin.



Bulgarian Carrot Chiles (Spicy). Photo by Shelley Kadota.

Fragrant Broiled and Pureed Eggplant

Adapted from Vegetables from Amaranth to Zucchini
by Elizabeth Schneider

This recipe suits any large eggplants - ones with a large proportion of flesh to skin. Season, broil until smoky and squishy, drain, and puree. Do not trim off the stems, which act as handles during preparation.

Serve as a salad course, accompanied by olives, sliced tomatoes, and breadsticks or toasted pita triangles. Or thin puree slightly to offer as a dip with raw fennel and other vegetable strips. Allow to mellow overnight before serving. Mince feathery fennel tops to sprinkle over the dip.

3 large garlic cloves

1 teaspoon ground coriander

½ teaspoon ground cumin

¼ teaspoon ground anise, fennel or allspice

about 2 Tablespoons flavorful olive oil

2 or 3 eggplants of equal size (to total about 2.5 pounds)

1 teaspoon sugar

½ Tablespoon kosher salt

about 1/3 cup whole-milk yogurt or a smaller quantity of thick drained ('Greek') yogurt to taste

Black pepper or ground hot pepper to taste

Preheat broiler. Cut garlic into long slivers or slices. Combine in cup with coriander, cumin, anise, and 1/4 teaspoon oil; mix well. With knife tip, cut deep slits in eggplants. Holding slits open with knife, insert garlic. When garlic is used up, rub eggplants with any remaining spice mixture.

Place eggplants in a baking pan as far from broiling element as possible. Broil, turning once, until skin wrinkles and blackens and eggplants collapse - about 20-30 minutes, depending upon size of eggplants and type of broiler.

Remove from heat, cover, and let stand about 10 minutes. Holding stem of one still hot eggplant, gently remove skin with a small knife. Discard skin along with stems. Place flesh in a strainer to drain as you peel remaining eggplant(s).

Combine eggplant flesh, sugar, and salt in food processor and pulse to barely mix. Pulsing, gradually add yogurt to taste, then add remaining oil. Do not puree until smooth - some texture is nice. Scrape into a bowl. Add pepper and adjust seasoning. Refrigerate overnight. Season before serving, preferably at room temperature.

Squash, Corn, and Shell Bean Ragout with Sautéed Frying Peppers by Deborah Madison

1 cup shelling beans (or as many as you can amass)
1 bay leaf and 1 thyme branch (aromatics)
Sea salt and freshly ground pepper
3 Jimmy Nardello peppers, cut into strips about 2 inches long and ½-inch wide
3 tablespoons olive oil
2 teaspoons balsamic vinegar
1 pound scallop squash or zucchini, cut into small wedges
1 tablespoon butter
1 small onion, finely diced
5 to 6 ears yellow corn, the kernels sliced from the cobs with the milk
1 pound tomatoes, seeded and neatly diced, the juice reserved and strained
5 basil leaves, finely sliced
¼ cup cream
1 handful small yellow fruit tomatoes (such as Sun Golds), halved

Cook the beans: Put the shell beans in a pan, cover with water, add the aromatics and ¼ teaspoon salt, and bring to a boil. Reduce the heat and simmer, covered, until tender, 15 to 20 minutes for black-eyed peas, possibly longer for other beans. When tender, season with salt and pepper and set aside (no need to drain them) while you prepare the rest of the vegetables.

Cook the peppers: Heat a tablespoon of olive oil in a sauté pan, add the peppers, and sauté over high heat until the skins have started to wrinkle and brown in places and the peppers have softened, about 5 minutes. Add the vinegar, turn off the heat, and slide the peppers around the pan until they're glazed. Season with salt and pepper and set aside.

Cook the squash: Wipe out the pan, add the remaining 2 tablespoons of olive oil, and when the pan is hot again, add the squash. Cook over high heat, turning often, just until browned, then season with salt and pepper and set aside.

Finish the dish: Melt the butter in a Dutch oven, add the onion, and cook it over medium heat for 3 minutes. Add the corn, diced tomatoes, and the cooked beans and their liquid, plus enough water to make about ¾ cup. Season with ½ teaspoon salt, freshly ground pepper, and half of the basil leaves. Simmer, partially covered, until the vegetables are done, about 6 minutes, adding the sautéed squash during the last few minutes so that they heat through. Add the cream to the vegetables and, when hot, taste for salt and season with more pepper as needed.

Serve the dish: Slide the ragout into a heated dish. Cover with the peppers, the halved yellow tomatoes, and the remaining basil and serve.

Apple and Kohlrabi Slaw adapted from Pheobe B.

2 tart apples, cored & grated or julienned on a mandolin
2 large kohlrabi or four small, peeled & grated or julienned on a mandolin
2 Shallots, diced (½ of an onion also works)
4 tablespoons Italian parsley, coarsely chopped
2 tablespoons olive oil
1 tablespoon sherry vinegar
S & P to taste

Mix all of the above and season to taste with S & P.

Crunchy Red Devils, recipe by A. Doncsecz, Vegetarian Gourmet

2 Tablespoons Apple Cider Vinegar
2 shallots, minced
¼ cup hot red pepper sauce
1 teaspoon grainy mustard
½ teaspoon sugar
3 medium kohlrabi bulbs

Whisk together all ingredients except kohlrabi with ½ cup water. Peel and thinly slice kohlrabi; stir into marinade, coating evenly. Cover and refrigerate 2-3 days, stirring occasionally. Serve cold or at room temperature. Serves 4 as a side dish.

Homemade Hot Sauce by Chantelle at Naked Cuisine

This version is for a HOT hot sauce. Adjust your choice of peppers for a less spicy sauce.

1 lb. assorted hot peppers, de stemmed
5 whole tomatoes, halved
1 whole garlic bulb, separated into cloves
drizzle of olive oil
1 Tbs sea salt
½ C apple cider vinegar
2 Tbs raw cane sugar or palm sugar
½ C water

Preheat oven to 400F or 200C.

Line a baking sheet with parchment, lay tomatoes flat and spread hot peppers and garlic around, drizzle with olive oil and a few pinches of sea salt. Roast for 30 minutes until the peppers skin starts to brown.

In a blender or food processor add the chiles, tomatoes and peeled roasted garlic. Next add the apple cider vinegar, sugar, salt and water. Blend until smooth. Add a bit more water for a runnier sauce.

Optionally you could strain out the seeds in a cheese cloth or fine mesh strainer.

Keeps in the fridge for about a month.

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