



Mariquita  
Farm

## LADYBUG DELIVERY

SF MISSION/PALO ALTO  
July 29<sup>th</sup>, 2015

[Cucumber](#)

[Tomatoes](#)

[Shishito OR Padron Peppers](#)

[Baby Carrots](#)

[Piccolo Fino Verde Basil](#)

[Cherry Tomatoes](#)

[Red Norland Potatoes](#)

[Summer Squash](#)

[Mystery](#)

**\*\*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:** Potatoes, Summer Squash, Cucumbers & Peppers: store in bags in the fridge. [Tomatoes & Cherry Tomatoes](#): Store in a cool spot on your counter. Do not refrigerate. Putting them in the fridge makes them mushy and less tasty. [Carrots](#): Remove and compost greens; store roots in a bag in the fridge. Carrots keep better without their greens. [Basil](#): Remove rubber bands or twist ties, and store loosely. Basil 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.



Shishito Peppers above and Padron Peppers below.  
Photos by Andy Griffin.



**Notes on Peppers:** Shishito peppers are the longer narrow ones and are never spicy. Padron peppers tend to be more short and stubby, and their spiciness depends on when they were harvested. Some farms harvest when the Padrons are still green but a bit more mature, so many might be spicy. We try to harvest them truly young so that only one in 10 or 20 are spicy...

What we do with each of these kinds of peppers: Cook over high heat in a bit of oil in a sturdy frying pan on a stove or on a campfire until charred on at least two sides. Then sprinkle with a great salt and eat. We use the stems to hold them. It's that simple!

### Watermelon, Squid and Pepper Salad from Chef Jonathan Miller

Here's a treatment of either Padron or Shishito peppers that is an adaptation of a dish that used to be served at a restaurant in Santa Cruz called Le Cigar Volante, run by Bonny Doon Vineyard. I think you could also add a little goat yogurt drizzle to this dish to take it to another level.

¼ watermelon  
olive oil  
1# padron or shishito peppers  
1/3 c pine nuts  
small handful baby greens  
½ # squid, tubes and tentacles

Cut the watermelon rind off the watermelon and slice it into triangles that are ½-inch thick. Heat a grill and oil it. Grill the watermelon slices until colored by smoke and have dark grill marks, flipping to char evenly. Remove from the grill and sprinkle with a flaky salt. Wash and dry the peppers, then remove the dead flower petals from them. Heat a large skillet until very hot and add a little olive oil. Sauté the peppers over high heat. Stir once to coat with oil, then allow to char on the first side. Stir well and char the other side of some of them. Add a little salt just before removing from the heat. Set aside. Toast the pine nuts in the skillet until lightly golden. Watch carefully and stir often so you don't scorch these pricey goodies!

Slice the squid tubes into quarter inch rings and sauté them with the tentacles in a little olive oil and salt. Put the watermelon on a serving plate, sprinkle some baby greens around and drizzle with a little olive oil. Arrange the pine nuts, peppers, and squid around the plate in an artful way and sprinkle with a touch of salt. Serve warm or at room temperature.

### **Blanched Broccoli with Basil Pesto and Cherry Tomatoes adapted from Pasta e Verdura by Jack Bishop**

2 pounds broccoli di cicco  
salt to taste  
1 cup tightly packed fresh basil leaves  
2 medium cloves garlic, peeled  
2 Tbs. pine nuts  
6 Tbs. olive oil  
¼ cup freshly grated Parmesan cheese  
2 pints cherry tomatoes  
1 pound pasta (such as shells, or other open shape)

Bring 4 quarts of salted water to boil in large pot for cooking the pasta. Bring several quarts of water to boil in another pot. Chop the broccoli into small, bite-sized pieces. Add the broccoli and salt to taste to the boiling water. Cook until broccoli is tender, about 3 minutes. Drain and set aside the broccoli. Place the basil, garlic, and pine nuts in the work bowl of a food processor and process, scraping down the sides of the bowl as needed, until smooth. With the motor running, slowly pour the oil through the feed tube and process until smooth. Scrape the pesto into a large bowl. Stir in the cheese and additional salt to taste. Cut the tomatoes in half. Add the tomatoes to the bowl with the pesto and toss gently. Add the broccoli to the bowl and toss gently. Taste for salt and adjust seasonings if necessary. While preparing the sauce, cook and drain the pasta. Toss the hot pasta with the broccoli sauce. Mix well and transfer portions to pasta bowls. Serve immediately. Serves 4.

### **Creamy Mexican Potatoes adapted from Vegetarian Nights by Bonnie Mandoe**

2½ pounds potatoes  
1 package firm, silken tofu  
2 T extra-virgin olive oil  
1 T soy sauce  
1½ t red wine vinegar  
1 t olive oil  
salt and pepper  
¾ - 1 C fresh salsa  
1/3 C parsley

Scrub the potatoes, pierce them and bake them until done (about 45 minutes at 350 degrees). While the potatoes bake, blenderize the tofu, extra-virgin olive oil, soy sauce, and red wine vinegar. The mixture is thick, so stop the blender a couple of times and use a rubber spatula to guide the mixture into the blades. Use the 1t olive oil to grease an 8x12 inch baking pan. When the potatoes are done, remove them from the oven and cut them in half lengthwise. Place them in the oiled pan, salt them generously, and pepper them sparingly. Spread the tofu sauce over them evenly; spread the salsa atop the tofu

sauce, and bake the potatoes another 15 minutes, until the toppings are hot. Sprinkle with the parsley and serve.  
Serves 6

### **Julia's Fresh Tomato Gazpacho**

Julia's note: I love cucumbers and red bell peppers in my gazpacho, if you prefer the bitter tang to a green bell pepper you can add that as a garnish or in the blender stage. Adapt this recipe to what's in your garden/fridge.

5 pounds ripe tomatoes, any color  
1-2 cloves garlic  
2 Tbs. lime juice  
2 Tbs. olive oil  
1 Tbs. white wine vinegar  
1 tsp. salt  
½ tsp. dried or 1 TBS fresh oregano, chopped  
6 green onions, thinly sliced  
1 sweet bell pepper, red or yellow, finely chopped  
¼ c. finely chopped celery  
1 cup finely chopped, seeded cucumber  
1-2 jalapeno chilies, seeded and minced

Accompaniments: seeded, chopped red bell pepper, diced avocado, fresh chopped cilantro leaves, garlic croutons, thinly sliced radishes, thinly slivered cabbage, lime wedges, creme fraiche

Seed and finely chop 1 tomato; reserve. Coarsely chop remaining tomatoes. Combine these with garlic in a blender (you may need to do this in two batches)-process until smooth. Press through a sieve into large bowl; discard seeds. Whisk lime juice, oil, vinegar, salt and oregano into tomato mixture. Stir in reserved chopped tomato, green onions, red pepper, celery, cucumber and chilies. Refrigerate, covered, at least 4 or up to 24 hours to blend flavors. At serving time: Stir soup well and ladle into chilled bowls. Pass accompaniments to be added according to individual taste.

### **Creamy Zucchini Soup from Bon Appetit**

1½ pounds zucchini, cut into ½-inch pieces  
1½ cups canned low\_salt chicken broth or water  
¼ cup whipping cream  
¼ teaspoon ground nutmeg  
1 tablespoon grated Parmesan cheese

Bring zucchini and broth to boil in heavy medium saucepan. Reduce heat to medium-low, cover and simmer until zucchini is very tender, about 15 minutes. Working in batches, puree soup in blender until almost smooth. Return soup to same saucepan. Add cream, nutmeg and cheese; stir over medium heat until warm. Season with salt and pepper. Makes 4 servings.

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