



Mariquita
Farm

**LADYBUG
DELIVERY**

**SF Mission/Palo Alto
May 20th, 2015**

[Baby Carrots](#)
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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 greens. The roots keep better without their greens. Store roots in a bag in the fridge. Summer Squash, Cress, Artichokes, Potatoes, Kohlrabi & Lettuce: store in bags in the fridge. Scallions, Garlic Chives, Chicory & Lemon Balm: Remove any rubber bands or ties, and store loosely in a bag in the fridge. Note: the Bianca Riccia is for cooking or salad. Basil: It 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.



Lemon Balm in the greenhouse. Lemon balm can be steeped for tea, or chopped into very thin slices, and stirred into steamed or sautéed summer squash, as can the basil or any edible member of the mint family. Photo by Andy Griffin.

Lore and Legend from "The Good Herb" by Judith Benn Hurley:

Early Greek and roman herbalists prescribed lemon balm leaves steeped in wine

for relaxation and against the bitings of venomous beasts. Arab herbalists used the same brew to strengthen the heart. Shakespeare knew about the healing properties of lemon balm. In his Merry Wives of Windsor, lemon balm appears as a strewing herb, tossed on the floors before parties so that its aroma would make the guests merrier.

Sara's Great Frittata Recipe

2 lbs summer squash
Salt
Green onions (healthy fistful chopped)
Basil leaves (fistful again)
2 garlic cloves
4 eggs
¼ Cup oil
1 Cup flour
2 tsp. baking powder
½ Cup Parmesan/pecorino cheese

In the main bowl of a food processor, grate about two pounds of summer squash. Put the squash in a colander and lightly salt. Leave to drain, and put the chopping blade in the food processor. Add a healthy fistful of onions and the leaves from a bunch of basil. Toss in a couple garlic cloves if you have them, and pulse until well chopped. In a big bowl, mix around a cup of flour with a couple teaspoons of baking powder and about a half cup of grated Parmesan or pecorino Romano cheese. Lightly beat four eggs and a quarter cup of oil (if you're feeling decadent and there are no vegetarians in the crowd, add a couple spoonful of bacon grease). Put the grated squash in a thin clean dishtowel or heavy duty paper towel and squeeze out excess liquid. Combine all the ingredients in the big bowl. You should have a thick, fragrant batter. Pour the batter into a greased 13x9 baking pan and sprinkle a little more cheese on top. Bake at 375 degrees until golden, about 30-45 minutes (it depends on the moisture left in the squash). When cool, cut into squares and serve.

Jazar wa Kusa (Zucchini and Carrots, a recipe from Egypt), Adapted from Mediterranean Vegetables by Clifford Wright

2 large fat carrots, sliced diagonally about ¼-inch thick (you can substitute baby carrots if your family hasn't already eaten them up as snacks)
2 zucchini, ends trimmed, sliced diagonally about ¼-inch thick
1 teaspoon freshly ground cumin seeds
S & P to taste
2 Tablespoons olive oil

In a large bowl, toss the carrots and zucchini together with the cumin and season with S & P.

Heat the oil in a large skillet over med-low heat and cook the carrots and zucchini until crisply and tender, 25 to 30 minutes, tossing frequently. Serve hot.

Zucchini with Basil and Pecorino Romano Cheese from Verdura by Viana La Place

1½ pounds firm zucchini
4 T extra-virgin olive oil
3 garlic cloves, peeled and chopped
Salt and Pepper to taste
3 T freshly grated imported Pecorino Romano cheese
10 basil leaves

Wash the zucchini well. Trim the zucchini and slice into thin coins. Place olive oil in a large sauté pan and turn the heat to high. Add the zucchini and toss in the oil until it is lightly golden in spots but still crisp, about 4 minutes. Turn the heat to medium low, add the garlic and S & P to taste. Cook until the zucchini is tender but still has a trace of crispness.

Transfer the zucchini to a serving platter. Sprinkle grated Pecorino Romano cheese over the zucchini. Tear the basil leaves into fragments and scatter them over the top.

Artichokes Provencal, Adapted from *The Vegetable Market Cookbook* by Robert Budwig

6 baby artichokes, purple or green, or hearts of 6 larger globe artichokes
juice of 1 lemon
2 teaspoons olive oil
1 medium sized onion, finely chopped, OR 4 green onions, etc. all finely chopped
sprig of fresh thyme or 1 tsp dried thyme
2 bay leaves
salt and pepper
1 cup white wine, preferably a dry white wine

Cut the leaf tips off the baby artichokes and trim off the rough outer leaves. Cut each artichoke in half and remove the choke if necessary. (It usually isn't with our small, fresh ones!) Immediately drop artichokes into a bowl of water to which you've added lemon juice to avoid the artichokes turning dark colored. Heat the oil in a large frying pan over a low heat. Add the onion, drained artichokes, herbs, S & P and wine. Cook, covered, for 45 minutes, or until tender, stirring from time to time. Serve warm or at room temperature.

Artichoke Pie from George Augustus Sala's *Thorough Good Cook* (1895)

Boil 12 artichokes, break off the chokes and leaves and take the bottoms clear from the stalks; line the dish with puff-paste, and lay on this four ounces fresh butter. Place a row of artichokes; strew over them pepper, salt, and beaten mace; then another layer of artichokes; strew on more spice and a quarter of a pound of butter cut in small pieces. Boil half an ounce of truffles and morels, chopped small, in a quarter of a pint of water, and pour into the pie, with a gill of white wine. Cover your pie and bake.

Shredded Kohlrabi Quick Pickle From Serious Eats

2 pounds kohlrabi
2 cups red wine vinegar
2 cups water
2 tablespoons honey
2 tablespoons pickling salt
1 tablespoon grated fresh ginger
1 garlic clove, grated
½ teaspoon black peppercorns
¼ teaspoon red chili flakes

Wash and dry two quart jars. Set aside.

Clean and trim kohlrabi bulbs. Using a mandoline slicer or a food processor, slice kohlrabi into thin sticks. Divide the shreds evenly between the two jars.

Combine vinegar, water, honey, pickling salt, ginger, garlic, black peppercorns and red chili flakes in a medium saucepan and bring to a boil.

Once brine is boiling vigorously, remove it from the heat and carefully pour the brine over the kohlrabi. Place lids on the jars and let them sit until cool. Once jars are cool to the touch, refrigerate the pickles and eat with salads, sandwiches or meat dishes.

Kohlrabi Chips

From Martha Stewart Living, June, 2011

Very thinly sliced, unpeeled kohlrabi
Olive Oil
Coarse Salt

Toss kohlrabi with olive oil. Season with salt. Arrange in a single layer on a baking sheet lined with a nonstick mat. Bake at 250 degrees, rotating sheet, until crisp and deep golden, 35 minutes to 1 hour; transfer chips as they're done to a paper-towel-lined plate. Season with salt.

Lemon balm lemonade

zest and juice from 3 lemons
1 cup sugar or ½ cup honey
5 cups water, divided use
1 bunch lemon balm (set aside a few sprigs for presentation)

Boil sugar or honey with lemon zest and 1 cup of water until the sugar is dissolved. Let cool. Boil 2 cups of water and pour over washed lemon balm bunch, let steep 30 minutes or until cool.

Combine both liquids (strained) with remaining water (or more, to taste) with the lemon juice. Garnish with a few fresh lemon balm or mint leaves. Chill and impress your friends.

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A to Z page: <http://mariquita.com/recipes/index.html>**