



Mariquita
Farm

LADYBUG DELIVERIES

SF Mission/Palo Alto
May 6th, 2015

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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: Artichokes, Potatoes, Lettuce, Fava Beans & Lemons: store in bags in the fridge. Avocados: store on your counter until they're ripe – check them daily, gently squeezing with your whole hand until they 'give' just a bit with the pressure. The stem end may be slightly wrinkled, too, when they're ripe. Only refrigerate after they're ripe. Scallions, Spinach, & Chicory: Remove any rubber bands or ties, and store loosely in a bag in the fridge. Carrots: Remove and compost greens. The roots keep better without their greens. Store roots in a bag in the fridge.



New Potatoes – store in the fridge and don't wash them until you're ready to eat them. Best eaten within 1-3 days. Photo by Andy Griffin.

Bunched Spinach (Below)
Photo by Andy Griffin.



New Potato Salad with Sautéed Onion Vinaigrette from *Bon Appetit*

2 ¼ pounds small thin-skinned potatoes
1 ½ tablespoons dry white wine
3 teaspoons olive oil
2 cups chopped onions
3 tablespoons balsamic vinegar
2 tablespoons Dijon mustard
1 teaspoon sugar
8 radishes, trimmed, thinly sliced
4 green onions, thinly sliced
¼ cup chopped fresh parsley
1 large cucumber, peeled, halved lengthwise, seeded, thinly sliced (I would omit this during this cooler season...)

Cook potatoes in large pot of boiling salted water until tender when pierced with fork, about 15 minutes. Drain. Cool potatoes until lukewarm. Cut potatoes in half. Place in large bowl. Sprinkle wine over potatoes.

Heat 2 teaspoons oil in large nonstick skillet over medium heat. Add onions and sauté until tender, about 5 minutes. Add vinegar, mustard and sugar to skillet and stir to blend. Pour over potatoes and toss to coat. Add radishes, green onions, parsley and remaining 1 teaspoon olive oil and toss to blend. Season salad to taste with salt and pepper.

Mound salad on platter. Surround with cucumber slices and serve.

Avocado Pasta

400 g Pasta
2 Tbsp Olive Oil
2 Cloves Garlic
1 large Avocado
1 Tbsp Lemon Juice
Salt & Pepper
½ Cup grated Parmesan Cheese
2 Tbsp Cream

Cook Pasta according to package instructions. Peel & remove pit from Avocado. Mash with fork. Mix in Lemon Juice & Salt & Pepper. Heat oil in pan, add crushed garlic & then avocado mixture. Heat without boiling, stir in cream & pour over cooked pasta. Sprinkle over Parmesan cheese.

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

Asian Style Spinach Salad with Daikon with Shiitake Mushrooms, Chef Jonathan Miller

There are lots of ways to mix this up to keep it fresh: vary the greens; wilt the greens and/or stir fry the daikon; include cilantro as well as mint; change the mushrooms to a combination of shrooms like oyster, shimeji, trumpet oysters, black trumpets.

1 lb shiitake mushrooms, stems cut off
zest from 1 lemon
half serrano pepper, minced
½ c lime juice
½ c grapeseed oil
4 T shallot (or scallions), minced
1 T nam pla (fish sauce)
1 bunch spinach, washed and dried
1 large, or 2 medium/small daikon, peeled and julienned
3 T shredded mint leaves

Leave the shiitake mushroom caps whole unless they are big, in which case you might cut them in half. Toss them in a tiny bit of grapeseed oil and a small amount of salt and roast them in a 400 degree oven for 10 minutes.

While the mushrooms roast, mix the lemon zest, lime juice, serrano, grapeseed oil, shallot, and nam pla together. As soon as the mushrooms are done, toss them with the dressing and set aside.

Thinly slice the spinach leaves, keeping the tasty and crunchy stems in the salad. Toss them with the julienned daikon and then spread them out on a serving plate. Scatter the mushrooms and the dressing here and there over the top of the salad and then finish with the shredded mint.

Super Clean Soba Noodle Bowl with Spinach Chef Jonathan Miller

When you're looking for something really straightforward, clean, and simple, try this bowl.

Broth:

2 quarts cold water
1 strip kombu
12 dry shiitake mushrooms
1 large bunch scallions (use the whole stalk here), chopped
1 large carrot, roughly diced
4 T tamari
2 T mirin
toasted sesame oil

Put all the ingredients except the sesame oil in a saucepan and bring to a simmer, covered, for 20 minutes. Strain, then taste. Add salt, or mirin as necessary, then drizzle in a tiny bit of sesame oil to taste. Go through the strained vegetables and pull out the shiitake mushrooms. Cut the

stems off them, and discard the stems and remaining vegetables. Slice the caps thinly for the next step.

Okame SpinachVegetables/Noodles:

4 oz tempeh
1 orange carrot, julienned
1 small celery stalk, very thinly sliced
1 bunch spinach, washed well, julienned (use the stems, too - they are tasty)
4-8 sprigs shungiku greens (edible chrysanthemum), trimmed, or cut into bite sized pieces
4 scallions, very thinly sliced
sliced shiitake mushrooms from the broth
6 oz soba noodles
cilantro
sesame seeds
chile oil

Put the tempeh into a saucepan of boiling water and simmer for 20 minutes. Remove, cool slightly, then cut into thin pieces.

Prepare all your vegetables, then bring a pot of water to boil. Boil the soba noodles for 4 minutes (or whatever your package says - different makers use different proportions of wheat flour-buckwheat flour, so cooking times vary). Drain, and rinse under cold water. Agitate them from time to time to make sure they don't stick.

Heat the broth to a gentle boil, then add all the vegetables and tempeh, but not the cilantro. Simmer gently for literally 2 minutes. While they simmer, divide the soba into 4 serving bowls. Ladle the broth and vegetables over each bowl, then finish with cilantro leaves, sesame seeds, and several drops of chile oil. Serve immediately.

Fava Bean Salad with Parsley Pecorino and Lemon, From pezzohome.com, serves 2 as a side or appetizer

1 lb fresh unshelled fava beans (yields about 1 cup cooked beans)
zest of ½ lemon
2 tblsp fresh lemon juice
3 tblsp extra virgin olive oil
2 tblsp finely chopped Italian parsley
2 oz Pecorino cheese, cut in 1/4 inch cubes
coarse salt and pepper

Bring a medium pot of water to boil and salt it generously. Prepare an ice bath next to the stove. Remove the beans from their pods. Blanch them for 1½ minutes and use a slotted spoon to immediately transfer them to the ice water. Once cool, pop the beans out of the waxy casing. Rinse them in cool water and dry on paper towels.

In a large bowl, combine the lemon zest, lemon juice, salt and pepper. In a slow, steady stream whisk in the olive oil. Stir in the chopped parsley. Add the fava beans and Pecorino and toss gently.