



Mariquita
Farm

**LADYBUG
DELIVERY**

CHOCOLATE LAB
November 22nd, 2013

Principe Borghese [Tomatoes](#)
Early Girl [Tomatoes](#)
[Chervil](#) (aka French Parsley)
Purple Frills [Mustard](#)
Butternut [Squash](#)
Pippin [Apples](#)
White [Carrots](#)
[Arugula](#)
Purple [Carrots](#)
Pink [Radishes](#)
Rainbow [Chard](#)
[Cauliflower](#)

Disclaimer to the above vegetable list: The list above is *approximate*. There may be differences in your box. We ask for patience and a sense of adventure with these boxes. Thank you!

Storage: [Tomatoes](#): store in a cool spot on your counter. Do not refrigerate and do not wash until ready to eat. [Mustard Greens](#), [Chervil](#), [Arugula](#) & [Chard](#): store in a plastic bag in the fridge. No coldest drawer. Use within 2-3 days. [Winter Squash](#): store in a cool, dry place: nearly anywhere in your kitchen or pantry should work. If your squash doesn't have nicks/fresh gashes it should last for months. [Apples & Cauliflower](#): store each in a plastic bag in the fridge. No coldest drawer. [Carrots](#): Separate the greens from the roots and compost the greens. Store roots in a bag in the fridge. Good keepers. [Radishes](#): Remove greens and store greens and roots in separate bags. Use greens within 1-2 days just like a cooking green.



Photo of Chervil
by Andy Griffin.



Photo of Purple
Frills Mustard by
Andy Griffin.

Winter Vegetable Salad, Parsley Sauce *Chef Jonathan Miller*

This recipe is a near-direct lift from the Greens Cookbook, and is worth learning so you can get faster and faster at making it. The veggies are flexible, but make the parsley sauce as it is the first time around.

½ bunch white carrots, halved lengthwise
½ bunch purple carrots, halved lengthwise
1 bunch baby turnips (no greens)
1 bunch beets, any color (no greens)
1 lb small potatoes
1 fennel, halved lengthwise and cored
1 bunch radishes
1 butternut squash, peeled, seeded, and diced
2 garlic cloves
8 whole black peppercorns
½ t fennel seeds
4 branches tarragon (omit if you can't find it fresh), leaves chopped
1 bunch parsley, chopped
4 scallions, chopped
zest from 1 lemon
1 c olive oil
1 bunch frill mustard greens
champagne vinegar

Blanch the following vegetables separately, dropping each into an ice bath to stop the cooking and set color. Allow each to dry: carrots, turnips, potatoes, and squash. Roast your beets, then peel and quarter them. Shave your fennel, raw, into the thinnest slices you can manage. Put all the cooled and dried veggies (except the frill mustard) in a large bowl.

Make the sauce: Mash the garlic cloves into a paste with the side of your knife and a little salt. Grind the peppercorns and fennel seeds in a spice grinder, then combine them with the garlic mash, and the tarragon. Whisk them with the parsley, scallions, lemon zest, and olive oil. Add additional salt if necessary, then allow the sauce to sit for about an hour.

Drizzle it over the veggies and finish with a splash of vinegar. Serve the veggies over the frill mustard leaves. Yum!

Indian Style White Carrot Salad

Chef Jonathan Miller

This is quick and easy! If you can't source the curry leaves, make it without them. It's still great!

1 lb white [carrots](#)
3 T shredded coconut
1 handful whole cashews, untoasted & roughly chopped
½ c chopped [cilantro](#)
juice from 1 lemon
1 t peanut oil
1 t brown mustard seeds
1 t whole cumin seeds
1 branch fresh [curry leaves](#), leaves chopped
pinch hing (asafoetida)
2 [serrano chiles](#), halved lengthwise

Shred the carrots on the coarse side of a box grater. Toss them with the coconut, cashews, cilantro, lemon juice, and some salt. Taste. You should already like it.

Heat the oil in a small skillet. Make your tarka by sautéing the mustard and cumin seeds until the mustard seeds begin to pop. Add the curry leaves, hing, and the serrano peppers for another minute, then pour the tarka over the salad. Toss gently and serve right away or chill to serve it cold later.

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.

Cauliflower Soup, Chef Jonathan Miller

Cauliflower, cut into florets
2-3 [carrots](#), chopped
1 onion, chopped
2-3 T herb of choice ([parsley](#) or [thyme](#) are good choices)
Broth of choice (chicken stock, veggie stock, or even water), up to 1 quart, depending on size of cauliflower
1-2 c half and half or cream

Sauté the onion and carrots in oil or butter. Cook them until the onions are really soft but not brown. Add the cauliflower and the herbs and cook a few minutes. Add your broth until it comes up just below the level of your veggies and simmer until the cauliflower is cooked, around 12-15 minutes. Add some cream and blend in a blender, then check for salt and pepper.

Tibetan Cauliflower Curry

2 Tbsp canola oil
2 lg onions, chopped
2 garlic cloves, minced
1 lg. head cauliflower, chopped
1 lg. carrot, cubed
3 potatoes, cubed
1 stalk celery, chopped
1 chili pepper, chopped
2 tomatoes, chopped
2 cups, peas
1 Tbsp curry powder
1 tsp coriander
1 tsp cumin
1 Tbsp cilantro, chopped
1 Tbsp honey
1 cup coconut milk

Sauté onions with garlic in oil until transparent. Add spices and cook gently for a few minutes. Add celery, carrots, tomatoes, and chilis, then cook for a couple minutes stirring often. Add 1-2 cups of water and continue to cook until vegetables begin to get tender. Add potatoes and enough water to cover the vegetables. Bring to a boil. Maintain a low boil until potatoes are tender, but not overcooked. Add cauliflower. When thoroughly heated, add coconut milk, honey, and chopped cilantro. Add salt to taste.

More recipes at our Vegetable Recipes A-Z Page:
<http://mariquita.com/recipes/index.html>