

# LADYBUG DELIVERIES

### San Francisco June 17<sup>th</sup>, 2016

Armenian <u>Cucumbers</u>
Piccolo Fino Verde <u>Basil</u>
<u>Summer Squash</u>
Charentais <u>Melons</u>
Red and Green <u>Lettuce</u>
Purplette <u>Onions</u>
Loose Baby <u>Carrots</u>

Mint

**Cherry Tomatoes** OR Cherokee Purple **Tomatoes** 

Chard

Wild Arugula

\*\*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: Cucumbers, Summer Squash, & Loose Carrots: store in bags in the fridge. Basil: Basil shouldn't get too cold, so try to find the 'warmest' place in your fridge. For some that's the door, for others that might be the produce drawer. Some suggest wrapping the basil bunch in a damp clean cloth (I used an old clean cloth napkin) and put that in the 'vegetable crisper'. It worked for me! If you're not sure about your fridge you can try keeping your basil as a flower bunch in a jar with water at the stems. Melons: Store on a cool spot on your counter until ripe, then refrigerate. Lettuce, Onions, Mint, Wild Arugula, & Chard: Remove any ties and store loosely in a bag in the fridge. Cherry Tomatoes/Tomatoes: Store in a cool spot on your counter until you use them. Do not refrigerate – it makes them mushy and less flavorful.



Cherokee Purple Tomatoes, photo by Andy Griffin.

#### Basil Chimichurri Adapted from Martha Stewart via food.com

1/4 cup basil leaves, finely chopped

½ cup flat leaf parsley, finely chopped

1 teaspoon oregano, finely chopped (or ½ tsp dried)

½ cup extra virgin olive oil

1/4 cup red wine vinegar

2 garlic cloves, minced

2 dried red chilies (or 1 teaspoon chili pepper flakes)

1/4 teaspoon coarse salt

1/8 teaspoon freshly ground pepper

Combine all ingredients in a bowl. Serve cold or at room temperature.

#### Tzatziki Cucumbers From the Madison Area CSA Coalition

1 medium cucumber, chopped

2 garlic cloves, chopped

2 Tbs. olive oil

1 Tbs. lemon juice

8 oz. yogurt

1 Tbs. chopped fresh mint

Combine all ingredients, chill and serve. Makes 2-3 servings.

#### Concia Zucchini with Mint and Vinegar From Cucina Ebraica by Joyce Goldstein

4 to 6 small zucchini, about 1.5 pounds salt

3 tablespoons chopped fresh mint or basil

2 tablespoons chopped fresh flat-leaf parsley

2 large cloves garlic, minced

6 tablespoons olive oil

4 tablespoons red or white wine vinegar

Cut the zucchini into ¼-inch thick slices, or to prepare it Veneto fashion, cut the zucchini lengthwise into ¼-inch thick slices. Sprinkle with salt and let stand in a colander for 30 minutes to drain off any bitter juices. Rinse and pat dry. In a small bowl, combine the mint or basil, parsley, and garlic. Warm the olive oil in a frying pan over medium-high heat. In batches, add the zucchini and cook, turning as needed, until golden on both sides, 4 to 5 minutes. Transfer to a shallow serving dish and sprinkle with some of the mint mixture and some of the vinegar. Repeat with the rest of the zucchini, mint mixture, and vinegar. Leave at room temperature for 1 to 2 hours, basting occasionally with vinegar in the dish, before serving.

#### Sara's Great Frittata Recipe

2 lbs summer squash Salt

Green onions (healthy fistful chopped)

Basil leaves (fistful again)

2 garlic cloves

4 eggs

1/4 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. These make great appetizers or savory treats at a tea or coffee!

#### Melon Salad, from Chef Jonathan Miller

Chill your melon and cut it into large bite sized pieces and toss it with some julienned sopprassata\* and some olive oil and white wine vinegar. Finish with some salt and pepper and serve right away. Super with some goat cheese. \* Sopprassata is a kind of dry salami.

#### Melon Tomato Gazpacho Adapted from Mark Bittman's *The Minimalist Cooks* at *Home*

1 ½ lb red tomatoes, perfectly ripe

2 smallish charentais melons, about 3 lbs total, seeded and removed from peel and cut into chunks

2 Tbsp olive oil

Water

Leaves from 5 stalks of Genovese Basil

Salt & Pepper

1 lemon

Peel the tomatoes by quickly blanching them in boiling water, no more than 30 seconds is usually necessary, sometimes less. Core and seed tomatoes. Heat 1 T oil in a

skillet on high, add the melon and cook, stirring, until it's juicy, about 2 minutes or less. Remove melon from pan into a food processor and repeat with tomatoes: heat remaining oil in pan and add tomato chunks and cook until juicy, about 2 minutes.

Puree the melon and tomato with 1.5 cups water (some of that can be ice), basil, S & P to taste. Chill, then add lemon juice to taste. You can also drizzle best quality extra virgin olive oil at serving time if you like.

### Cherry Tomato and Olive Relish from Vegetarian Cooking for Everyone by Deborah Madison

1 pint cherry tomatoes, halved or quartered if large 1 or 2 yellow or other tomatoes, seeded and finely diced 24 nicoise olives, pitted and halved (I use the already pitted kalamata, chopped roughly for this recipe)

1 tablespoon capers, rinsed

1 tablespoon chopped parsley

2 teaspoons chopped marjoram (I use oregano when I don't have marjoram available)

5 basil leaves, thinly sliced

1 Tablespoon extra virgin olive oil

fresh lemon juice to taste

salt and pepper

Put the tomatoes in a bowl with the olives, capers, and herbs. Moisten with the oil, then season to taste with the S & P & lemon juice. Serve right away, or at least within the hour of making it.

## Fresh Tomato Sauce, adapted from Deborah Madison's Vegetarian Cooking for Everyone

3 pounds ripe tomatoes, quartered

3 Tablespoons chopped basil

Salt and pepper

2 Tablespoons extra virgin olive oil or butter

Put the tomatoes in a heavy pan with the basil. Cover and cook over medium-high heat. The tomatoes should yield their juices right away, but keep an eye on the pot to make sure the pan isn't dry. You don't want the tomatoes to scorch. When the tomatoes have broken down after about 10 minutes, pass them through a food mill. If you want the final sauce to be thicker, return it to the pot and cook over low heat, stirring frequently, until it's as thick as you want it. Season with salt and pepper to taste and stir in the oil.

Julia's notes: If you don't have a food mill, you can first blanch the tomatoes in boiling water for a minute or so then easily remove the peels (and seeds if you like.) I added the fresh basil right before I poured it into the bags.

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