



[Red Cabbage](#)

[Chives](#)

Negi – Japanese [Green Onions](#)

Rainbow [Chard](#)

Small [Avocados](#)

Sweet [Corn](#)

New [Potatoes](#)

French [Sorrel](#)

[Wild Arugula](#)

[Summer Squash](#)

New Zealand [Spinach](#)

**\*\*Disclaimer to the above vegetable list\*\*:** The list above is *approximate*. When we run short of an item, we substitute with something else similar. Andy will make sure it will be a good value. In the meantime, we appreciate your patience and a sense of adventure with these boxes. Enjoy!

**Storage:** [Cabbage](#), [Corn](#), [New Potatoes](#), [Wild Arugula](#) & [Summer Squash](#): Store in bags in your crisper in the fridge. [Chives](#), [Green Onions](#), [Chard](#), [Sorrel](#) & [New Zealand Spinach](#): Remove ties and store loosely in bags in the fridge. [Avocados](#): Avocados mature on the tree but are not ready to eat until they soften off the tree. Leave these on your counter and they'll ripen in a few days to a week. Store ripe avocados in the refrigerator. If you have used a portion of a ripe avocado, it is best to store the remainder wrapped in plastic wrap or on a plate covered with plastic wrap to reduce exposure to oxygen in the air that causes browning.



Negi – Japanese Green Onions. Photos by Andy Griffin.

### Pickled Red Cabbage

Adapted from *The Joy of Pickling* by Linda Ziedrich

1 red cabbage, trimmed and shredded (about 1 medium to smallish red cabbage)

1 T pickling or kosher or other uniodized salt

½ t whole cloves

½ t blade mace or small pieces of nutmeg

½ t whole allspice

½ t black peppercorns

½ t celery seeds

1 one inch cinnamon stick

1 1/3 cup red wine vinegar

¼ cup brown sugar

4 t yellow mustard seeds

In a large bowl or crock, toss the cabbage with the salt. Cover the container, and let it stand in a cool place for 8-12 hours. In a nonreactive saucepan (not aluminum), combine the vinegar, sugar, and mustard seeds. Tie the other spices in a spice bag or scrap of cheese cloth (or carefully remove tea from a tea bag or two and then tie up with string), and add them to the saucepan. Bring the contents to a boil, and simmer 5 minutes. Let the liquid cool.

Drain the cabbage thoroughly, then pack it into pint mason jars. Pour the cooled liquid over the cabbage. If you don't have quite enough liquid, divide what you have between the jars, then top them off with the vinegar.) Close the jars with hot two-piece caps. Process the jars for 20 minutes in a boiling water bath. Store jars in a cool, dry dark place for at least 3 weeks before eating the cabbage.

### Chive Pesto Recipe:

2 cups roughly chopped chives

¼ cup olive oil

1/3 cup toasted nuts: almonds, pine nuts, walnuts, etc

1-3 ounces or 1/3 cup more or less parmesan cheese

1 clove or less of garlic

Whirl it all in a food processor until fairly chopped up but still smallish chunks. Serve on noodles, fritatta, Spanish tortilla, crackers....

Mariquita Farm's Vegetable Recipes A to Z page:

<http://mariquita.com/recipes/index.html>

## **Greens and Ricotta Pie**

1 lg head Swiss chard (or other greens) about 1¾ pounds  
1 Tablespoon olive oil  
1 bunch green onions, sliced ¼-inch thick  
½ teaspoon salt  
¼ teaspoon coarsely ground black pepper  
4 large eggs  
1 container (15 oz) part skim ricotta cheese  
¾ cup low fat milk  
½ cup grated parmesan cheese  
2 tablespoons cornstarch

Preheat oven to 350 degrees F. Grease 9½-inch deep dish glass pie plate. Trim off two inches from Swiss chard stems, discard ends. Separate stems from leaves, thinly slice stems and coarsely chop leaves.

In nonstick 12-inch skillet, heat oil until hot. Add sliced stems and cook 4 minutes or until tender, stirring frequently. Add green onions, salt, and pepper and cook 1 min. Gradually add chopped leaves until wilted and excess moisture evaporates, about 5 min. In a large bowl, with wire whisk or fork, mix eggs, ricotta, milk, parmesan and cornstarch. Stir in Swiss chard mixture.

Transfer mixture to pie plate. Bake pie 40 minutes or until knife inserted 2 inches from center comes out clean. 6 main dish servings.

## **Mexican Grilled Corn Adapted from Everyday Food**

1/3 cup grated parmesan cheese  
4 ears corn, husks and silk removed, cut in half  
1 Tablespoon butter, room temperature  
S & P to taste  
2 Tablespoons mayonnaise (any kind you have in your fridge)  
¼ teaspoon chili powder, chipotle or other  
1 lime, cut into wedges for serving

Heat grill to high. Place cheese on a plate or in a shallow bowl; set aside.

Brush corn with butter, and season to taste. Grill, turning every 2-3 minutes, until tender and slightly charred, 10-12 minutes; let cool 2-3 minutes.

Brush corn with mayo, and roll in cheese to coat. Sprinkle with chili powder; serve with lime.

## **Apple Sorbet With Sorrel Recipe From Victory Garden**

2 cups apples  
2 cups apple juice  
2 cups french sorrel, firmly packed

The apples should be peeled and diced into cubes.

Bring the apples and apple juice to a boil over high heat.

When it boils, turn the heat to medium and simmer for 25 to 30 minutes. Pour the apple mixture into a bowl and refrigerate until it is cold [approximately 1 hour].

Process apple mixture and sorrel leaves in a blender at high speed, until smooth. Freeze according to ice cream machine makers directions for Sorbet. You can also place in casserole dish and freeze in freezer for 2 to 3 hours. Serves 4.

## **Sorrel is classic as a sauce for fish: Sorrel Sauce for Fish from The Peppermill Rest. in Clearwater, FL**

½ cup chopped fresh sorrel  
2 T dry white wine  
3 T minced green onions  
1 cup whipping cream  
1½ t fresh lime juice  
Ground white pepper

Combine sorrel, wine and shallots in heavy small saucepan. Stir over medium heat until sorrel wilts, about 2 minutes. Add cream and lime juice. Boil until reduced to sauce consistency, about 12 minutes. Transfer sauce to blender. Puree until almost smooth. Return sauce to same saucepan. Season with ground white pepper and salt.

## **Sorrel and Goat Cheese Quiche Adapted from Luna Circle Farm**

2-3 cups sorrel, coarsely chopped  
3 green onions, chopped  
3-4 ounces goat cheese or other soft cheese  
3 eggs  
1½ cups milk  
salt to taste  
Parmesan cheese

Preheat oven to 375 degrees. Spread cheese in the bottom of a pie crust. Cover with chopped sorrel and scallions. Beat eggs, salt and milk together. Pour over greens. Sprinkle with parmesan cheese. Bake for 35 to 40 minutes or until top is golden brown.

## **Creamy Zucchini Soup 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.