



Ladybug Buying Club

Oakland
9-21-11

This goes with your mystery box:

- ~ [Heirloom tomatoes](#)
- ~ Strawberries
- ~ [Basil](#)
- ~ Walla Walla onions
- ~ [Escarole](#)
- ~ [Radicchio](#)
- ~ [Orange or purple cauliflower](#)
- ~ [Principe Borghese tomatoes](#) (dry farmed)
- ~ [Couve Tronchudo](#) (note below, use like kale)
- ~ [Sweet peppers](#)

[sweet pepper roasting photo essay](#)

[Ladybug Post Card #39](#) from last week, with tons of info and recipes that relate to the above list. [clicky](#)

[Ladybug Post Card #40](#) from this week, with tons of info and recipes that relate to the above list. [clicky](#)

Disclaimer to the above vegetable list: The list above is approximate. There may be differences in your box. Please be patient and adventurous with your veggies. Thank you.

Fridge Management: *Everything* into the fridge except the basil. (it can go into a warmer part of fridge like the door, but it's best kept outside and used up!)

[Recipes A-Z on our website](#)

Storage tips from [Chef Jonathan](#):

Strawberries: This week has been hot in Aromas, where your berries are grown. They could be very ripe. Use them soon! If eating the same day simply leave them out on the counter. Otherwise, put them in the fridge. Absolutely no washing until ready to eat. No coldest drawer.

Tomatoes: Store at room temperature on the counter, left open. Check your basket for split tomatoes and eat them or use them

right away as they attract flies. Absolutely do not refrigerate any of your tomatoes! They turn mushy. Also, eating them cold makes it more difficult for you to taste the sweetness of the fruit.

Basil: I buck tradition and store my basil in the fridge. I remove the twisty tie and give the basil a good drink. Again, it's hot this week, so refresh your basil right away!

Store in a loose plastic bag in a warmer part of the fridge (ie, not near the vent where the cold air gets pumped into the fridge).

Onions: Store on the counter in a spot that doesn't get direct sun.

Escarole: Give a good drink and store in a plastic bag in the fridge. No coldest drawer. Good keeper.

Peppers: Store in a plastic bag in the fridge. No coldest drawer.

Cauliflower: Store in a plastic bag in the fridge. Coldest drawer ok.

Vegetable Notes by Andy Griffin

Dry-Farmed Principe Borghese: "Dry farming" is the practice of growing crops without recourse to irrigation. We transplant the tomatoes seedlings into the field in the spring when the soil is moist. As the water table receded the tomato plants send their roots ever deeper as they chase the moisture. Eventually this puts the feeder roots deep in the mineral earth. Flavor in fruits and vegetables and color in flowers depends more on trace elements and minerals than the standard fertilizers like nitrogen, potassium, and phosphorus which support the growth of foliage. When a tomato plants feeds off the deeper mineral earth the result is a richer flavor. When the plant has to struggle for water the skin of the fruit ends up being tough but the flesh is firm and the flavor doesn't taste watered down.



Radicchio: Radicchio is a much appreciated vegetable in Italy, probably valued even more for cooking with than for eating raw in salads. Every town in Northern Italy



seems to have its own form of radicchio. Just off the top of my

head I can think of radicchio di Verona, Radicchio Castelfranco, and radicchio di Treviso. The radicchio in your share box is radicchio di Chioggia. You might remember the name "Chioggia" from the funny pink beet we've grown for you from time to time which sports concentric red and white rings inside the root.

Couve Tronchudo: Biera Couve Tronchudo, or Portuguese cabbage, is a loose-leaved cabbage, much like a collard green. This traditional, open pollinated form of cabbage is much appreciated in the Iberian Peninsula both for its broad leaves which are harvested like kale as well as for the loose ball of a head which it will eventually form.

Cheddar cauliflower: Cheddar cauliflower is a nice cauliflower to grow in the summer since the more sun it receives the more of an orange color it picks up. Yes, we've had

a lot of cauliflower recently. The long days and warm temperatures pushed the crop a little faster than I'd planned, but that's nature. Cauliflower waits for no one. Use it or lose it is the name of the game. I enjoy Cheddar cauliflower because it tastes great and it looks like it has been doctored up with saffron.

RECIPES from [Chef Jonathan Miller](#):

Cauliflower Two Ways with Scallops



I make this dish very occasionally. It's a special dish for company or part of a fancy meal. I thought of it last week for a client when I saw that Andy had both cheddar cauliflower and purple cauliflower available. I used the two colors of cauliflower together and they looked so good - until they hit the dining table with soft lighting and a bright red tablecloth. The purple got lost in the red and dimness! Still, a knockout dish and pretty simple to pull off. If you aren't familiar with searing scallops properly, make sure you buy scallops that haven't been sitting in liquid (they should be dry in the market) and dry them again right before you salt and sear them. Also, make sure your pan is super hot (have the fan on!). Work quickly so you don't overcook them. This is a recipe for 4 moderate servings. Use one or two scallops per person depending on how large they are. And don't overfeed your guests. One large scallop really is enough. (Photo of Purple Cauliflower by Andy Griffin.)

1 large head cheddar or white cauliflower, cut into florets
1 c cream or half and half
1 large head purple or green cauliflower (or use two smaller ones), cut into small florets
1/4 c raisins
3 T almonds, chopped
1/4 c parsley, chopped
zest from 1/2 - 1 lemon
2 T capers, rinsed and dried
large sea scallops (1-2 per person)
olive oil
quality balsamic vinegar

Put the cheddar cauliflower and the cream into a saucepan and bring to a boil. Lower heat, cover, and simmer until very soft, about 10 minutes. Remove from heat, cool, and blend in a blender with some salt. Taste and adjust seasoning if necessary. This should be luscious.

Heat a large skillet and add some olive oil. Add the purple cauliflower and the raisins, almonds, parsley, lemon zest, and capers. Saute briskly until the cauliflower is tender but not overly colored, maybe 5-6 minutes. Add salt and pepper to taste and remove from heat. Keep in a warm spot.

Heat a heavy skillet for several minutes until very hot. Add some oil (grapeseed is great here) and heat to shimmering. Pat the scallops dry, season one side of them with salt and immediately put them, salted side down, in the hot oiled skillet. Do not move the scallops at all while they sear. Watch carefully and when the scallops have deeply colored quickly salt the top side of them, flip and cook for just another 15-30 seconds - just to finish cooking them through.

Remove from heat. Put about 4 T of the cauliflower puree on a medium sized plate. Top with a scallop (or two), then a little of the compote around the puree. Repeat with the remaining scallops. Finish with a drizzle of quality olive oil, a few drops of the balsamic vinegar, and more parsley. Serve hot.

Smoked Gazpacho

Here's a phenomenal variation of gazpacho. You'll be amazed at its smokiness. Serve it by itself, or better yet, use it as a sauce for meats, cheeses, or grilled vegetables. You could even puree it to smooth and use it in a bloody mary. It's one of the only times I use celery outside of soup stocks.

Salad of the Week: Bread Salad (Panzanella)

This is a healthful riff on the classic panzanella. Use any kind of whole grain bread. Make sure it's nice and dense and at least a day or two old. Just the kind of bread husbands and kids don't like.

2 lb tomatoes
1 garlic clove, halved lengthwise
6-8 slices whole grain, dense bread
large handful basil leaves
olive oil
balsamic vinegar
very small handful brine cured olives

Dice the tomatoes and put them into a large bowl. (If you are wooing a lover with this dish, then seed your tomatoes first [but don't peel them]. Core and cut them in half. Working over a bowl with a fine strainer on top, gently squeeze the tomatoes to release some liquid and help ease the seeds out of them. Discard the seeds, but keep the tomato juice in the bowl. Dice the tomatoes and add them to the juice in the bowl.)

Rub the bread with cut side of the garlic clove to give it some good garlic flavor. Toast the bread in a 400 degree oven until crisp, about 5-8 minutes, depending on how old it is. Cut or tear it into bite sized pieces and drop in the bowl with the tomatoes.

Allow to sit for about 15 minutes, then julienne the basil leaves and toss them into the bowl with a few tablespoons of olive oil, some balsamic vinegar, the olives, and a little salt. Taste and adjust seasonings if necessary. Serve immediately.