



[Strawberries](#)

[Cucumbers](#) and/or [Radishes](#)

[Yellow Onions](#)

[Spigariello](#)

[Arugula](#)

[Tomatoes](#)

[Basil](#)

[Lettuce](#)

[Carrots](#)

****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: Strawberries: Keep cold! Ripe strawberries don't 'hang out' well, even in the fridge. Try keeping the berries in a single layer in a flat container with a paper towel at the bottom and in the fridge improves storage time. Cucumber & Lettuce: Store in bags in your crisper in the fridge. Radishes, Spigariello & Arugula: Remove ties and store loosely in bags in the fridge. Tomatoes: Keep them on your counter until you're ready to eat them. Not in the fridge! It makes them mushy and less tasty. Yellow Onions: these onions are 'cured' (papery skin, no green tail) so keep them in a cool dark place, in a paper bag, or bowl, out of the sun. Not in the fridge. Basil: shouldn't get too cold; try to find the 'warmest' place in your fridge. For some that's the door, for others that might be the produce drawer. Or, try keeping your basil as a flower bunch in a jar with water at the stems. Carrots: Separate roots from greens, compost the greens, and store carrots in a bag in your fridge. Carrots stay crisp longer without their greens.



Arugula. Photo by Andy Griffin.

Fresh Strawberry Marmalade

Bon Appetit, June 1998

A wonderful topping for crepes or for vanilla ice cream.

2 1-pint baskets fresh strawberries, hulled, quartered (or a 1 # clamshell....)

1½ tablespoons sugar

½ cup orange marmalade

1 tablespoon fresh lemon juice

2 teaspoons balsamic vinegar

Stir strawberries and sugar in large bowl. Let stand until berries release juices, about 5 minutes. Stir in marmalade, lemon juice and vinegar. Chill at least 30 minutes and up to 4 hours. Makes about 3 cups.

Greek Salad Sandwich

Bon Appetit, May 1995

12 oz small tomatoes, cored, halved, thinly sliced

6 cups spinach leaves, stems trimmed

1½ cups thinly sliced cucumber

1 cup crumbled feta cheese (about 4 ounces)

1/3 cup coarsely chopped pitted black brine-cured olives (such as kalamata)

16 large fresh basil leaves, thinly sliced

¼ cup olive oil

5 tsp fresh lemon juice

1 large garlic clove, minced

4 pita bread rounds (5-6 inch diameter), toasted

Place tomato slices in strainer; drain 15 minutes.

Combine tomatoes, spinach, cucumber, feta cheese, olives and basil in large bowl. Whisk ¼ cup olive oil, 5 teaspoons lemon juice and minced garlic in small bowl to blend. Season dressing to taste with salt and pepper. Pour dressing over salad and toss to coat. Cut pita bread rounds in half crosswise. Divide salad mixture among 8 pita halves and serve.

Rice with Kale and Tomatoes

Gourmet, 1990

½ cup long-grain unconverted rice

1 small garlic clove, minced

1 tablespoon olive oil

14-oz can plum tomatoes, drained, seeded, and chopped

2 cups finely chopped rinsed kale leaves (substitute with spigariello)

In a small heavy saucepan bring 1 cup water to a boil, add the rice and salt to taste, and cook the rice, covered, over low heat for 20 minutes, or until the liquid is absorbed and the rice is tender. In a heavy skillet cook the garlic in the oil over moderately low heat, stirring, until it is golden, add the tomatoes and the kale, and cook the mixture, stirring occasionally, for 3 to 5 minutes, or until the kale is tender. Fluff the rice with a fork and in a bowl combine well the rice, the kale mixture, and salt and pepper to taste.

Pasta with Arugula and Goat Cheese Sauce
from A Complete Menu Cookbook for All Occasions
by Brother Victor-Antoine d'Avila-Latourrette

a bunch of fresh arugula
4 springs fresh [parsley](#)
1 8 ounce container low-fat yogurt or sour cream
1/3 cup goat cheese, crumbled
S and P to taste
1 pound fusilli noodles
Grated parmesan cheese, as garnish

Before preparing sauce, fill a large casserole with water, and bring the water to a boil.

Wash and clean well the arugula and parsley. Dry thoroughly. Trim and chop both the arugula and the parsley.

Place the arugula and the parsley in a food processor. Add the yogurt or sour cream, goat cheese, salt, and pepper. Blend the ingredients thoroughly. Keep the sauce at room temperature until ready to use.

Add a pinch of salt to the boiling water, and cook the fusilli noodles following the instructions on the package. When the noodles are cooked, drain them, and place them in four serving dishes. Pour the sauce evenly over the top of each serving and add some cheese to each dish. Serve immediately. Serves 4.

Traditional Italian Arugula Salad
From Marcia DeHart-Pensinger

Here's a traditional Italian recipe for arugula that I've never seen or heard of anywhere except in Tuscany – and, for that matter, in Volterra. It can get a little pricey because of the bresceaola and reggiano, but my oh my it's good! Place a layer of arugula on a plate. Cover it with one layer of thin-thin-thin sliced bresceaola (or, to make the bresceaola go farther, I cut the sliced bresceaola into strips about 1/4" wide and generously scatter them). Then shave off pieces of Parmigiano reggiano (and you DO need the good stuff for this) and scatter them over the top.

Generously splash on a good amount of extra virgin olive oil, the greener the better. And squeeze a generous amount of lemon juice over the top. (It's not authentic, but I truly think Meyer lemon tastes better in this context.) Grind on some pepper and toss the whole thing. Mangia!

Roti with Black Beans and Basil
The Good Herb, Judith Benn Hurley

1 tbsp. plus 1 tsp. olive oil
1 small onion, thinly sliced
1 clove garlic, mashed through a press
1 medium tomato, medium-chopped
2 tsp. good-quality yellow curry powder
1 tsp. dried hot red pepper flakes, or to taste
1/4 cup dry sherry or mirin
2 1/4 cups cooked rice
1/2 cup cooked black beans, rinsed if canned
1/4 cup minced fresh basil (any type)
4 pitas (whole wheat are tasty)
2 tsp. Dijon mustard

Heat a large sauté pan, then pour in 1 tbsp. of the oil. Add the onion, garlic, tomato, curry powder, and hot pepper and sauté over medium-high heat until the onion is just wilted, about 3 minutes. Add the sherry, rice, and beans and continue to sauté until the rice is warmed through, about 3 minutes. Remove from the heat and stir in the basil.

Spread each pita lightly with the mustard. Scoop equal portions of the rice mixture onto one-half of each pita. Fold each pita over into a half-moon shape.

Wipe out the sauté pan and heat the remaining 1 tsp. oil until hot and fragrant. Set the roti in the pan and let them sizzle over medium-high heat until mottled brown, about 2-3 minutes on each side. Serve hot. Makes 4 entree servings.

A Simple Tomato and Basil Sauce
The Top 100 Italian Dishes, Diane Seed

1 tbsp. olive oil
1 small onion, chopped
2 cloves garlic, minced
2 lbs. tomatoes, peeled and chopped
8 basil leaves

Heat the oil and gently fry the onion and garlic until they are transparent. Add the tomatoes and cook quickly in a shallow uncovered pan so that the sauce thickens and remains a bright red. Season to taste then puree with the basil leaves.

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