



Mariquita Farm's weekly year round recipe newsletter, with notes by Andy, links to his larger articles ([Ladybug Letter](#)), announcements, and events.

Giving Thanks by Andy Griffin



This week's harvest box is our last regular season 2011 delivery and on behalf of the entire crew I thank you for your support. I like to put one somewhat unusual vegetable in each week's box, just to keep life interesting, but this week we have three of them. There's nothing so unusual about the yellow Chantenay carrots, apart from their color, which doesn't "hue to the line." Yellow carrots remind us that carrots' colors come in a spectrum from white through yellow, to orange, through red to purple, and even all the way to black.

Parsley root, or Hamburg parsley, is an unusual vegetable too, at least here in America. It can be roasted like a parsnip, or grated into salads, and I've read that no authentic Jewish chicken soup is complete without parsley root. I like to steam chunks of parsley root along with potatoes and mash them together to give the potatoes an herbal kick. Parsley root stores very well in the refrigerator and would be a savory addition to a turkey stuffing come Thanksgiving.

Pan di Zucchero is almost unknown here in the US but it is common in Italy. It only looks like Napa cabbage or Romaine lettuce. Pan di Zucchero is a chicory, more closely related to escarole or radicchio than to lettuce. The blanched interior leaves are used in salads, but Italians often cook Pan di Zucchero. The colder the weather gets, the sweeter the Pan di Zucchero becomes. One problem I'm encountering with the Pan di Zucchero is that the deer love it! We've lost a lot of it along the edge of the field.

By the time you all are reading this note we'll be busy pulling up the tomato stakes, removing the drip tape from the pepper plants,

and turning the last summer plantings under. I've already got blocks of seedlings booked with Headstart Nurseries for our first wave of transplants for next year. I'm going to enjoy the slower pace of winter, but the start of the 2012 harvest season won't ever be far from my mind. We're going to conduct some winter harvests and sales as our fields and the weather allow, so keep an eye on our newsletters. Follow us on Facebook if you want weekly updates on the farm. And again, thanks for your support this year.

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Sign Up for 2012!

Our 2012 season starts March 14th and 15th and ends November 14th and 15th, 2012. Our prices will remain the same as this year. There will be a 5% discount for those who pay the full 36 weeks in full by Saturday, February 11th. As always, if you know you will be away for vacations, please plan for a neighbor or friend to pick up for you, or ask us to donate

the vegetables for those weeks. For planting and harvesting, it really helps to have consistent numbers from week to week, and Loaves and Fishes is extremely appreciative for the vegetables we send them from your donations.

Current members (currently receiving vegetables) will have priority signing up, before registration is opened for all. Send your check now to hold your spot for 2012. (Note: While we are asking for checks to hold your spot now, we will not deposit them until *after* January 1st.)

What's Planned for the

Box This Week:

Winter Luxury Pumpkin

Celery

Parsley Root

Gala Apples

Red OR Russet Potatoes

Red OR Gold Chard

Yellow Chantenay Carrots

Pan di Zucchero

Full CSA season (36 weeks) of shares *with discount*: \$752**

***(Payment for the full season must be received by Saturday, February 11, 2012 to qualify for this discount.)*

Full CSA season (36 weeks) of shares, *no discount*: \$792

First quarter (9 weeks) of shares: \$198

New Member 4-week trial: \$88

Please make your checks payable to **Mariquita Farm and mail them to PO Box 2065, Watsonville, CA 95077**. Questions? Contact Shelley (office@mariquita.com) or (831) 706-6799. Thank you for being a part of our CSA community!

Worried about Winter Veggie Withdrawal? We have winter deliveries planned in San Francisco, Oakland, Palo Alto and Santa Cruz, as well as monthly deliveries in Burlingame/San Mateo and Los Gatos/San Jose. For now, these are stand alone sales – you order when the date and location are convenient and pay when you arrive at the pickup site. We'll announce in our e-newsletters when and where our Ladybug Truck Deliveries will be coming next. Watch for it! It's open to all so tell your friends!

Storage Tips: **Pumpkin:** Store on your counter out of direct sunlight. Excellent keeper. **Celery:** Store in a plastic bag in the fridge. Trim tops if necessary so that it fits inside the bag, otherwise the celery may wilt. **Parsley Root:** Store in a plastic bag in the fridge. Coldest drawer OK. Keeps just like carrots. **Gala Apples:** Store in the fridge to maintain crispness. Coldest drawer ok. **Potatoes:** Store in the fridge in the bag they come in. Good keeper. **Chard:** Remove any twisty ties/rubber bands, give a good rinse, then store in a bag in the fridge, no coldest drawer. **Carrots:** Remove any rubber bands and remove the greens. Wash the carrots right away and drop in a bag while still damp. Store in a plastic bag in the fridge. **Pan di Zucchero:** Save your large bag for this guy and store in the fridge. Use right away unless you have tons of space available in your fridge!

Israeli Couscous with Apple, Fennel, and Parsley Root (Chef Jonathan Miller)

This is a fun little salad. Bright and refreshing. Make sure you don't peel your apple(s) for this. The color of the skin helps make this salad look better.

1 c water
 ½ rice vinegar
 ⅓ c sugar
 1 ½ T salt
 1 whole clove
 1 t mustard seeds
 ½ t pepper
 1 t grated fresh ginger
 1 small jalapeno, seeded and minced
 1 c Israeli couscous
 olive oil
 1 large or two small apples, cut into small dice
 1 large or two small fennel, cored and finely diced
 1-2 parsley root (peeled), cut into small dice
 3 tangerines, or 1 orange, peeled and sectioned
 ½-¾ c raisins
 ¼ c chopped parsley, plus a small amount of very small whole leaves

Put the water, vinegar, sugar, salt, clove, mustard, pepper, ginger, and jalapeno in a small saucepan. Bring to a boil, stirring until the sugar and salt dissolve. Continue to boil until the mixture is reduced to ½ cup. Remove from heat and allow to cool completely. Remove the clove.

Cook the couscous according to the package instructions. Remove from the pot and immediately toss with a very small amount of olive oil to keep from clumping together. Allow to cool.

Combine the apples, fennel, parsley root, tangerines, raisins, and the chopped parsley in a bowl. Gently toss with a few tablespoons olive oil. Add the cooled couscous and gently toss again.

Begin to add the reduced spiced vinegar a little at a time, stirring so everything gets coated. Keep tasting as you add it so you don't go farther than you like. Use as much of, or as little of the dressing you like. Finish with the whole parsley leaves and serve at room temperature

Pan di Zucchero Soup (Chef Jonathan Miller)

1 head pan di zucchero, chopped
 2 qt water
 ½ lb ground sausage
 1 lb ground beef
 1 onion, chopped
 3 garlic cloves, chopped
 3 eggs
 1 c mozzarella, grated
 cider vinegar
 2 hard cooked eggs
 chives

Put the pan di zucchero in a pot with the water and bring to a boil. Simmer for 1 minute and turn off the heat.

Brown the sausage in a large skillet, mixing well. Add the beef and brown it as well. Add the onion and garlic, cover, and cook until soft, about 10 minutes. Pour off any fat, then add the meat and onions to the pan di zucchero. Return soup to a simmer and cook another 10 minutes with the meats. Beat the eggs together, then add them to the soup, stirring while you add them so they don't cook into clumps. Add the mozzarella and stir well until melted. Finish with a couple tablespoons of vinegar (or not, if you don't like it).

Serve hot, garnished with chopped hard cooked egg and chives.

Mashed Potatoes and Parsley Root adapted from *Uncommon Fruits and Vegetables* by [Elizabeth Schneider](#)

¾ pound parsley root (weighed with leaves)
 1 ¼ pounds potatoes, peeled and cut into chunks
 Butter to taste
 A few Tablespoons hot milk or to taste
 S & P (can use white pepper if you like)

Cut off parsley root tops and reserve for use in any recipe calling for parsley. Scrub roots with a brush, then cut into ½ inch slices. Drop parsley root and potatoes into a pot of boiling salted water. Return to a boil and cook until tender – check after about 15 minutes. Drain well. Add butter and hot milk and then mash with an official potato masher. Season to taste with S & P.

Chard in Dijon Mustard Sauce from *More Recipes from a Kitchen Garden* by Shepard & Raboff

2 ½ tbsp. olive oil
 1 lg. bunch green onions, chopped
 2 cloves garlic, finely chopped
 ½ lb. mushrooms, sliced
 1 bunch chard, finely shredded, including stems
 1 tbsp. Dijon mustard

Heat the oil in a large skillet. Sauté the green onions and garlic for 2 minutes until softened and tender. Add mushrooms and cook 4 to 5 minutes more. Add chard, cover and cook over low heat for about 5 minutes, or until chard is tender but still crisp. Mix in mustard and heat 1 to 2 minutes more. Stir and serve immediately.

More recipes at our website:
<http://mariquita.com/recipes/index.html>