



Mariquita
Farm

**MYSTERY
THURSDAY**

GLOBE
June 11th, 2009

New Potatoes
Collard Greens
Spring Shallots
Genovese Basil
Carrots Minicor
Mustard Greens
Nepitella (a minty herb)
Romaine Lettuce
Oyster Mushrooms
Summer Squash
Wild Arugula
Cilantro

Fridge Management: Everything except maybe the basil into the fridge. (only in the fridge if it's a less cold part, or it will turn black.) To eat first in my opinion for freshness, maybe the mustard greens (to make room!). Eat the new potatoes within a week, they aren't cured.

Nepitella This is an herb in the mint family. It's good with summer squash or eggs. C. Wright writes: Nepitella's leaves are used to aromatize mushrooms, zucchini, and artichokes in rural Tuscany.
Gourmet video about nepitella

Cooked Greens: an everyday recipe

Trim & wash the greens, leaving water on the leaves. Cut up into small squares or ribbons. Heat frying/saute pan that will fit the greens, add a bit of oil (or bacon fat, or even butter if you like, I usually use grapeseed, peanut, or olive oil). Add some-lots of chopped garlic and or onions. Cook only until barely translucent, don't let the garlic burn. Add the greens all at once, and give a stir. Then stir until they're bright shiny green, or even a darker green

OPTIONS:

--with chard I like to add a dollop of dijon mustard, and once in a while a dollop of cream cheese.

--you can add a couple of Tablespoons of rice wine or balsamic to finish the dish.

--S & P to taste if you like, but they're not crucial.

Depends on your taste

--chopped/toasted nuts sprinkled at the end

Hot and Sour Soup with Greens, adapted from *Great Greens* by Georgeanne Brennan

6 cups chicken or vegetable broth
6 ounces oyster mushrooms, chopped or sliced
1 bunch mustard greens (or collards), stemmed and leaves sliced (about 1 1/2 cups)
3 Tablespoons light soy sauce
3 Tablespoons rice wine vinegar
3/4 Tablespoon freshly ground pepper
2 teaspoons toasted sesame oil
1/2 teaspoon hot chile oil
5 ounces firm tofu, cut into 1/2 inch cubes
5 Tablespoons water mixed with:
3 Tablespoons cornstarch
1 egg, beaten
1/4 cup chopped fresh cilantro
2 green shallots, inc. 1/2 the green part, minced

In a large saucepan or a soup pot over high heat, bring the broth to a boil. Reduce heat to medium, add the mushrooms and greens, and simmer for 5 minutes. Add the soy sauce, vinegar, pepper, sesame oil, chile oil, and tofu and stir. Then stir in the water and cornstarch mixture and the egg, and cook for 1 minute. Ladle soup into soup bowls, and garnish with the cilantro and shallots.

Cilantro Pesto

1 cup cilantro leaves, chopped
1/2 cup chopped green shallots or onions
1/3 cup roasted cashews or macadamias
1/4 cup chopped peeled fresh ginger
1/4 teaspoon cayenne pepper
7 tablespoons olive or other mild oil
Whirl together in a food processor or mash up in a mortar and pestle. (that's why it's called pesto!)

So many carrots: make a soup to freeze, juice them, make them into sticks, sauté and steam. They'll be gone in no time!

Recipes A-Z on our website

** Make your pre orders for any upcoming mystery nights, I may not send reminders!