



MYSTERY THURSDAY

GLOBE
Oct. 2nd, 2008

Red Danish Beets

Jack Be Little Pumpkins (eat them!)

Baby Bear Pumpkin (also good to eat!)

Piquillo Peppers

Sweet peppers (bells or gypsy)

Basil

Escarole

Tomatoes

Erbette Chard

Carrots

Armenian Cucumber

Summer Squash and Beets

Recipes A-Z on our website:

Mariquita.com

Piquillo Peppers: These have a great flavor... and a tough skin. It's the one kind of pepper that I insist on blistering and peeling in my own kitchen. They are just a tad spicy, but hardly at all, really. Try stuffing the whole peeled pepper for a special appetizer, or use the strips of pepper skin to lay on top of an open faced sandwich... many other uses!

Jack Be Little Pumpkins: These are actually a winter squash, (they just look like a pumpkin) they are GREAT to eat. Really. If you must use them to decorate, make sure to cook them after Halloween.

Baby Bear Pumpkin: this is also an edible pumpkin! Soup... pie... etc.

Escarole: hearty green for raw in salads OR can be cooked like any cooking green. Many recipes at Mariquita.com

Armenian Cucumber: no need to peel this one: use like you would any cucumber, just don't peel it.

Fall Escarole Salad

1 Escarole heart
couple of Fuyu Persimmons
1/4 c pomegranate seeds
toasted hazel nuts
balsamic or lemon juice vinaigrette

Season the escarole with some of the vinaigrette. spread the escarole in a wide platter. slice the persimmons on top, sprinkle the pom. seeds, sprinkle the halved hazel nuts. Drizzle with more vinaigrette and if you have hazel nut oil, drizzle that on top as well.

Rochelle's Beet Salad

Trim ends off beets, then steam until soft; rinse with cold water, so that the skin peels right off. dice up, mix with thinly sliced onions, (red, white or yellow), add crumbled crostini, and plenty of balsamic vinegar, salt/pepper to taste with a dash of extra virgin olive oil. Toss, EAT.

BEEF AND BLUE CHEESE SPREAD

adapted from *Cooking Light* magazine

2 beets
2 apples, cut into 8 wedges
1/4 cup blue cheese, crumbled
1 tbsp. horseradish

Preheat oven to 400°. Wrap beets in foil and bake for 1 hour or until tender. Cool and peel the beets. Place beets, apples, cheese and horseradish in a food processor, process until well blended. Serve with crackers or pita chips.