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Disclaimer to the above vegetable list: The list above is approximate. There may be differences in your box. We ask for patience and a sense of adventure with these boxes. Thank you!

Storage: Remove twisty ties/rubber bands from all vegetables and everything into the fridge. **Beets & Turnips:** Remove twisty ties/rubber bands and separate the greens from the roots. Store roots in a plastic bag in the fridge. Coldest drawer ok. Store greens in a plastic bag in the fridge - no coldest drawer. **Friarelli Peppers:** Store in the fridge in the bag they come in. Good keepers. Do not wash until you are ready to use them. **Potatoes:** Leave them in the bag they come in, or store them in a plastic bag and put them in the crisper drawer of your fridge – not the coldest drawer. **Melons:** Melons can be stored in the fridge or on the counter. If left on the counter, they will continue to sweeten. They keep in the fridge, up to a week at least. I recommend letting melons come to room temperature before eating. They are sweeter that way. **Onions:** Store in the fridge in the bag they come in. **Tomatoes:** Store at room temperature on the counter, uncovered. 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. **Eggplant:** Store in a plastic bag in your fridge. Give the bag some humidity by adding a tiny bit of water, but not too much. Best used within the week. **Basil:** I buck tradition and actually keep my basil in the fridge. Remove the twisty tie and rinse and shake gently, then store in a plastic bag in the fridge - preferably a warmer spot like an upper shelf away from the cold air vent. Keeps for about 3-4 days this way, sometimes longer. **Summer Squash:** Store in the plastic bag they come in. Keeps well for a week or more.



Beets
Photos by Andy Griffin

Pimiento de Padron U-Pick (Adults only, please)
Saturday, August 6th, 10 AM to 1 PM in Hollister

You are invited to our **Pimiento de Padron U-Pick this Saturday, August 6th, from 10am to 1pm.** Padron peppers will be \$4.00/lb. Also Friarelli peppers, same price. Elderberries available, and basil by the pound. We'll have a fire at the edge of the field so that we can toast up some Padrans to kick start any picnic basket you might want to bring. *Please, no pets or small children;* the pepper plants are fragile, we'll have an open flame, and we want to avoid dog fights etc. We'll have a number of kid friendly tomato u-picks soon. You can also pre-order other extras like tomatoes and strawberries for pick up at the u-pick. Please RSVP to office@mariquita.com and we'll send you directions and a link to the pre-order form. We look forward to seeing you there!

Recipes

Summer Tomato Salad with Sweet Onions and Avocado (Chef Jonathan Miller)

1 jalapeño, seeded and deveined, then chopped
juice from 2 limes
olive oil
4 T cilantro, chopped
2-4 tomatoes, cut into large chunks
2 small sweet onions, cut into thin rings
2 avocados, sliced into thin wedges

Whisk the jalapeño and lime juice together with a little salt, then add enough olive oil to create an emulsified dressing. Fold in the cilantro. Combine with the tomatoes and onions, tossing gently.

Plate on a serving plate and top with the avocado and a sprinkling of salt. Garnish with more cilantro if you like.

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#### **Aloo Palak**

1 large or 2 smaller bunches of Spinach Leaves (Palak)  
3 med. sized potatoes  
4 small sized Tomatoes  
4 small Chiles (Hari Mirch) (or to taste, I might use red chile flakes even though that's cheating)  
1 tsp. Mustard Seeds (Rai)  
2 tsp. Garam Masala Powder  
½ tsp. Turmeric Powder (Haldi)  
Salt (to taste)  
4 tsp. Cooking Oil

Wash the spinach and chop it. Wash and cook the potatoes, peel potato skin and smash them. Similarly chop the tomatoes without cooking.

Take oil in a pan, add mustard seeds and Turmeric Powder and fry well. Add chopped green chilies and fry. Add chopped tomato, potato, spinach and some water and stir. Add salt, Garam Masala Powder and cook it for a few minutes, until Spinach is cooked.

### Summer Squash and Sweet Onions (Chef Jonathan Miller)

1 large summer squash, halved lengthwise sliced into half moons  
1 walla walla onion, halved and thinly sliced  
olive oil  
1 T butter  
2 T basil leaves, chopped

Heat the olive oil and butter in a large skillet and add the squash and onion. Sauté over very high heat, stirring only occasionally, until the onion and squash are nicely colored and soft, about 4 minutes. Toss the basil leaves and any other accent you like and warm through. Serve warm.

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Summer Pasta Salad (Chef Jonathan Miller)

3-4 T pine nuts
2 shallots, chopped
small handful fresh basil leaves, chopped
½ basket cherry tomatoes, halved (or use more if you like)
peel from 1 lemon, minced (avoid the pith, the bitter white part)
olive oil
½ lb dry pasta (I like linguine here, but any shape is fine)
2 large summer squash, julienned

Toast the pine nuts in a lightly oiled skillet until lightly browned. Add the shallot and cook briefly to soften the shallot and color the nuts to a deep golden brown. Remove from heat and toss with the basil, tomatoes, and lemon peel.

Bring a large pot of salted water to a boil. Cook your pasta according to the package instructions. Add the squash during the last minute of cooking, then drain the pasta and squash. Toss with the tomato-herb mixture, using more olive oil and salt. Taste and adjust seasonings if necessary. Serve warm or room temperature.

Spinach Salad with Roasted Beets and Mint (Chef Jonathan Miller)

1 bunch beets, greens saved for another use
½ lb spinach, pink roots trimmed
olive oil
balsamic vinegar
6 mint leaves, chopped
3 T parsley, chopped
4 oz fresh goat cheese

Roast your beets to your liking (I do mine by roasting in a baking dish with a little water in it, covered, at 375 for about an hour.) Peel and slice the beets into thin wedges while they are still warm, then toss with a little balsamic vinegar and a pinch of salt. Set aside.

Put the spinach leaves in a large bowl. Heat about 4 T olive oil in a very small saucepan until hot but just shy of smoking. Immediately pour over the spinach leaves, tossing with tongs as you drizzle in the hot oil, to lightly wilt the leaves. add the mint and parsley, some salt and toss again to combine well.

Put the spinach on a serving plate, top with the beets and the goat cheese, drizzle some fresh olive oil over the top and serve.

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### Watermelon and Squid with Padrons (Chef Jonathan Miller)

This is straight from a feature article last year in the Santa Cruz Magazine by Ann Parker. She profiled a few Santa Cruz chefs and published some recipes from them. This was a fun one from Charlie Parker, who used to run the Cellar Door kitchen in Santa Cruz. A great summer dish. I've only changed it a tiny bit - increasing the amount of padrons, and being a little looser with the instructions.



½ lb squid, cleaned  
¼ of a medium sized watermelon, rind cut off and flesh cut into rectangles about about the size of a playing card  
½ lb padron peppers  
¼ c pine nuts  
1 c cream  
juice from 2 lemons  
grapeseed oil  
olive oil  
small handful basil leaves  
half a small handful of mint leaves  
baby lettuce or micro greens of choice

Toast the pine nuts in a small skillet or 350 degree oven until golden. Put into a saucepan with the cream and simmer over very low heat for 45 minutes to an hour. Blend and strain.

Sear the watermelon on both sides in a super hot skillet using the grapeseed oil. After searing, season with salt.

Sauté the padrons in high heat using some grapeseed oil until charred. Season with salt and lemon juice.

Sauté the squid, turning as necessary until each side has colored, about 1 minute total. Season with salt and lemon juice.

Toss the herbs and lettuce greens together and then toss with olive oil, lemon juice, and some salt.

Plate the dish however you like, but layering the ingredients in a way that makes sense to you, finishing with the squid and the pine nut puree. Serve immediately.

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[Julia's brand new Tomato Canning Photo Essay](#)

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

**In the News:** Julia Wiley was quoted in the New York Times in an article, "[That's Not Trash, That's Dinner](#)" by Julia Moskin. And, Andy Griffin joined Chef Bruce Hill (Bix Restaurant, Zero Zero, and Picco) at [a demo at Williams-Sonoma Union Square](#) on July 23<sup>rd</sup>. Julia and Andy own Mariquita Farm.