



Mariquita  
Farm

**MYSTERY  
THURSDAY**

**AZIZA**  
June 30<sup>th</sup>, 2011

[Arugula](#)  
[Bianco di Maggio Onions](#)  
[Broccoli](#)  
[Chantenay Carrots](#)  
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[Summer Squash](#)  
[Tarragon](#)  
[Chard](#)  
[Garlic](#)  
[Kale](#)  
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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. **Onions:** Remove twist ties/rubber bands and store in a plastic bag in the fridge.

**Broccoli:** Store loosely in a plastic bag. No coldest drawer.

**Carrots:** If bunched, separate from their greens, compost the greens, and store roots in a plastic bag in the fridge. Coldest drawer OK. **Arugula, Chard, Kale, and 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. **Garlic:** Remove twisty ties/rubber bands and store in a plastic bag in the fridge. **Summer Squash:** Store in the plastic bag they come in. Keeps well for a week or more. **Tarragon and Savory:** Remove any twisty ties/rubber bands and give a quick drink. Shake well as you don't want to store herbs too wet. Store in a plastic bag. No coldest drawer.



A summer squash family portrait: The round one is Ronde de Nice, the squat, pale one is Cousa, from Lebanon, the long, skinny pale one is Lungo Bianco, the green one is standard issue green zucchini, the yellow zucchini is, well, a yellow zucchini, the pale flying saucer is Patty Pan, the gold flying saucer is Sunburst, and the ribbed zucchini is Costata Romanesco. (Photo by Andy Griffin)

### Pappardelle with Cauliflower and Broccoli

Arugula can be used as an herb or as you would lettuce. In this dish, I use it as an herb. Pappardelle are wide noodles - wider than fettucine - about ½ inch wide. A combination is nice, but feel free to make it with one or the other of your broccoli or cauliflower. Most of us had at least two heads of cauliflower in our boxes last week, so if you still have one hanging around, this could be a useful recipe! (Photo by Shelley Kadota)



1 lemon  
4 T butter, softened  
2 shallots, finely chopped  
2 garlic cloves, finely chopped  
2 t balsamic vinegar  
4 dry tomatoes, cut into thin ribbons  
2 T Dijon  
2 T arugula, finely chopped  
½ c bread crumbs  
olive oil  
½ head cauliflower, cut into florets  
1 bunch broccoli, florets only  
½ lb pappardelle

Cut three wide strips of lemon peel off the lemon, including as little pith as possible. Finely chop the peel sections. Mash the butter with the shallots, garlic, vinegar, dijon, tomatoes, lemon peel, and arugula.

Heat a little olive oil in a skillet and saute the bread crumbs until toasted. Set aside.

In a large skillet or saucepan heat the butter mixture until melted and very fragrant. Add about a third cup of the boiling pasta water to make a sauce.

In the same pot of boiling, salted water that you have boiling for the pasta, blanch the cauliflower and broccoli 1 minute. Transfer using a strainer to the sauce.

Drop the pasta in the water and cook according to the package instructions. Drain and toss with the sauce.

Serve warm with the bread crumbs sprinkled on top and more arugula if you like.

## Arugula "Pesto" and Tapenade Crostini

This is a dish I'm contributing with Julia -- who loves to "pesto-ize" everything -- in mind. Arugula is indeed a worthwhile candidate for turning into a spread because of its assertive flavor. If you aren't seeing cherry tomatoes yet, this is delicious without them.

### Tapenade:

1 small jar oil cured olives  
1 medium jar kalamata olives  
1 t capers (rinsed)  
2 small garlic cloves  
leaves from 6 branches thyme  
½- 1 t Dijon  
zest from 1 lemon  
olive oil

Pit the olives and put into a food processor with the remaining ingredients except the olive oil. Process until finely chopped and begin adding olive oil through the feed tube. Use as much olive oil as you like to create the thickness that you prefer. For the crostini, I like the tapenade to be firmer, so less olive oil.

### "Pesto":

1 bunch arugula  
small handful hazelnuts (filberts)  
2 garlic cloves, chopped  
3 T hard goat cheese, or goat cheddar, grated  
zest from ½ a lemon  
olive oil

Roast the filberts in a 350 degree oven until the skins begin to flake and the nuts are toasty and brown, about 15 minutes. Put into a cloth towel, wrap, and allow to rest for another 15 minutes. Rub together vigorously (but without crushing the nuts) to remove as much of the skins as possible. Carefully roll the nuts out of the towel, leaving the skins behind. Don't worry if you have skin left on the nuts. That's fine. Lightly chop the nuts.

Put everything except the olive oil into a food processor with a little salt and process until finely chopped. Begin adding olive oil, using just enough that everything binds well. Don't make this too "saucy".

### Crostini:

sourdough baguette slices from 1/2 a baguette  
tapenade  
arugula pesto  
4 oz fresh goat cheese  
small handful cherry tomatoes, halved  
olive oil  
1 garlic clove, minced  
½ T chives, chopped

Gently toss the cherry tomato halves with a little olive oil, salt, the garlic clove, and the chives.

Warm the bread slices to refresh them. I like them not too crispy, but you should heat them to your liking. Spread a thin layer of tapenade onto each slice of bread, then spread a thin layer of the arugula pesto on top of it. Put a small dollop of goat cheese on the middle of each slice and top with a half of cherry tomato. Yum!

## Kale and Potato Salad

A different take on the potato/kale combination that I and my family so love. If the salting of the kale leaves sounds too weird to you, feel free to just steam the leaves. They will still be delicious!

1 bunch lacinato kale  
1 lb potatoes  
1 bunch scallions, chopped  
olive oil  
1 garlic clove  
juice from 2 lemons and zest from 1 lemon  
large pinch chili flakes  
2 hard cooked eggs  
chives

Julienne the kale, leaving out any thick stems. Put into a large colander in the sink and toss with about a tablespoon of salt. Allow to sit in the sink for 20-30 minutes.

Steam the potatoes for 15 minutes, or until tender, depending on size of potatoes. Cool slightly, then cut into medium chunks. Put into a bowl with the scallions.

Make a paste with the garlic by chopping it finely with some salt. Using the side of your knife, mash into the cutting board, going back and forth, until you have a smooth paste.

Whisk the lemon juice, zest, chili flakes, and garlic paste together in a small bowl. Whisk in some olive oil until you have an emulsified dressing that's lively in flavor.

Pour warm water over the kale to rinse off any remaining salt. Taste to make sure the leaves aren't too salty, and rinse again if necessary. Drain and pat dry.

Toss the kale with half the dressing and put into a serving bowl. Toss the potatoes with the remaining dressing and put on top of the kale. Finish with chopped eggs, chives, and some salt.

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## Nectarine and Blueberry Salad with Arugula

3 nectarines (2 sliced, and 1 chopped)  
1 shallot, minced  
sherry vinegar  
olive oil  
large handful toasted, but unsalted, almonds, very coarsely chopped  
1 pint blueberries  
1 bag/bunch arugula

Put the chopped nectarine in a food processor and process it into a puree. Remove to a bowl and whisk in the shallot, a little sherry vinegar, and a little olive oil. Season with a little salt. Taste and adjust seasonings as you prefer.

Toss the sliced nectarines and blueberries with half the nectarine dressing. Season with pepper.

Toss the arugula with half of the remaining dressing and put into a serving dish. Top with the fruit, then finish with the almonds. Serve remaining dressing on the side.

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