



Mariquita
Farm

**MYSTERY
THURSDAY**

PICCINO
June 23rd, 2011

[Cauliflower](#)
[Chantenay Carrots](#)
[Spinach](#)
[Garlic](#)
[Chard](#)
[Summer Squash](#)
[Green Beans](#)
[White Turnips](#)
[Basil](#)
[Potatoes](#)

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. **Cauliflower:** Remove large leaves and rinse and put the head in a plastic bag. Excellent keeper. Discard leaves or use in soup stock. **Carrots & Turnips:** If bunched, separate from their greens, compost the carrot greens, and store roots in a plastic bag in the fridge. Coldest drawer OK. **Spinach, Chard, new potatoes, and turnip greens:** 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. **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. **Green Beans:** These will most likely come in a bag. Store in the fridge in their bag and check them if you don't use them in the first three days to make sure they aren't wilting. Give them a drink if they are. Good keepers.



White Turnips (Photo by Andy Griffin)



Cauliflower,
Photo by Andy
Griffin

Cauliflower Salad

(Adapted from "My Calabria," by Rosetta Costantino. Note from Chef Jonathan Miller: You can vary this recipe by roasting the cauliflower in olive oil and salt instead of blanching it. Vegetarians can leave out the anchovies.)

1 head cauliflower
olive oil
2 T white wine vinegar
4 anchovy filets, chopped
6 oil cured black olives, very roughly chopped (pitted first)
1-2 T parsley leaves, finely chopped

Cut the cauliflower into florets and blanch the florets in salted, boiling water for just a minute or two, depending on how large your florets are. Drain and cool.

Toss with at least 4 tablespoons of olive oil and the vinegar, anchovies, olives, and salt. Taste and adjust seasoning then finish with a little parsley and a grind of black pepper.

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#### **Simple Green Beans and Fresh Herbs**

This is a classic treatment of any kind of pole bean, and one that use all summer long. It's a great side dish to bring to a potluck because it keeps well at room temperature and looks as great as it tastes. Your only job here is not to overcook the beans. Use this with any kind of pole bean you get (although keep in mind that the purple beans lose their color when blanched).

1 lb green beans, stem ends trimmed  
olive oil  
1-2 shallots, minced  
2-4 T fresh herbs (this week I'd use basil, but other good ones are tarragon, parsley, even mint)  
white wine vinegar, or champagne vinegar

Blanch the green beans in heavily salted and boiling water. Do not overcook - if you use a really large pot, then they should cook pretty quickly, about 2-3 minutes. Make sure they are still crisp-tender and not mushy. Cool them in an ice bath so the cooking stops immediately and they retain their bright color and crispness.

Toss with plenty of olive oil, salt, the shallot, and the herbs. Just before serving add the vinegar as it will dull the color slightly. Use enough to brighten up the salad. Serve at room temperature.

## Farm Salad

This salad is inspired by a salad I ate at [Il Cane Rosso](#) in San Francisco when I went up to help Andy and Julia with a Ladybug delivery a month or so ago. We were served a simple salad of vegetables currently available from the farm, but it was the layout that was so nice. Instead of piling the salad up high, it was spread out over a larger plate, the vegetables lightly layered on top of one another. Here's how I'll try to make it with this week's produce.

½ head cauliflower, cut into very small florets  
6 carrots, halved or quartered lengthwise, depending on size  
1 summer squash, any variety, sliced 1/8" thick  
1 head fennel, halved lengthwise, cored, then very thinly sliced crosswise  
4 large leaves sorrel, julienned  
4 oz fresh ricotta (sheep's ricotta if you can find it)  
olive oil  
juice from 1-2 lemons

Toss the thinly sliced fennel with a little lemon juice and allow to sit while you prepare the rest of the salad.

Bring a large pot of heavily salted water to boil. Prepare an ice bath by filling a large bowl with cold water and adding a lot of ice. Blanch the cauliflower, carrots, and summer squash separately, and just barely since they are all cut into small pieces - so we're talking 30 seconds here, definitely no more than a minute. Lift out with a strainer and immediately plunge into the ice bath to stop the cooking. Drain again and put on a clean towel to dry.

Put the lemon juice into a small bowl and add a pinch of salt. Drizzle in olive oil while whisking to emulsify the mixture. Make this dressing heavy on the olive oil, mild on the lemon, which means you'll probably use more oil than you're used to. It should be lemony, but not too overpowering.

Gently toss the blanched vegetables, separately, with the dressing and then lift them out, layering them on a serving plate as you go. I'd start with the summer squash since it is flat, then the carrots. I'd then sprinkle the julienned sorrel all around the plate and partially over the carrots. Finish with the cauliflower and then toss the fennel here and there. Top with a couple dollops of the ricotta, a drizzle of remaining dressing, and a grinding of black pepper. Serve cool.

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Grilled Vegetable Sandwiches with Pesto-Goat Cheese



Pesto:

3-4 bunches basil leaves
5 garlic cloves
3 T pine nuts
¼ c parmesan, grated
olive oil

Put the basil leaves (no stems) in a food processor. In my 11 cup processor, the leaves are loosely packed to the top. Add the garlic cloves, pine nuts, parmesan, 1/2 t salt and a half grind of pepper. Begin to process and pour in the olive oil through the food tube. Use as much oil as you like to create the texture that you prefer. I use about a half cup of olive oil for a saucy pesto.

Pesto-Goat Cheese

8 oz fresh goat cheese
½-¾ c pesto

Process the goat cheese with the pesto in a food processor until smooth. Chill.

Sandwich (makes 4 sandwiches)

2 lb summer squash (any variety, or mixed varieties)
1 large red onion
8 piquillo peppers from a jar (or roast 4 of your own red bell peppers)
sherry vinegar
3 oz spinach leaves
sliced sourdough bread

Slice your squash about ¼ inch thin. Peel the onion and slice it in ½ inch thick rings. Do not separate the onion rings. Sprinkle some sherry vinegar, olive oil, and some salt and pepper over the squash and onions. Allow to marinate until you get the grill going. Grill the vegetables until softened, charred in some places, and cooked to your liking. The onions will take the longest. Cool.

Spread a thin layer of pesto goat cheese on each slice of bread. Line one side of each sandwich with spinach leaves. Top with a mixture of the roasted vegetables, including the piquillo peppers. Close the sandwich and eat immediately.

(Photo by Jonathan Miller)

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