

[Heirloom Tomatoes](#)  
[Radicchio](#)  
[Cheddar Cauliflower](#)  
[Couve Tronchudo](#) (Portuguese Cabbage)  
[Celery](#)  
[Escarole](#)  
[Sweet Peppers](#)  
[Onions](#)  
[Gigante Beans](#)

**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: Tomatoes:** Store at room temperature on the counter, left open. Check your basket for split tomatoes and eat or use them right away as they attract flies. Do not refrigerate your tomatoes! They turn mushy. **Radicchio:** Give it a drink and store in a plastic bag in the fridge. No coldest drawer.

**Cauliflower:** Store in a plastic bag in the fridge. Coldest drawer ok. **Couve Tronchudo:** Give this a nice drink, put in a generous plastic bag and store in the fridge. No coldest drawer.

**Celery:** Give the celery a good drink and store in a plastic bag in the fridge. Coldest drawer is usually ok for celery. **Escarole:**

Rinse well and store in a plastic bag in the refrigerator. No coldest drawer. **Sweet Peppers:** Store in a plastic bag in the fridge. No coldest drawer. **Onions:** Remove twisty ties/rubber bands, then store in a plastic bag in the fridge. **Fresh shell beans:** Store in a plastic bag in the fridge. Good air circulation is important to prevent mold. Once shelled, the beans should be covered or put in a plastic bag and refrigerated no longer than overnight.



**Radicchio (above left), Couve Tronchudo (above right); mixed sweet peppers (left). Photos by Andy Griffin**

**Notes from Julia:**

On the Cabbage/Kale thing in your box: that's just what it is: a cabbage kale thing! The leaves can be used in many recipes that call for cabbage or kale, and the white parts of the bottom of the leaves can be cut up and used like cabbage. I nearly always prefer my greens cooked, I always have. The occasional coleslaw that isn't too mayo-heavy is ok, but I love wine-braised cabbage, garlic sautéed kale, etc. With this veggie you can truly look up cabbage and kale recipes with great success.

This week is Sweet Pepper Week! If you're not sure what to do with that many peppers, I'd recommend roasting them in the oven, skinning them, then freezing in smaller jars for future use or keep in the fridge for up to a week and make lots of great pepper dishes this week.

**A few recipes from Chef Jonathan Miller:**

**Grilling Radicchio**

1 head radicchio  
olive oil  
salt

Shave the root end of the radicchio so you have a clean, white cut. Quarter the radicchio through the root end, making sure that each quarter has part of the root and the leaves are still attached to it. Drizzle each quarter with a couple tablespoons of olive oil and sprinkle with some salt, turning to coat. Heat a grill, or a barbecue until very hot, then put the radicchio on one of the cut sides onto the grill. Do not fuss with it once it is on the grill and cook for a few minutes, or until it is flecked with black char, but not totally blackened. Turn with tongs to the other cut side and cook the same way. Remove from the grill and put on a serving plate, drizzling with balsamic vinaigrette if you like. It's also fine just the way it is. Serve hot.

**Radicchio and Fennel Salad with Prosciutto**

4 T pine nuts  
olive oil  
white wine vinegar  
1 t Dijon  
2 red grapefruit  
1 head fennel  
1 large, or two small heads radicchio  
¼ lb prosciutto, thinly sliced

Chop the pine nuts, then sauté them in a little olive oil until they are lightly golden. Remove from heat and add the Dijon and a couple tablespoons of the vinegar, whisking well. Taste to make sure you like it, adding just a little salt if you prefer.

Section your grapefruit, making sure to catch the juice. Very coarsely chop the sections. Core the fennel and slice it very thinly crosswise. Thinly slice, or shred, the radicchio. Toss the radicchio with the grapefruit sections, the fennel, and the pine nut vinaigrette. Put the prosciutto on a serving plate and top with the salad. Finish with a little bit of the grapefruit juice and serve.

## Caldo Verde, a traditional Portuguese soup

2 garlic cloves, chopped  
olive oil  
1 large onion, chopped  
6 oz linguica, thinly sliced  
1 lb potatoes, diced  
1 bunch couve tronchudo, shredded

Heat a pot with some olive oil in it and add the garlic, onion, and half the sausage. Cook over moderately high heat, stirring, until the onion is soft, about 8 minutes. Add about 2 quarts of water, the potatoes, and some salt. Boil, reduce heat to low, and simmer until the potatoes are tender, about 8-10 more minutes. Mash the soup with a masher, or use a food processor to create a coarsely mashed, rustic texture. Return the soup to a simmer and add the couve tronchudo and simmer until it is cooked down, at least another 5 minutes. Add the remaining linguica and heat through, tasting for seasoning. Serve warm with quality olive oil drizzled on top.

## Peperonata

A richer variation of simple stewed sweet peppers, peperonata is super versatile. You can eat it just the way it is, or use it as a topping, which is how I use it most. You can even top pizza or sandwiches with it.

4 sweet peppers, cored and thinly sliced  
olive oil  
3 garlic cloves, thinly sliced  
2 tomatoes, peeled and chopped  
1 bay leaf  
leaves from 6 branches thyme

Heat a large skillet and add some olive oil, then the peppers, stirring until coated in the hot oil. Sauté briskly for a few minutes until they begin to soften, then add the garlic, tomatoes and any tomato juices that exude onto the cutting board. Add the bay leaf and the thyme, stir, lower the heat, and stew, uncovered, until the tomatoes have cooked down and the peppers are very soft, about 7-8 minutes. Season with salt and pepper, taste and adjust seasonings if necessary. Serve over polenta, grilled meats, strong cheese, or as a side dish. Use leftover peperonata for sandwiches, pizza, or serve on a crostini with ricotta cheese.

## Roasted Cauliflower and Pasta

1 large head cauliflower or two small heads, cut into florets  
1 large onion, halved and thinly sliced crosswise  
½ t crushed chili flakes  
olive oil  
2 garlic cloves, chopped  
handful of green olives, pitted and chopped  
4 T parsley, chopped  
2 eggs, beaten  
3 T parmesan, grated  
3-4 oz smoked cheese (gouda or mozzarella are good here), grated  
1 lb pasta noodles (spaghetti works great)  
1 c bread crumbs

Toss the cauliflower with some olive oil and salt on a sheet pan, then roast in a 400 degree oven until colored and nutty tasting, about 15 minutes.

Heat a skillet. Add some olive oil and saute the onion with the chili flakes over high heat, stirring, until golden but not caramelized, about 5 minutes. Stir in the garlic, some salt, and remove from heat. Combine in a bowl with the cauliflower, the olives, and the parsley.

Beat the eggs in a separate bowl and fold in the cheeses.

Sauté the bread crumbs in olive oil or butter until golden brown.

Cook your pasta until al dente, drain and immediately toss with the cauliflower mixture. Add the egg mixture, and stir with tongs until all the noodles are coated well. Transfer to a serving plate and top with the bread crumbs. Serve hot.

## Salad of the Week: Roasted Peppers and Green Beans

3 sweet peppers  
2 shallots, thinly sliced  
1 garlic clove, minced  
2 T red wine vinegar  
½ T sherry vinegar  
olive oil  
½ -¾ lb green beans, stem end trimmed  
½ lb tomatoes, chopped (or use cherry tomatoes, halved)  
mint  
parsley  
almonds, toasted

Combine the shallots with the garlic, vinegars, and a little salt. Allow to sit while you make the rest of the salad.

Roast your peppers using the method you prefer. (I do mine under the broiler or on the grill outside. Make sure you blacken the skin.) Scrape the charred skins off them and slice the flesh into strips.

Blanch the beans until crisp-tender, about 2-3 minutes in heavily salted boiling water. Drain and cool under cold running water or in an ice bath. Drain and pat dry.

Combine the peppers with the green beans the tomatoes, the herbs (use a tablespoon at least of each), and the shallot mixture. Toss well and taste for seasoning. Finish with toasted almonds (chopped or whole). Serve at room temperature.

More recipes at <http://mariquita.com/recipes/index.html>

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## Tomato U-Picks in Hollister: September 22<sup>nd</sup> & 24<sup>th</sup> 9 AM to 12 Noon

Cost will be \$0.75/lb for u-pick tomatoes, including heirloom varieties. NOTE: for the Thursday u-pick, there will be heirlooms, beefsteaks and dry-farmed principe borghese but *no San Marzanos*. At the Saturday u-pick, all of those varieties as well as San Marzanos will be available for picking. (We assess the week before each u-pick which types will be available depending on which field is most bodacious in its available ripe harvest.) Bring shallow boxes and crates (not too deep or your tomatoes will squish each other!), water to drink, and a hat because it can get hot. We will have some cardboard boxes for sale, but you're encouraged to bring your own. This u-pick will be held in Hollister at [7788 Lovers Lane](http://7788LoversLane.com) off of Hwy 152. We'll have our Mariquita Farm banner sign up so look out for it. No dogs or pets please.