



Watermelon

Hudson's Golden Gem [Apples](#)

[Delicata Squash](#)

[Cherry Tomatoes](#)

[Tomatoes](#)

Cubanelle [Peppers](#)

Mexican Mouse [Melons](#)

[Cilantro](#)

New Zealand [Spinach](#)

[Radicchio di Lusia](#)

****Disclaimer to the above vegetable list**:** The list above is *approximate*. When we run short of an item, we substitute with something else similar. Andy will make sure it will be a good value. In the meantime, we appreciate your patience and a sense of adventure with these boxes. Enjoy!

Storage: **Watermelon & Delicata Squash:** store in a cool, dry place: nearly anywhere in your kitchen or pantry should work. If the winter squash doesn't have nicks/fresh gashes it should last for months. **Apples, Peppers & Mouse Melons:** Store in your crisper in the fridge. **Tomatoes:** Store in a cool spot on your kitchen counter until you use them. Do not refrigerate – that makes them mushy and less tasty. **Cilantro, Spinach & Radicchio:** Remove ties and store loosely in bags in the fridge.



Hudson's Golden Gem apples from Robin's Nest farm. These are a crisp, sweet russet apple variety, excellent for eating out of hand. Photo by Andy Griffin.

Watermelon Caprese

By Lena Abraham, from Delish

1 small watermelon, sliced

1 mozzarella ball, sliced

2 tbsp sliced fresh basil

Flaky sea salt

Freshly ground black pepper

extra-virgin olive oil

balsamic glaze

Slice watermelon into ½" thick squares, about 3"-x- 3".

Slice mozzarella into ½" slices.

On a serving dish, alternate slices of mozzarella and watermelon. Sprinkle with basil, flaky sea salt and pepper. Drizzle with olive oil and balsamic glaze and serve. Serves 4.

Super Simple Stuffed Delicata Squash

Adapted from Kim's Cravings

4 large delicata squash ends cut off, sliced vertically and deseeded

1 lb. lean ground turkey or chicken

½ small onion diced

2 garlic cloves minced

3-4 diced tomatoes, drained

1 teaspoon seasoning salt use your favorite

2 handfuls fresh spinach chopped (try the New Zealand Spinach here!)

Preheat oven to 400 degrees F.

Brown meat in a large skillet over med-high heat. After meat has been cooking for about 2-3 minutes, add onion and garlic.

Meanwhile, you may want to pop the squash in the microwave for about 1 minute to soften the squash up a bit.

Once meat is almost fully cooked, add tomatoes, seasoning salt and spinach. Stir to combine and continue to cook until spinach is wilted. This should only take a couple of minutes.

Use a slotted (this will help drain excess liquid) spoon to spoon the turkey mixture into the squash halves. Fill them as full as possible. You may have extra turkey mixture, which makes a very tasty salad topping. Bake stuffed squash at 400 degrees F. for 20 to 30 minutes, until tops are browned and squash is soft. Enjoy!

Mariquita Farm's Vegetable Recipes A to Z page:

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

Fresh Tomato Gazpacho

5 pounds ripe tomatoes, any color
1-2 cloves garlic
2 Tbs. lime juice
2 Tbs. olive oil
1 Tbs. white wine vinegar
1 tsp. salt
1 Tbs fresh oregano, chopped
6 green onions, thinly sliced
1 sweet bell pepper, red or yellow, finely chopped (try the cubanelles here)
¼ c. finely chopped celery
1 cup finely chopped, seeded cucumber (try substituting with the Mexican Mouse melons)
1-2 jalapeno chilies, seeded and minced

Accompaniments: seeded, chopped red bell pepper, diced avocado, fresh chopped cilantro leaves, garlic croutons, thinly sliced radishes, thinly slivered cabbage, lime wedges, creme fraiche

Seed and finely chop 1 tomato; reserve. Coarsely chop remaining tomatoes. Combine these w/ garlic in a blender (you may need to do this in two batches)-process until smooth. Press through a sieve into large bowl; discard seeds. Whisk lime juice, oil, vinegar, salt and oregano into tomato mixture. Stir in reserved chopped tomato, green onions, red pepper, celery, cucumber and chilies. Refrigerate, covered, at least 4 or up to 24 hrs to blend flavors. At serving time: Stir soup well and ladle into chilled bowls. Pass accompaniments to be added according to individual taste.

Hot and Sour Soup with Spinach

Adapted from *Great Greens* by Georgeanne Brennan

6 cups chicken or vegetable broth (high quality as this is a brothy soup!)
6 ounces white mushrooms, thinly sliced
1 bunch spinach, stemmed and leaves sliced (about 1½ cups)
3 Tablespoons light soy sauce
3 Tablespoons rice wine vinegar
¾ Tablespoon freshly ground pepper
2 teaspoons toasted sesame oil
½ teaspoon hot chile oil
5 ounces firm tofu, cut into ½-inch cubes
5 Tablespoons water mixed with:
3 Tablespoons cornstarch
1 egg, beaten
¼ cup chopped fresh cilantro
2 green onions, including half the green part, minced

In a large saucepan or a soup pot over high heat, bring the broth to a boil.

Reduce heat to medium, add the mushrooms and spinach,

and simmer for 5 minutes. Add the soy sauce, vinegar, pepper, sesame oil, chile oil, and tofu and stir. Then stir in the water and cornstarch mixture and the egg, and cook for 1 minute.

Ladle soup into soup bowls, and garnish with the cilantro and green onions.

Crostini with Radicchio and Apples

1 lb radicchio, cut in thin stripes
1 shallot, chopped
1 apple, diced
1 tbsp honey
1 tbsp balsamic vinegar
1 tbsp olive oil
salt & pepper

Sautee shallot and apple in oil for a few minutes; add radicchio, honey, salt and pepper and cook until wilted. Add the balsamic vinegar, mix well and spread on warm toasted Italian bread.

Pasta with Braised Radicchio Adapted From EatingWell

1 tablespoon extra-virgin olive oil
3 cloves garlic, slivered
¼ teaspoon crushed red pepper
2 ounces thinly sliced prosciutto, cut into 2½-inch-long matchsticks
2 large heads radicchio, cored and sliced
Freshly ground pepper to taste
1 14-ounce can reduced-sodium chicken broth
Salt to taste
1 pound whole-wheat linguine or spaghetti
½ cup freshly grated Parmesan cheese, divided

Bring a large pot of water to a boil for cooking pasta. Place a pasta-serving bowl and 4 individual pasta bowls in a warm oven.

Heat oil in a large nonstick skillet over medium-low heat. Add garlic and crushed red pepper. Cook, stirring, until tender and fragrant but not brown, 30 to 60 seconds. Add prosciutto and cook, stirring, until lightly browned, 2 to 3 minutes. Add radicchio, increase heat to medium and cook, turning with tongs, until wilted, 4 to 5 minutes. Season with pepper.

Pour in broth and bring to a simmer. Reduce heat to low and simmer, uncovered, until radicchio is tender, about 10 minutes.

Meanwhile, cook pasta in a pot of boiling salted water until al dente, 8 to 10 minutes. Drain and place in the warm serving bowl. Add the braised radicchio sauce and ¼ cup Parmesan; toss to coat. Taste and adjust seasonings. Serve immediately, passing remaining ¼ cup Parmesan separately.