



[Mexican Mouse Melons](#)  
[Cherry Tomatoes](#)  
[Beefsteak Tomatoes](#)  
[Genovese Basil](#)  
[Avocados](#)  
[Summer Squash](#)  
[Cubanelle Peppers](#)  
[Japanese Eggplant](#)  
[Carrots](#)  
[Red Onions](#)

**\*\*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:** Mouse Melons, Summer Squash, Peppers, Eggplant & Carrots: Store in bags in the fridge. Tomatoes (Cherry & any other kind): Store in a cool spot on your kitchen counter until you use them. Do not refrigerate – that makes them mushy and less tasty. Basil: Store in the ‘warmest’ place in your fridge -- for some that’s the door, for others that might be the produce drawer. Wrap the basil in a clean damp cloth and store in your fridge. Avocados: Store on your counter to ripen until they’re ready to eat. Onions: These are cured – have dry skins -- so can be kept in a cool dry spot on your counter.



Mexican Mouse Melons. Photo by Andy Griffin.

**Mexican Mouse Melons** are basically very small cucumbers. Think of them as vegan M&M’s! Add them to a salad or try pickling them!

**Julia's Refrigerator Cucumbers**

Several [cucumbers](#) (use the Mexican Mouse Melons here)  
 Several [Onions](#)  
 dill  
 garlic  
 peppercorns  
 bay leaf  
 salt  
 Rice Vinegar, alone or mixed with white vinegar

Slice the cucumbers and onions. Layer in a large glass bowl or jar with the dill, sliced garlic, a few peppercorns, and a couple of bay leaves. Mix the vinegar(s) & salt (about ½ teaspoon per cup of vinegar) and then pour over cucumbers. They can be eaten within the hour or in several days. Keep in refrigerator.

**Tomates Concassées**

Andy likes to make a fresh pasta sauce this time of year and call it "Tomates Concassées" because he read about it in a book years ago. He basically makes a ‘salsa’ but with the Italian red sauce ingredients, all raw but the onions and garlic and of course the noodles.

3 pounds ripe tomatoes, any color  
 1 pound onions  
 3 garlic cloves  
 some olive oil  
 1 bunch of basil  
 juice from one large or two small lemons  
 salt and pepper to taste

Bring a saucepan of water to boil. Rinse the tomatoes, and make a 1-3 inch shallow slit in the bottom of each one. Lower the tomatoes, 2 or 3 at a time, depending on their size, into the boiling saucepan of water. They should only bathe for \*5\* seconds, no longer. Remove to a plate, rinse in cool water if you like. When all the tomatoes are done, remove peels and seeds, and roughly chop.

Peel and chop onions and garlic. Sauté the onions in a little oil over a medium heat in a wide largish soup pan for a few minutes, then add the garlic. Take care not to burn either. Remove from heat when both are soft and won't be raw and crunchy in the sauce.

Wash and chop basil, then mix it with the cooled onion mixture, and the tomatoes. Season with salt and pepper to taste. Toss with just cooked noodles, and eat.

## **Squash, Corn, and Shell Bean Ragout with Sautéed Frying Peppers by Deborah Madison**

1 cup shelling beans (or as many as you can amass)  
1 bay leaf and 1 thyme branch (aromatics)  
Sea salt and freshly ground pepper  
3 frying [peppers](#) (try the cubanelles here), cut into strips about 2 inches long and ½-inch wide  
3 tablespoons olive oil  
2 teaspoons balsamic vinegar  
1 pound scallop squash or [zucchini](#), cut into small wedges  
1 tablespoon butter  
1 small onion, finely diced  
5 to 6 ears yellow corn, the kernels sliced from the cobs with the milk  
1 pound [tomatoes](#), seeded and neatly diced, the juice reserved and strained  
5 basil leaves, finely sliced  
¼ cup cream  
1 handful small yellow fruit (such as Sun Gold cherry) tomatoes halved

Cook the beans: Put the shell beans in a pan, cover with water, add the aromatics and ¼ teaspoon salt, and bring to a boil. Reduce the heat and simmer, covered, until tender, 15 to 20 minutes for black-eyed peas, possibly longer for other beans. When tender, season with salt and pepper and set aside (no need to drain them) while you prepare the rest of the vegetables.

Cook the peppers: Heat a tablespoon of olive oil in a sauté pan, add the peppers, and sauté over high heat until the skins have started to wrinkle and brown in places and the peppers have softened, about 5 minutes. Add the vinegar, turn off the heat, and slide the peppers around the pan until they're glazed. Season with salt and pepper and set aside.

Cook the squash: Wipe out the pan, add the remaining 2 tablespoons of olive oil, and when the pan is hot again, add the squash. Cook over high heat, turning often, just until browned, then season with salt and pepper and set aside.

Finish the dish: Melt the butter in a Dutch oven, add the onion, and cook it over medium heat for 3 minutes. Add the corn, diced tomatoes, and the cooked beans and their liquid, plus enough water to make about ¾ cup. Season with ½ teaspoon salt, freshly ground pepper, and half of the basil leaves. Simmer, partially covered, until the vegetables are done, about 6 minutes, adding the sautéed squash during the last few minutes so that they heat through. Add the cream to the vegetables and, when hot, taste for salt and season with more pepper as needed.

Serve the dish: Slide the ragout into a heated dish. Cover with the peppers, the halved yellow tomatoes, and the remaining basil and serve.

## **Eggplant Caponata from Elana's Pantry**

1 medium [eggplant](#), diced into ½-inch cubes (skin on)  
½ cup cherry [tomatoes](#), sliced in half  
2 tablespoons kalamata olives, sliced in half  
2-4 tablespoons olive oil  
¼ teaspoon celtic sea salt

In a large bowl, combine the eggplant, tomatoes, olives, olive oil and salt. Transfer mixture to a 9X13 inch baking dish. Bake at 350 degrees for 35-45 minutes until eggplant is tender. Serves 4.

## **Eggplant Pizza from Eat Good 4 Life**

2 large [eggplant](#), sliced 1-inch thick  
24 oz tomato sauce  
20 slices provolone cheese, mozzarella works too  
3-4 oz fresh cherry tomatoes, sliced  
1 cup fresh spinach  
½ tsp Himalayan salt  
Pepper flakes, optional

Preheat your oven to 425 F. In two baking trays, arrange the sliced eggplants. Sprinkle the Himalayan salt and bake for 15-20 minutes.

Removed the baked eggplant from the oven and turn your broiler on. Spread 1 tablespoon of tomato sauce over each eggplant round, followed by one slice of provolone. Arrange some fresh spinach and cherry tomatoes over the cheese and broil for 3-5 minutes. Make sure you keep a close look while the eggplant is under the broiler as they can burn really fast. Serve while still hot.

## **Roasted Peppers Stuffed with Cherry Tomatoes, Onion, and Basil**

*Adapted from **Gourmet***

4 red & yellow bell peppers (try the cubanelles here!)  
1 pint [cherry tomatoes](#)  
1 medium onion or one bunch [green onions](#)  
1 cup packed fresh [basil leaves](#)  
3 garlic cloves  
about 3 tablespoons olive oil

Preheat oven to 425F and lightly oil a large shallow baking pan.

Halve bell peppers lengthwise and discard seeds and ribs. Arrange peppers, cut sides up, in baking pan and lightly oil cut edges and stems. Halve tomatoes and chop onion and basil. Finely chop garlic and in a bowl toss with tomatoes, onion, basil, 2 tablespoons oil, and salt and pepper to taste. Divide mixture among peppers and roast in upper third of oven until peppers are tender, about 20 minutes.

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**Mariquita Farm's Vegetable Recipes A to Z page:**

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