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****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: 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. **Carrots, Mouse Melons, Oranges & Summer Squash:** Store in bags in the fridge. **Onions:** These are cured – have dry skins -- so can be kept in a cool dry spot on your counter. **Chard & Bianca Riccia:** Remove ties and store loosely in bags in the fridge.



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.

Cherry Tomato and Olive Relish from *Vegetarian Cooking for Everyone* by Deborah Madison

1 pint cherry tomatoes, halved or quartered if large
 1 or 2 yellow or other tomatoes, seeded and finely diced
 24 nicoise olives, pitted and halved (I use the already pitted kalamata, I chop them roughly for this recipe)
 1 tablespoon capers, rinsed
 1 tablespoon chopped parsley
 2 teaspoons chopped marjoram (I use oregano when I don't have marjoram available)
 5 basil leaves, thinly sliced
 1 Tablespoon extra virgin olive oil
 fresh lemon juice to taste
 salt and pepper

Put the tomatoes in a bowl with the olives, capers, and herbs. Moisten with the oil, then season to taste with the S & P & lemon juice. Serve right away, or at least within the hour of making it.

Tomato Juice, Indian Style from our friend Sumana

I'm not sure why this is something I haven't had or heard of anyone making in the US, although on visits to India it was frequently served.

Blend the juiciest tomato you can find, strain out the largest pieces of pulp so it's smooth and thin, pour over a few ice cubes and cold water, add sugar to taste, stir and drink. Variations include blending with a little mint, or ginger. We think it's much better than the thick V8 type stuff...very refreshing and light.

Here's a recipe from a 40+ year old cook book called America's Best Vegetable Recipes from the editors of The Farm Journal:

"Try cooking cherry tomatoes. Sauté them in a skillet in butter for only 2-3 minutes. Season with salt and pepper and a sprinkle of sugar to make them shine. A bright and tasty addition to a dinner plate."

**Carrot Yogurt Soup
adapted from Sunset's Make-Ahead Cookbook**

2 T cooking oil
1 large leek or onion, chopped (leek should be cut in half, cleaned and then white and light green parts chopped. The dark green parts can be tossed or used to make stock.)
1 garlic clove or 1 stalk green garlic, chopped
1 teaspoon each curry powder and flour
3 cups stock: chicken or vegetable
3 large or 6 medium carrots, scrubbed and sliced, (peeled if you like)
1 cup plain yogurt
cayenne pepper, ground
1/3 cup chopped, toasted salted peanuts

Heat oil in 3-4 quart pan over med. heat. When oil is hot, add onion, then garlic, stirring, until onion is soft. (About 10 minutes). Add curry powder and flour; continue to cook, stirring, for about 30 seconds. Add broth and carrots. Cover and simmer until carrots are tender when pierced (15 to 20 minutes)

Blend with immersion blender, food processor or regular blender with 3/4 cup of the yogurt until pureed. Season to taste with S and P and cayenne (use sparingly!). Let cool; cover and refrigerate for up to 1 day or freeze for up for 4 months.) Thaw overnight or defrost in microwave.

To serve: Serve at room temperature or hot. Garnish with peanuts, yogurt, and if you like carrot curls you can make by using a vegetable peeler and 'peeling' long carrot curls from a carrot. Put these curls in a small bowl of ice water to help them stay curly and crunchy before you serve them in the soup.

**Bitter Greens with Walnut Oil and Mustard Vinaigrette
From Vegetable Literacy by Deborah Madison**

Try the Bianca Riccia with this recipe from Deborah Madison: "They can take—and need—an aggressive dressing. The mustard and walnut oil do the work of taming these big flavors. Serve unadorned or with a crostini covered with fresh ricotta cheese or Gorgonzola."

1/2 cup freshly cracked walnuts
sea salt and freshly ground pepper
8 cups bitter greens, torn into pieces a bit larger than bit size

The Vinaigrette:

1 plump clove garlic
sea salt
2 T strong red wine vinegar
2 tsp Dijon mustard
3 T walnut oil
2 T olive oil
1 T creme fraiche

Heat the oven or a toaster oven to 350 F. Spread the walnuts in

a shallow pan and toast until fragrant, about 6 minutes or so. Pour onto a plate and toss with a pinch of salt and a grind of pepper.

Put the greens in a wide, spacious bowl.

To make the vinaigrette, pound the garlic with 1/4 teaspoon salt in a mortar until smooth. Stir in the vinegar and mustard, then whisk in both oils, followed by the creme fraiche. Taste the dressing on a leaf and adjust the seasonings if needed.

Drizzle the vinaigrette over the greens and toss to coat evenly. Add the walnuts and toss again, then pile the greens high on individual plates and serve.

**Chard and Chickpea Stew with Tamarind
Adapted from Plenty by Yotam Ottolenghi**

You can make your own tamarind pulp, or use some concentrated paste from a market. If you use a paste, be sure to use far less than the recipe indicates, and add more, little by little, until you like it. If you want to make your own pulp, which I recommend, buy 3 cups of tamarind pods (or so). Shell them and put the soft centers in a pot and cover them, barely, with water. Bring to a simmer and push around until the pulp dissolves and you are left with seeds (and some strings). Strain and you should be left with about 2 cups of pulp. Also best to make your own chickpeas, but a 14oz can will work, too. — Chef Jonathan Miller

1 bunch chard
2 t coriander seeds
1 onion, sliced
2 t caraway seeds
2 T olive oil
1 t tomato paste
1 lb tomatoes, chopped
1 1/2 c water
1 1/2 T sugar
2 1/2 c cooked chickpeas
4 T tamarind pulp
juice of 1 lemon
plain yogurt
1 bu cilantro, chopped
cooked brown rice

Blanch the chard and the chard stems until just tender, a minute or so. Drain and chop.

Dry roast the coriander seeds in a dry skillet until fragrant, about a minute. Cool, then grind in a spice grinder.

In a pot, heat the olive oil and add the onion, caraway seeds. Cook until the onion is very soft and beginning to brown, about 10 minutes. Add the tomato paste for a minute or two.

Add the tomatoes, water, sugar, cooked chickpeas, ground coriander, chopped chard, and a little salt. Stir well, then add the tamarind pulp. When the stew begins to simmer and cover for 30 minutes. Taste and make sure you like it.

Finish the stew with the juice of the lemon and the cilantro. Serve with a little rice and a dollop of yogurt if you like.

Mariquita Farm's Vegetable Recipes A to Z page:
<http://mariquita.com/recipes/index.html>