



[Baby Carrots](#)
[Scallions](#)
[Basil](#)
[Lettuces](#)
[Cherry Tomatoes](#)
[Eggplants](#)
[Beets](#)
[Spring Onions](#)
[Cucumbers](#)
[Chard](#)
[Summer Squash](#)

****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: Carrots, Lettuce, Eggplants, Cucumbers & Summer Squash: Store in bags in the fridge. Scallions, Spring Onions & Chard: Remove any ties or rubber bands, and store loosely in bags in the fridge. Basil: It shouldn't get too cold, so try to find the 'warmest' place in your fridge. For some that's the door, for others that might be the produce drawer. Or, try keeping your basil as a flower bunch in a jar with water at the stems. Tomatoes: Do not refrigerate. Store on your counter. Beets: Remove greens from beets. Store greens and beets in separate bags in the fridge. Use the greens within the first 1-2 days as a cooking green, just like chard.



Mixed varieties of Summer Squash. Photo by Andy Griffin.

Sara's Great Frittata Recipe:

2 lbs summer squash
Salt
Green onions (healthy fistful chopped)
Basil leaves (fistful again)
2 garlic cloves
4 eggs
¼ cup oil
1 cup flour
2 tsp. baking powder
½ cup parmesan/pecorino cheese

In the main bowl of a food processor, grate about two pounds of summer squash. Put the squash in a colander and lightly salt. Leave to drain, and put the chopping blade in the food processor. Add a healthy fistful of onions and the leaves from a bunch of basil. Toss in a couple garlic cloves if you have them, and pulse until well chopped. In a big bowl, mix around a cup of flour with a couple teaspoons of baking powder and about a half cup of grated parmesan or pecorino romano cheese. Lightly beat four eggs and a quarter cup of oil (if you're feeling decadent and there are no vegetarians in the crowd, add a couple spoonful's of bacon grease). Put the grated squash in a thin clean dishtowel or heavy duty paper towel and squeeze out excess liquid. Combine all the ingredients in the big bowl. You should have a thick, fragrant batter. Pour the batter into a greased 13x9 baking pan and sprinkle a little more cheese on top. Bake at 375 degrees until golden, about 30-45 minutes (it depends on the moisture left in the squash). When cool, cut into squares and serve.

**Greek Salad Sandwich
Bon Appetit, May 1995**

12 oz small tomatoes, cored, halved, thinly sliced
6 cups spinach leaves, stems trimmed
1½ cups thinly sliced cucumber
1 cup crumbled feta cheese (about 4 oz)
1/3 cup coarsely chopped pitted black brine-cured olives (such as kalamata)
¼ cup large fresh basil leaves, thinly sliced
5 tsp olive oil
juice from one fresh lemon
4 large garlic cloves, minced
5-6" diameter pita bread rounds, toasted

Place tomato slices in strainer; drain 15 minutes. Then, combine tomatoes, spinach, cucumber, feta cheese, olives and basil in large bowl. Whisk ¼ cup olive oil, 5 teaspoons lemon juice and minced garlic in small bowl to blend. Season dressing to taste with salt and pepper. Pour dressing over salad and toss to coat. Cut pita bread rounds in half crosswise. Divide salad mixture among 8 pita halves and serve.

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

Roasted-Garlic Basil Sauce
Gourmet, September 1997

4 large garlic cloves
1 medium zucchini
¾ cup packed fresh basil leaves
¼ cup packed fresh flat-leafed parsley leaves
½ cup water
2 teaspoons fresh lemon juice

Preheat oven to 425°F. Wrap garlic cloves tightly in foil. Cut zucchini into ¼-inch-thick slices and season with salt and pepper. Put foil-wrapped garlic and zucchini on a baking sheet and roast in middle of oven until garlic is tender and zucchini is pale golden, about 15 minutes.

Unwrap garlic and cool. Have ready a bowl of ice water. In a saucepan of boiling water blanch basil and parsley 10 seconds and drain in a sieve. Refresh herbs in ice water to stop cooking and drain in sieve. Sauce ingredients may be prepared up to this point 1 day ahead and kept separately, covered and chilled. In a blender blend garlic, zucchini, herbs, water, and lemon juice until smooth, about 1 minute, and season with salt and pepper. Makes ~¾ cup.

Princess Eggplant from Julia

2 pounds smallish white or purple eggplants
3 tablespoons peanut or safflower oil
2-4 cloves garlic, chopped
1 bunch chard, washed and roughly
1 bunch parsley or cilantro, chopped

Sauce: Mix together with a bit of water:

2 cloves garlic, chopped
2 Tablespoons rice vinegar
2 teaspoons sugar
1 Tablespoon soy sauce
1 Tablespoon dark sesame oil
1 Tablespoon black bean sauce

Cut the eggplants into large-ish bite-sized pieces. Cook them over high heat in the oil, after 2 minutes, add the garlic and stir often, until the eggplants are mostly cooked through. Add the chard and mix in until it's wilted some, about 1 or 2 minutes. Add the sauce to the still-hot eggplant mixture. STIR in the parsley or cilantro just after removing from the heat, serve with rice.

Spring Onion Sandwiches
from Chez Panisse Vegetables by Alice Waters

Onion Sandwiches were an old favorite of James Beard's. These are best made in May when onions are very sweet. Trim the crusts off thin slices of good white bread. Spread two slices of bread with mayonnaise, on one side. Slice fresh onion very thinly and make a layer of onion slices on one slice of bread. Top that with the other slice of bread. Dip the four side edges of the sandwich into thin mayonnaise and then into chopped parsley.

Yotam Ottolenghi's Chickpea Sauté
Adapted by Allan Santos

¾ lb (~8 cups) chard
1/3 cup olive oil, plus extra to finish
4 medium carrots, peeled and cut into 3/8-inch dice
1 tsp caraway seeds
1 ½ cups chickpeas (freshly cooked or canned)
1 garlic clove, crushed
1 tbs chopped mint
1 tbs chopped cilantro
1 tbs lemon juice
Salt and black pepper
8 oz feta cheese (or ½ cup Greek yogurt)

Separate the chard stalks from the leaves. Roughly chop the stalks and the leaves, keeping the stalks and leaves in separate piles. Heat up the olive oil in a large, heavy saucepan. Add the carrots, chopped chard stalks and caraway seeds and sauté for 5 minutes on medium heat. Add the chard leaves and chickpeas and continue cooking for 6 minutes. Now add the garlic, herbs, lemon juice, and some salt and pepper. Remove from heat and cool down a little. Taste and adjust seasoning.

To serve, pile the vegetables on a serving platter and crumble the feta cheese over the top. (If you prefer to use Greek yogurt, mix together the yogurt, olive oil and some salt and pepper and spoon the yogurt on top of the vegetables.) Then, sprinkle freshly ground pepper and drizzle over more olive oil. Allan tossed the chickpea sauté with soba noodles before crumbling the feta cheese over it all. It was so delicious!

Charred Squash Salad
Adapted from a recipe in *Cooking Light*, July 2016

2 lbs summer squash, halved lengthwise
1 large Vidalia onion, halved
½ tsp kosher salt, divided
½ tsp freshly ground black pepper, divided
¼ cup extra-virgin olive oil
2 tbs fresh lemon juice
½ cup torn fresh basil leaves
½ cup torn fresh mint leaves
½ cup fresh flat-leaf parsley leaves

Preheat grill to high. Lightly coat sides of squash and onion with olive oil; sprinkle evenly with ¼ tsp salt and ¼ tsp pepper. Arrange squash and onion, cut side down, on grill; cover and grill 5 minutes. Rotate vegetables; cover and grill 3 minutes. Turn vegetables over; grill 2 minutes. Remove squash from grill. Continue grilling onion 4 minutes; remove from grill. Cool to room temperature. Then, coarsely chop vegetables; place in a large bowl. Add remaining ¼ tsp salt, remaining ¼ tsp pepper, oil, and juice; toss to coat. Add basil, mint, and parsley; toss.