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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:** 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. Wrap the basil in a clean damp cloth and store in your fridge.

Summer Squash, Cucumbers, Eggplant & Potatoes: Store in bags in the fridge. Carrots: Remove and compost greens. Carrots will stay crisper longer without their greens. Store carrots in a bag in the fridge. Chard & Garlic Chives: Remove any ties or bands, and store loosely in bags in the fridge. Onions: These are cured -- have dry skins -- so can be kept in a cool dry spot on your counter. Tomatoes: Store in a cool spot on your kitchen counter until you use them. Do not refrigerate -- that makes them mushy and less tasty.



Parisian Carrots.  
Photo by Andy Griffin.

**Cantaloupe Salad with Basil, Fresh Mozzarella & Onions, adapted from theKitchn**

1 medium cantaloupe, cut into 1-inch cubes  
10-20 leaves of basil, chiffonaded (reserve a few whole leaves for garnish)  
10 green olives, sliced  
¼ red onion, thinly sliced  
1 cup fresh mozzarella balls, sliced into quarters  
Olive oil  
Champagne or Red wine vinegar  
Juice from one Lemon or lime  
S & P to taste

In a large bowl, toss the cantaloupe, basil strips, olives, red onions and mozzarella balls together. Lightly dress the salad with a long pour of olive oil and even longer drizzle of red wine vinegar. Juice one lime and toss into the salad. Generously salt and pepper the salad and taste. This salad is great straight away but even better chilled for a few hours before serving, to allow the flavors to really meld. Serves 4 to 6.

**Aunt Joan's Zucchini, as remembered by Julia**

1.5 pounds summer squash, mixed or all one variety  
3 cloves garlic, minced  
2 Tablespoons olive oil  
some chopped fresh basil  
grated fresh parmesan cheese  
salt and pepper

Thinly slice the summer squash. Heat oil over moderate heat in medium-large frying pan. Add the minced garlic, and let cook for just a few seconds, don't let it brown. Then add the squash, spreading out in the pan so it can all cook evenly. Once the first layer is browned up a bit, stir it around the pan, letting the still-uncooked squash hit the oil below for a little browning. You can add a bit more oil at this point if you like. Add some salt and pepper to taste. Once it's all cooked (7-12 minutes), remove to a serving dish and top with the fresh chopped basil and the Parmesan. Serves 3 to 4

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

## **Chard, Potato, and Chickpea Stew** Adapted from [Foodandwine.com](http://Foodandwine.com)

1 lb chard, stems removed, leaves washed well and chopped  
3 tablespoons olive oil  
1½ lbs potatoes (about 3), peeled and sliced ¾-inch thick  
1 onion, chopped  
2 cloves garlic, minced  
1 teaspoon paprika  
¼ teaspoon turmeric  
1/8 teaspoon cayenne  
1 teaspoon salt  
2 cups drained and rinsed canned chickpeas (one 19-ounce can)  
3 cups canned low-sodium chicken broth or homemade stock  
1 cup water  
2 hard-cooked eggs, cut into wedges

Bring a medium pot of salted water to a boil. Add the chard and cook for 3 minutes. Drain thoroughly and set aside.

In a Dutch oven, heat the oil over moderate heat. Add the potatoes and onion and sauté, stirring frequently, until the potatoes start to brown, about 5 minutes. Add the garlic, paprika, turmeric, cayenne, and salt and cook, stirring, until fragrant, about 1 minute.

Add the cooked chard, chickpeas, broth, and water. Bring to a simmer and cook until the potatoes are tender, about 15 minutes. Serve the stew garnished with the hard-cooked eggs.

## **Chard, Chickpea, and Carrot Sauté** Adapted from a recipe from *Plenty* by Yotam Ottolenghi

1 large bunch chard, leaves and stems separated  
4 large carrots, cut into large dice  
olive oil  
1 generous teaspoon caraway seeds  
1 can chickpeas, drained and rinsed  
4 T chopped cilantro  
1 T chopped mint leaves  
1 large whole garlic clove, peeled and crushed  
juice from 1 lemon  
Greek yogurt  
1 lime (for the peel, so make sure it's not sprayed)  
Aleppo pepper (optional)  
sumac (optional)

Dice the chard stems and the carrots. Heat a medium saucepan and add some olive oil, a good amount. Add the caraway seeds, the chard stems, and the carrots, giving a quick stir. Sauté for 6 minutes. Go ahead and use a timer - you don't want to cook things too long with this dish.

While the carrots sauté, chop the chard leaves. After the first five minutes, add the chard leaves, some salt, and the chickpeas and sauté for another 5 minutes. Go ahead and use a timer. Stir occasionally.

Now add the herbs, the garlic, and the lemon juice and immediately remove from heat. Stir and taste. It should taste bright and delicious.

To serve, put the sauté on a serving plate and top with a huge dollop of yogurt. Drizzle olive oil everywhere, sprinkle some Aleppo pepper and sumac all over, and finish with a fine

grating of lime peel. You can serve this warm or at room temperature.

## **Calabrian Bruschetta** from *Verdura* by Viana La Place

4 small Asian eggplants  
Extra-virgin olive oil  
3 ounces provolone or caciocavallo cheese  
6 thick slices country bread  
2 garlic cloves  
3 red tomatoes, cored and thinly sliced  
Extra-virgin olive oil

Trim the eggplants and slice them ¼-inch thick. Arrange the eggplant slices on a lightly oiled baking sheet and brush them with olive oil. Bake the eggplant slices in a preheated 376 degree oven for 10 minutes. Turn the slices over, brush with oil, and cook for another 10 minutes. Remove from the oven and set aside.

Using the large side of a four-sided grater (or a potato peeler...), grate the cheese into long, thin strips.

Grill or lightly toast the bread. Rub with the cut side of the garlic cloves and drizzle with olive oil.

Place a few slices of eggplant on each bruschetta, top with some sliced tomato, and sprinkle a little shredded cheese over the top. Place the bruschetta under a preheated broiler and broil until the cheese melts. Serve immediately.

## **Pickled Onions** By Chef Jonathan Miller

2-3 red onions  
2 cups apple cider vinegar  
½ cup sugar  
2 t salt  
2 bay leaves  
4 allspice berries  
2 cloves

Slice the onions into thin rounds and put in a heatproof bowl just large enough to hold them.

Put the vinegar, sugar, salt, bay leaves, allspice, and cloves in a saucepan and bring to a boil, cooking only as long as it takes to dissolve the sugar. Immediately pour over the onions. Allow to come to room temperature, poking the onions down occasionally to make sure they are covered. Chill. They are ready as soon as they are cold and will keep for weeks and weeks. Delicious in tacos, on burgers, on fish, in sandwiches...

## **Ricotta and Tomato Toast** A great breakfast idea from *Everyday Food*

1 thick slice whole-wheat bread, lightly toasted  
¼ cup part skim ricotta cheese  
½ small heirloom or beefsteak tomato, sliced  
Fresh basil leaves  
¼ teaspoon olive oil  
S & P to taste

Spread bread with ricotta; top with tomato and basil. Drizzle with oil, and season with S & P.