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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: Cilantro & Spinach: Remove ties and store loosely in bags 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. Summer Squash & Sweet Peppers: Store in bags in the fridge. Red Cocktail Onions, Cantaloupe, & Delicata Squash: store in a cool, dry place: nearly anywhere in your kitchen or pantry should work. And, if the winter squash doesn't have nicks/fresh gashes it should last for months.



New Zealand Spinach. Photo by Andy Griffin.

**Baked Zucchini and Tomato Casserole
By Laaloosh**

2 zucchini, large, thinly sliced lengthwise
4 heirloom tomatoes, large, sliced thinly
1 cup panko breadcrumbs
½ cup grated parmesan cheese
1 tablespoon dried basil
1 tablespoon dried oregano
1 teaspoon garlic powder
1 teaspoon salt
½ teaspoon black pepper

Preheat oven to 375 degrees.

In a small bowl, combine basil, oregano, garlic powder, salt and pepper.

Spray an 11 X 13 casserole pan with non-fat cooking spray. Place a layer of zucchini slices along bottom of pan. Sprinkle lightly, but evenly with the seasoning mix. Then place a layer of tomatoes on. Repeat layers until all tomatoes and zucchinis have been used. Cover loosely with foil and bake in oven for about 25 minutes.

Remove from oven, and top casserole with parmesan cheese and then the panko breadcrumbs. Lightly mist with olive oil mister or non-fat cooking spray. Return to oven, uncovered, and bake for another 20 minutes, or until cheese is melted and top is crusty. When done cooking, remove from oven and let stand 10 minutes. Cut into 6 equally sized pieces and serve immediately.

**Quick Pickled Sweet Peppers
By Melissa Belanger from Simply Whisked**

2 cups sliced sweet peppers
¼ cup rice vinegar
¾ cup water
2 tablespoons sugar
2 teaspoons salt
4 garlic cloves, minced

Place peppers into a jar.

In a small saucepan, heat vinegar, water, sugar and salt. Stir until sugar and salt are dissolved. Remove from heat and add garlic.

Pour the liquid over the peppers in the jar. Top with additional water if necessary to cover the peppers. Cover jar and refrigerate for at least 1 hour before serving.

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

Loose Salsa Recipe

ripe tomatoes (beefsteak, DFEGs, heirlooms) diced fine
roasted jalapeños, skins removed, diced fine. (put them under the broiler until blistering, then into a pyrex dish that has a tight fitting lid, then they steam for a few minutes, then remove the skins and they're ready to dice; remove the seeds if you want to ease up on the spicy heat)
onion, diced very fine
garlic, also diced very fine (this is optional, just a little)
cilantro, washed and chopped up
salt to taste
squeeze of lime

Mix and eat.

Delicata Squash Pizza

By Erin Alderson from *Naturally Ella*

1 delicata squash
½ medium red onion
2 tablespoons olive oil, divided
2 cloves garlic, minced
2 tablespoons shredded basil, plus extra for topping
3 to 4 oz shredded mozzarella or smoked mozzarella
½ ball whole wheat pizza dough (homemade or store-bought)

Cut the squash and onions into thin slices, about 1/8" thick. Heat a large skillet over medium-low heat and add 1 tablespoon olive oil. Add in the squash and onion slices, stirring occasionally. Let cook until mixture starts to brown, 8 to 10 minutes. Add in garlic, cook for one more minute. Remove from heat and stir in the basil.

Preheat oven to 450°. Roll the pizza dough out in a rectangle that is roughly 8" by 12". Transfer to a sheet tray.

Brush the crust with olive oil then sprinkle the delicata squash mixture evenly over the dough. Sprinkle with 3 ounces of shredded cheese and add more as desired. Bake for 12 to 15 minutes until crust has browned and cheese has melted. Sprinkle with extra basil and serve.

Roasted Delicata Squash & Onions From EatingWell Test Kitchen

2 pounds delicate squash
1 medium red onion, sliced
2 tablespoons extra virgin olive oil, divided
¼ teaspoon salt
1 teaspoon chopped fresh rosemary
1 tablespoon maple syrup
1 tablespoon Dijon mustard

Preheat oven to 425 F. Cut squash in half lengthwise, then crosswise; scoop out the seeds. Cut lengthwise into ½-inch-thick wedges. Toss with onion, 1-tablespoon oil and salt in a large bowl. Spread in an even layer on a

baking sheet. Roast, stirring once or twice, until tender and beginning to brown, about 30 minutes.

Combine the remaining 1-tablespoon oil, rosemary, syrup and mustard in a small bowl. Toss the vegetables with the dressing.

Chicken with Orange, Spinach and Cherry Tomatoes *Bon Appetit*, March 1998

2 tablespoons minced fresh dill
2 teaspoons grated orange peel
1 teaspoon minced garlic
¾ teaspoon salt
1 cup cherry tomatoes, halved
1 tablespoon olive oil
4 skinless boneless chicken breast halves, thinly sliced crosswise
4 cups firmly packed torn fresh spinach leaves (~ 8 oz)

Preheat oven to 450F. Place large baking sheet in oven to heat. Meanwhile, mix dill, orange peel, garlic and salt in medium bowl. Season with pepper. Combine tomatoes, oil and 1-teaspoon dill mixture in small bowl. Add chicken to remaining dill mixture in medium bowl and toss to coat.

Cut 4 sheets of foil, each about 20 inches long. Place 1 foil sheet on work surface. Arrange 1 cup spinach on 1 half of foil. Place ¼ of sliced chicken mixture atop spinach. Spoon ¼ of tomato mixture atop chicken. Fold foil over, enclosing contents completely and crimping edges tightly to seal. Repeat with remaining 3 foil sheets, spinach, chicken mixture and tomato mixture, forming 4 packets total.

Arrange foil packets in single layer on heated baking sheet. Reduce oven temperature to 400F. Bake until chicken is just cooked through, about 10 minutes. Transfer to plates; let stand 5 minutes. Makes 4 servings.

Spinach and Roasted Red Pepper Salad

Gourmet, February 1999

4 red bell peppers
1 teaspoon honey
1 teaspoon Dijon mustard
1 tablespoon balsamic vinegar
2½ tablespoons extra-virgin olive oil
½ pound fresh baby spinach (about 8 cups packed)

Quick-roast and peel pepper. Cut roasted peppers into ½-inch-wide strips. In a small bowl whisk together honey, mustard, and vinegar. Add oil in a slow stream, whisking until emulsified, and season with salt and black pepper. Roasted peppers and vinaigrette may be prepared 2 days ahead and chilled separately, covered. In a large bowl toss roasted peppers and spinach with vinaigrette and salt and black pepper to taste.