



Mariquita  
Farm

**MYSTERY  
THURSDAY**

**SLOW CLUB**  
October 27<sup>th</sup>, 2011

Cheddar [Cauliflower](#)  
Broccoli [Romanesco](#)  
French Breakfast [Radishes](#)  
[Turnip Greens](#)  
Braeburn [Apples](#)  
Galeux D'Eysines [Pumpkin](#)  
[Celery](#)  
Heirloom [Tomatoes](#)  
Red Oak Leaf [Lettuce](#)  
Red Friarelli [Peppers](#)  
[Sweet Potatoes](#)

**Disclaimer to the above vegetable list:** The list above is approximate. There may be differences in your box. We ask for patience and a sense of adventure with these boxes. Thank you!

**Storage: Cauliflower & Broccoli Romanesco:** Store in a plastic bag in the fridge. Coldest drawer ok. **Radishes:** Separate the greens from the roots. Store the greens the way you would lettuce or spigariello. Roots can also be stored in a plastic bag. If you like radish greens, then use them within the first two days. They yellow quickly. **Turnip Greens:** Remove any twisty ties/rubber bands, give them a good drink, and store in a plastic bag in the fridge. **Apples:** Store in the bag they come in. Coldest drawer is ok, in fact preferred. Good keepers. **Pumpkin:** Store on your counter out of direct sunlight. **Celery:** Give the celery a good drink and store in a plastic bag in the fridge. Coldest drawer is usually ok for celery. **Tomatoes:** Store at room temperature on the counter, left open. Check your basket for split tomatoes and eat or use them right away as they attract flies. Do not refrigerate your tomatoes! They turn mushy. **Lettuce:** Remove any twisty ties/rubber bands and give it a nice drink. Store loosely plastic bag in the fridge. No coldest drawer. **Peppers:** Store in a plastic bag in the fridge. No coldest drawer. **Sweet Potatoes:** Alice Waters says: "Don't plan on keeping sweet potatoes for more than a few days at home. Any needless handling causes bruising and shortens their shelf life. Remember their tropical origins and keep them at a cool room temperature with good air circulation, not in the refrigerator."



Galeux  
D'Eysines  
French  
Cooking  
Pumpkin  
(Photo by  
Andy Griffin)



French Breakfast  
Radishes  
(Photo by  
Andy Griffin)

**Spring Radish Salad** (Adapted from *Verdura Vegetables Italian Style* by Viana La Place)

1 bunch fresh radishes  
2-3 very sweet carrots  
2 bunches arugula  
salt and pepper to taste  
E.V. olive oil  
2 Tablespoons freshly grated Parmesan cheese  
Lemon wedges

Trim the radishes and slice them thinly. Peel the carrots and cut them on the diagonal into very thin slices. Snap off the tough stems from the arugula. Gather the arugula into a bunch and cut it crosswise into strips.

Arrange the arugula on a platter. Scatter the sliced radishes and carrots over the arugula. Season with salt and pepper to taste. Drizzle with enough olive oil to lightly moisten the vegetables. Sprinkle the Parmesan over the top. Serve with lemon wedges to squeeze over the salad.

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**Sweet Potato Puree with Roasted Garlic**  
Alice Waters' *Chez Panisse Vegetables*

1 head garlic  
2# sweet potatoes  
2# russet potatoes  
S&P  
2 cups milk  
¼ to ½ cup extra-virgin olive oil

First roast the garlic: Wrap the head in foil, put in a preheated 400 degree F oven and bake for 30-40 minutes, or until completely soft. (Test with the tip of a knife.) When cool, cut the top free from the head, separate the cloves, and set aside.

Peel and quarter the sweet potatoes and russet potatoes. Put them in a pot with a steamer insert. Season with a teaspoon of salt and steam over medium high to high heat until cooked, about 20 minutes. Drain, add the unpeeled roasted cloves of garlic, and puree through a food mill, using the fine disk. Return the puree to the pot and reheat over low heat. Scald the milk in a separate saucepan and add from 1 to 2 cups to the potatoes, depending on how dry they are. Then add the extra-virgin olive oil to taste, and season with salt and pepper. Serve immediately or keep warm in a double boiler. Serves 6 to 8.

## Risotto with Greens (Julia Wiley)

No greens will be wasted! If you are not sure how to use your greens, make this for dinner! Double the recipe!

1 small onion, finely chopped  
2 T. olive oil  
1 c. risotto, uncooked  
½ -¾ lb. fresh greens, trimmed and torn (Radish greens, kale, chard, mustards, turnip greens, beet greens, etc.)  
4 garlic cloves, minced  
2 (14-½ oz.) cans chicken or vegetable broth  
Freshly ground black pepper, to taste  
1 c. grated Parmesan cheese, optional

Sauté onion in olive oil in a small stock pan. Add risotto and sauté until golden. Add greens and garlic; sauté until greens are wilted. Stir in broth slowly (one can at a time). Cook, covered, on low heat until most of the liquid is absorbed, stirring occasionally. Add black pepper, stirring well. Add cheese, if desired, and blend well before serving.

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## Salad of the Week: Red Rice Salad (Chef Jonathan Miller)

I've been making some food for a friend who is under the weather, and I came across a great dressing in a book Julia loaned me. It is delicious in this salad and totally worth making because of how fast you can pull it all together. Vary the vegetables or nuts/seeds to please you and your household. This is just a guide, but do try to keep a mixture of colors and textures. Also, if you can't find red rice, use any kind of black or even brown rice. The red rice I use is the Bhutanese Red Rice that's available at most markets now. There's also a Thai red rice that would work too. If you like radish greens, chop them up and include them as well, for a little peppery kick.

2 c red rice  
1 lb peas (frozen ok) or shelled edamame (frozen ok)  
2 carrots, shredded on the wide holes of a box grater  
1 sweet red pepper, diced  
1 bunch radishes, julienned or thinly sliced in half moons  
1 bunch scallions, chopped  
1 c cashews, toasted  
half bunch cilantro, chopped  
sesame seeds  
2 T rice vinegar  
3 T soy sauce  
1 inch ginger, peeled and finely chopped  
2 garlic cloves, mashed to a paste  
large pinch cayenne  
3 T grapeseed oil (or untoasted sesame oil or peanut oil)  
2 T toasted sesame oil  
3-4 T lime juice  
1 t maple syrup

Cook the rice. While the rice cooks, make the rest of the salad. Blanch the peas or edamame until softened and cooked, 2-6 minutes. Drain and shock in an ice bath, or just cool down under some cold water. Put them into a large bowl with the carrots, pepper, radishes (and optional greens), scallions, and cashews, tossing well.

In another bowl mix the vinegar, soy sauce, ginger, garlic, cayenne, oils, lime juice, and maple syrup together and taste. Add some salt if you like.

When the rice has cooked, allow it to cool. Speed up that process by spreading it out on a sheet pan if you like. Then toss it with the veggies. Pour in the dressing and toss well. Finish with generous sprinklings of sesame seeds (use any color you like) and serve at room temperature or slightly chilled.

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## Julia's Romanesco Salad

This was inspired by a thought of a pasta salad or a couscous salad: but I didn't want to wait to cook the grain. So I used romanesco (or cauliflower) as the main ingredient.

Cooked romanesco florets cooled after cooking, chopped into olive sized pieces, give or take on the size  
Sliced kalamata olives, or other favorite sliced olives  
Small amount of chopped capers (1 tablespoon per 4 cups florets as a rough guide)

Chopped onion: Green onions, red onions, shallots, whatever you've got. If the onions are strong when chopped raw, use less and chop them fine.

S & P to taste

Lemon juice, freshly squeezed

Olive oil: I use a light hand

Fresh herb: I use basil, parsley, CILANTRO, or whatever I've got. Chopped

Mix and enjoy! I topped my salad with toasted sunflower seeds, another nut might also be delicious. And or a shredded or crumbled flavorful cheese such as gorgonzola, shaved parmesan....

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