



Mariquita  
Farm

## LADYBUG DELIVERIES

SOUTH BAY, PENINSULA &  
SAN FRANCISCO  
April 21<sup>st</sup>, 2017

Scallions

Baby Fava Beans

Snow Peas

Okame Spinach

Spigariello

Wild Arugula

Bianca Riccia

Black Spanish & Watermelon Radish

Orach

Par-cel

Lemons

**\*\*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:** Scallions, Spinach, Spigariello, Wild Arugula, Bianca Riccia, Orach & Parcel: Remove any ties or rubber bands, and store loosely in bags in the fridge. Fava Beans, Snow Peas, Radishes & Lemons: Store in bags in the fridge.



Spigariello



Parcel

Photos by  
Andy  
Griffin.

### Fava Beans with Lemon and Parsley from Chef Jonathan Miller

3# fava beans  
olive oil  
peel from 1 lemon  
1-2 T chopped parsley

Shell the favas. In boiling water, blanch the beans for about 30 seconds. Drain and cool, then peel the skins off, keeping the bright green, sweet bean.

Heat a small skillet and add a little olive oil. Add the beans and warm gently, then add the lemon peel. Warm gently for just a minute or so, then remove from heat, fold in the parsley and a little salt to taste. Serve warm.

\* Variations: favas are super versatile, and can be used almost anywhere. The beans can be served in a simple sauté, like above, or added to vegetable ragouts, soups, or as the base for serving some flesh. This recipe is a simple sauté - vary it by adding a minced shallot for richness and depth; include a fancy wild mushroom like trumpets, or use truffle oil instead of lemon; mix in some other typical spring vegetables for a truly seasonal treat: asparagus, morels, snap peas are a delicious combination here. Keep it simple, though, I'd say. These are special little butter balls!

### Fava Bean/Couscous Salad (you can adapt the vegetables to whatever you have on hand....) from Julia

1 cup raw couscous, cooked according to package instructions  
1 small bowl or more shelled, blanched favas (the bright green ones)  
3 green onions, chopped  
large handful orach or spinach leaves, thinly sliced  
your favorite vinaigrette dressing (bottled or homemade)

Mix all ingredients above, making sure you don't put in too much dressing. Eat!

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

**Glazed Snow Peas**  
**From the Food Network Kitchen**

2 T butter  
8 oz snow peas  
1 bunch chopped scallions  
pinch of sugar  
¼ cup water

Melt 2 tablespoons butter in a large skillet over medium-high heat. Add 8 ounces snow peas, 1 bunch chopped scallions, a pinch of sugar and ¼ cup water. Cover and simmer 2 minutes, then uncover and boil until the water evaporates, 2 more minutes. Season with salt.

**Stracciatella (Italian spinach egg soup)**  
**Adapted from *the Minimalist Cooks at Home***  
**by M. Bittman**

4 cups chicken stock  
2 cups spinach greens, cleaned and ready to cook  
4 eggs  
4 Tablespoons freshly grate parmesan cheese  
Small grating of fresh nutmeg (or a pinch from your jar)  
2 Tablespoons minced parsley (optional) – try parcel here  
S & P to taste

Bring 3 cups of the stock to a boil over med.-high heat in a 6-8 cup saucepan. Beat the remaining stock with the eggs, cheese, nutmeg and parsley until well blended.

When the stock is boiling, adjust heat so that is bubbles lightly but not furiously. Stir in the spinach and stir for just a moment (It should cook fairly quickly), then add the egg mixture in a steady stream, stirring all the while. Stir occasionally until the eggs gather together in small curds, 2-3 minutes.

Taste and add S & P to your liking, then serve. Garnish with a bit more Parmesan if you like.

**Korean Radish Salad**

3 medium black Spanish radishes  
2 teaspoons Salt  
2 teaspoons Red pepper (or less to taste)  
2 teaspoons Sugar  
1½ tablespoons rice Vinegar  
2 tablespoons Minced scallion  
1 teaspoon minced garlic

Peel radish and cut into matchstick pieces about 2 inches long. Sprinkle with salt and let stand for 10 minutes. Rinse to remove excess salt and drain well. Wrap radish in several thicknesses of cheesecloth and squeeze out as much liquid as possible.

In bowl, combine radish with red pepper, sugar, vinegar, scallion and garlic, mixing well. Serve at once or refrigerate to blend flavors. Serves 8 as side dish.

**Spaghetti and Spigariello by Chef Jonathan Miller**

8 oz bacon, diced  
1 large yellow or white onion, chopped  
olive oil  
½ t chile flakes  
1 bunch spigariello, chopped finely  
4 garlic cloves, minced  
4 T chopped parsley (try the Parcel here)  
4 oz smoked cheese, grated  
2 eggs, beaten  
Parmesan cheese  
8 oz spaghetti

Bring a large pot of water to boil. Add salt and be prepared to cook the spaghetti.

Heat a very large skillet and sauté the bacon to release its fat. Pour off (or not) most of the fat, then add a tablespoon of olive oil and the onion and chile flakes. Sauté briskly until the onion browns, about 8-10 minutes. Make sure you brown the onion - it's a big part of the flavor - but don't scorch it!

Drop the spaghetti in the boiling water.

Once the onion is browned, add the spigariello and some salt and continue to cook until the greens are wilted down, another 6-8 minutes or so. Add the garlic, the parsley, and warm through. Remove from heat and toss with the cheese, eggs, and some Parmesan.

Drain the pasta when it's al dente and immediately add it to the greens mixture. Toss very well and check for salt. Serve right away.

**Chicory and Wild Arugula Salad with Honey**  
**Vinaigrette, adapted from a recipe by Aida**  
**Mollenkamp for Chow.com**

1 bunch Bianca Riccia, coarsely chopped (~3 cups)  
1½ oz wild arugula (about 1½ cups)  
1½ tsp white wine vinegar  
1 tsp honey  
¼ tsp kosher salt, plus more as needed  
1/8 tsp freshly ground black pepper, plus more as needed  
2 Tbsp grape seed oil  
¼ cup walnuts, toasted and coarsely chopped

Combine the greens in a serving bowl and set aside. Whisk together the vinegar, honey, and measured salt and pepper in a small, nonreactive bowl. While constantly whisking, add the oil by pouring it in a thin stream down the side of the bowl. Whisk until all the oil is incorporated. Taste and adjust the seasoning as desired.

Pour the vinaigrette over the reserved greens and, using your hands, mix to coat the salad. Taste and adjust the seasoning as desired. Top with the walnuts and serve.