



Mariquita
Farm

LADYBUG DELIVERIES

SOUTH BAY, PENINSULA &
SAN FRANCISCO
December 2nd, 2016

Granny Smith [Apples](#)

[Sweet Potatoes](#)

Red, Gold or Chioggia [Beets](#)

[Carrots](#)

Purple [Scallions](#)

[Radishes](#)

Italian [Parsley](#)

[Lettuces](#)

[Escarole](#)

[Cooking Greens](#) (Turnip, Mustard or Sai Sai)

[Arugula](#)

****Disclaimer to the above vegetable list**:** The list above is *approximate*. There may be differences in your box. As always, Andy will make sure it will be a good value. In the meantime, we ask for your patience and a sense of adventure with these boxes.

Storage: [Apples](#), [Radishes](#), [Escarole](#), [Lettuces](#): Store in bags in the fridge. [Sweet Potatoes](#): Best if used within a few days but can keep for a couple of weeks. Store in a cool dark place in your pantry or cold room – not in the fridge. [Beets](#): Separate greens from roots and ideally, use greens as you would any cooking green best within 1-2 days. Store greens and roots separately in bags in the fridge. [Carrots](#): Remove and compost the greens. Carrots stay crisper longer without their greens. Store the roots in a bag in the fridge. [Scallions](#), [Parsley](#), [Cooking Greens](#) & [Arugula](#): Remove any ties and store loosely in a bag in the fridge.



Chioggia, Red & Gold Beets. Photo by Andy Griffin.

Curried Sweet Potato Rounds with Honeyed Walnuts, Cranberries and Blue Cheese, by Tieghan Gerard, *Half Baked Harvest*, November 2013

These can be made ahead and served at room temperature. Just make sure to drizzle on the honey right before serving.

2 large sweet potatoes or yams, sliced into 1/4-inch thick rounds
3 tablespoons coconut oil, melted
1/2 -1 teaspoon Thai red curry paste
3/4 teaspoon curry powder
1/2 teaspoon cumin
1/2 teaspoon freshly grated ginger
1/4 teaspoon crushed red pepper flakes
pinch of salt and pepper
1/2 cup raw walnuts
2 tablespoons honey, plus more for drizzling
1/2 cup dried cranberries
2-4 ounces blue cheese crumbles (or goat cheese)
fresh sage leaves, for garnish (optional)

Pre-heat your oven to 400 degrees F. Line a large baking sheet with parchment paper.

In a small bowl whisk together the melted coconut oil, Thai red curry paste, curry powder, cumin, ginger, crushed red pepper, salt and pepper. Whisk until smooth.

Place the potato slices on the parchment and drizzle curry mixture on top. Rub the mixture on both sides of the slices, place in a single layer, then bake for 20 minutes. Remove from the oven and flip the slices. Bake for another 15-20 minutes until golden brown and caramelized. Remove from the oven and let cool at least five minutes before topping.

At the same time you roast the sweet potatoes add the walnuts to a small baking dish and toss with the honey. Bake for 10 -15 minutes or until lightly golden and toasted. Remove from the oven and immediately spoon the walnuts onto a parchment lined plate in a single layer so they do not stick to each other. Once the walnuts have cooled for about five minutes toss them with the cranberries.

To assemble the bites top each sweet potato round with a little bit of the walnuts and cranberries. Sprinkle each round with blue cheese and garnish with one sage leaf. Drizzle with honey if desired.

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

Chiogga (or Any) Beet Salad

Adapted from the LA Times: November 15, 2006

1 bunch beets: any color
1 tablespoon seasoned rice vinegar
1 Tablespoons good-quality olive oil
½ teaspoon (scant) toasted ground coriander seeds
1 shallot, minced
4 ounces (½ cup) crème fraîche or sour cream
1 tablespoon prepared horseradish
1 tablespoon plus ½ teaspoon kosher salt, divided
¼ teaspoon black pepper
1-2 tablespoons fresh mint or chervil or parsley,
whole leaves or rough chopped

Boil the beets in enough water to cover, with 2
tablespoons salt, until tender, about 30 minutes,
depending on the size of beet.

In a small bowl, combine the vinegar, oil, coriander
and shallot and set the mixture aside for 30 minutes.
In another bowl, combine the crème fraîche,
horseradish, one-half teaspoon salt and pepper and
set aside.

Drain the beets and, while still warm, peel them.
Slice them into wedges, about 8 to 10 per beet, and
cool.

Pour the vinegar mixture over the beets and let stand,
covered, at room temperature for an hour. Spoon the
horseradish cream onto a platter, covering the
bottom. Using a slotted spoon, mound the beets over
the cream. Garnish the beets with the chervil and
serve. Serves 4.

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.

Glazed Radishes

***Gourmet*, April 1991**

1 lb radishes, trimmed
1 tablespoon unsalted butter
1 teaspoon sugar
½ teaspoon salt
2 tablespoons minced fresh parsley leaves

In a heavy saucepan wide enough to hold the
radishes in one layer cook the radishes in the butter
with the sugar and the salt over moderately low heat,
stirring, for 1 minute. Add ½ cup water, simmer the
radishes, covered, for 10 to 15 minutes, or until they
are tender, and boil them, uncovered, shaking the
pan occasionally, until the liquid has been reduced to
a glaze. Cook the radishes over moderate heat,
swirling them, until they are coated with the glaze
and sprinkle them with the parsley.

Escarole Frittata from Chef Jonathan Miller

Great anytime, but also a great buffet dish, this
frittata looks wonderful with a colorful topping of
tomatoes, or salsa. Meat eaters can add sausage.

olive oil
1 onion, chopped
1 sweet pepper, chopped
1 head escarole, chopped
8 eggs, beaten
½ c grated fontina or gruyere
3 T parsley, chopped

Heat the oil in a 10 inch skillet, preferably cast iron.
Sauté the onion and pepper until softened but not
browned, about 8 minutes. Add the escarole and
some salt and sauté until wilted and soft. Combine
the eggs, the cheese, and the parsley together and
pour into the skillet, making sure the ingredients are
evenly distributed. Cook over low heat, covered,
until the eggs are set, another 5-8 minutes or so.
Alternatively, finish the top of the frittata under the
broiler. Allow to cool and then unmold to a serving
plate. Top with sour cream, chopped tomatoes, your
favorite salsa, and some sliced tomatoes on the side.