

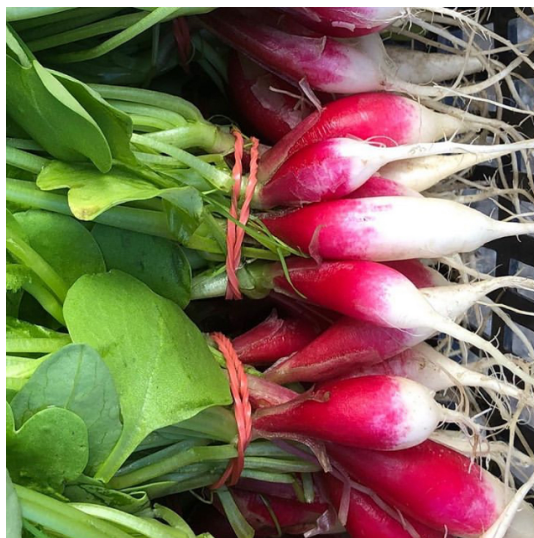


Mariquita  
Farm

## MYSTERY BOX NEWSLETTER

PENINSULA, SOUTH BAY &  
WEST BERKELEY  
July 11<sup>th</sup>, 2019

[Melon](#)  
[Eggplant](#)  
[Cherry Tomatoes](#)  
[Mixed Tomatoes](#)  
[Red Russian Kale](#)  
[Gold Chard](#)  
[Purple Cabbage](#)  
[Lemon Basil](#)  
[French Breakfast Radishes](#)  
[Avocados](#)  
[Sugar Snap Peas](#)



French  
Breakfast  
Radishes.  
Photo by  
Andy  
Griffin.

**\*\*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:** Melons: Store whole melon at room temperature until ripe. Then, store whole melons uncovered in the refrigerator. Store cut melon wrapped in plastic in the fridge. Eggplant, Cabbage & Snap Peas: Store in bags in your crisper in the fridge. Tomatoes and Cherry Tomatoes: Do not refrigerate! Leave on your counter and rinse just before eating. Kale & Chard: Remove ties and store loosely in bags in the fridge. Basil: Basil 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. Or, try keeping your basil as a flower bunch in a jar with water at the stems. Radishes: separate radishes from their greens. Store the radishes in a plastic bag in the fridge. Eat the greens within 1-2 days of their harvest, or compost them. Avocados: Avocados mature on the tree but are not ready to eat until they soften off the tree. Leave these on your counter and they'll ripen in a few days to a week. Store ripe avocados in the refrigerator. If you have used a portion of a ripe avocado, it is best to store the remainder wrapped in plastic wrap or on a plate covered with plastic wrap to reduce exposure to oxygen in the air that causes browning.

### Melon Tomato Gazpacho

Adapted from a recipe in *The Minimalist Cooks at Home* by Mark Bittman

1½ lb red tomatoes, perfectly ripe  
2 smallish charentais melons, about 3 pounds total,  
seeded and removed from peel and chunked  
2 tbsp olive oil  
water  
leaves from 5 stalks of Genovese basil  
Salt & Pepper  
1 lemon

Peel the tomatoes by quickly blanching them in boiling water, no more than 30 seconds is usually necessary, sometimes less. Core and seed tomatoes. Heat 1 T oil in a skillet on high, add the melon and cook, stirring, until it's juicy, about 2 minutes or less. Remove melon from pan into a food processor and repeat with tomatoes: heat remaining oil in pan and add tomato chunks and cook until juicy, about 2 minutes.

Puree the melon and tomato with 1.5 cups water (some of that can be ice), basil, S & P to taste. Chill, then add lemon juice to taste. You can also drizzle best quality extra virgin olive oil at serving time if you like.

### Melon Salad from [Chef Jonathan Miller](#)

Chill your melon and cut it into large bite sized pieces and toss it with some julienned [soppressata](#)\* and some olive oil and white wine vinegar. Finish with some salt and pepper and serve right away. Super with some goat cheese. \* Soppressata is a kind of dry salami.

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

## **Eggplant Gratin "Almodrote de Berenjen"** **Adapted from Joyce Goldstein's Sephardic Flavors**

4 pounds largish eggplants  
2 cloves garlic, minced  
4 slices country bread, soaked in water, and squeezed dry  
4 eggs  
6 oz fresh white cheese, crumbled (such as ricotta or feta)  
½ pound gruyere or kashkaval cheese, grated  
1/3 cup sunflower or olive oil  
1 to 2 teaspoons salt black pepper to taste  
3 Tablespoons freshly chopped parsley

Bake the whole eggplants on a baking sheet in a 400 degree oven for 30-45 minutes. You can also broil them for 20 minutes, turning often. Transfer to a colander. When cool enough to handle, strip away the skin and remove the large seed pockets. Place the pulp on a cutting board and chop coarsely. Return it to the colander and let drain for 10 to 20 minutes to release the bitter juices. You should have 2 to 2 ½ cups pulp.

Preheat oven to 350 degrees. Oil a 7 x 11 baking dish. Transfer the eggplant to a bowl and mash well with a fork. Add the bread, eggs, crumbled cheese, and all but ¼ cup of the shredded cheese, and all but 2 tablespoons of the oil. Salt and pepper to taste. Spread mixture in the prepared baking dish. Sprinkle evenly with the remaining ¼ cup shredded cheese and the remaining oil over the top. Bake until golden and set, 30 to 40 minutes. Serve hot directly from the dish.

## **Fresh Tomato Sauce** **adapted from Deborah Madison's *Vegetarian Cooking for Everyone***

3 pounds ripe tomatoes, quartered  
3 Tablespoons chopped basil  
Salt and pepper  
2 Tablespoons extra virgin olive oil or butter

Put the tomatoes in a heavy pan with the basil. Cover and cook over medium-high heat. The tomatoes should yield their juices right away, but keep an eye on the pot to make sure the pan isn't dry. You don't want the tomatoes to scorch. When the tomatoes have broken down after about 10 minutes, pass them through a food mill. If you want the final sauce to be thicker, return it to the pot and cook over low heat, stirring frequently, until it's as thick as you want it. Season with salt and pepper to taste and stir in the oil.

Julia's notes: If you don't have a food mill, you can first blanch the tomatoes in boiling water for a minute or so then easily remove the peels (and seeds if you like.) I added the fresh basil right before I poured it into the bags.

Deborah M.'s notes about freezing tomato sauce: Making

sauce to freeze for the winter isn't a big production—or a time consuming one. When tomatoes are in season, I make the Fresh Tomato Sauce using 4 to 5 pounds tomatoes or whatever is convenient. When it's cool, I ladle it into plastic freezer bags in 1- or 2- cup portions and lay the bags on the freezer floor until they harden. This makes slim packages that are easy to store upright, taking little space. When you warm the sauce, you can season it with crushed garlic or an herb that goes with the dish you're making.

## **Kale with Smoked Salt and Goat Cheese** **from *Vegetable Literacy* by Deborah Madison**

1 large bunch of kale, any variety (about a pound)  
Sea salt  
2 Tablespoons robust olive oil  
1 small onion, finely diced  
2 cloves garlic, crushed  
Smoked Salt and freshly ground pepper  
Goat Cheese  
Fresh bread crumbs made from a large slice of country bread, crisped in olive oil  
Apple cider vinegar, to finish

Pull or slice the kale leaves from their ropy stems (if they have ropy stems). Bring a large pot of water to boil and add the sea salt and kale. Cook until tender, 2-5 minutes. Be sure to taste frequently so that you don't overcook it. Drain, then chop the leaves coarsely.

Heat the oil in a skillet over medium high heat. Add the onion and cook, stirring frequently, until softened, 7-10 minutes. Add the garlic during the last minute, then add the kale, Toss well and continue cooking until it's heated through. Taste and season with smoked salt and plenty of pepper.

Pile the kale onto 2 plates. Crumble the goat cheese over the top, then drizzle with oil and add a pinch more smoked salt. Finally, cover with a shower of bread crumbs and serve the vinegar on the side. Serves 2.

## **Radishes with Butter and Sea Salt** **By Nina Callaway from thekitchn**

French Breakfast Radishes  
Artisanal butter, unsalted & softened  
Good flaky salt, like Maldon or fleur de sel  
Slices of good bread or baguette (optional)

Remove the greens from the radishes and reserve the greens for another use (like salad or soup!) Rinse the radishes. Dip radishes in the butter and then, a little crust of salt and eat! Or, slice radishes into coins. Slather butter on a slice of bread, add a layer of radishes and sprinkle with salt. Enjoy!