

# LADYBUG DELIVERIES

### SAN FRANCISCO July 15<sup>th</sup>, 2016

Dry-farmed Early Girl <u>Tomatoes</u> Yellow Pear <u>Cherry Tomatoes</u>

**Basil** 

**Summer Squash** 

Lettuce

**Red Onions** 

Chard

Kale

**Fennel** 

**Parsley** 

**Carrots** 

**Potatoes** 

\*\*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 patience and a sense of adventure with these boxes. Thank you!

Storage: <u>Tomatoes</u>: Store in a cool spot on your countertop. Do not refrigerate. <u>Basil</u>: Basil shouldn't get too cold, so try to find the 'warmest' place in your fridge. Remove any ties, re-cut the stems, and store basil as a flower bunch in a jar with water at the stems. Cover basil and jar loosely with a plastic bag and store in your fridge. This worked for me and kept the basil fresh for almost a week. <u>Summer Squash</u>, <u>Lettuce</u>, <u>& Potatoes</u>: store in bags in the fridge. <u>Onions</u>: Store in a cool spot on your countertop. <u>Chard</u>, <u>Kale</u>, <u>Fennel</u>, <u>& Parsley</u>: Remove any ties and store loosely in a bag in the fridge. <u>Carrots</u>: Remove greens from carrots and compost greens. Carrots stay crisp longer without their greens.



Dry-farm Early Girl Tomatoes. Photo by Andy Griffin.

#### **Zucchini and Tomato Gratin** From *Chez Panisse Vegetables* by Alice Waters

1 yellow onion Olive oil salt and pepper 1 small branch thyme 1 bunch fresh basil (1/4 to 1/2 pound) 6 to 8 medium slicing tomatoes 10 small green or yellow zucchini Balsamic vinegar

Peel and slice thin the onion and sauté it in olive oil until soft and translucent. Season with salt and pepper; add the leaves of the thyme and basil, stripped from their stems and chopped. Cut out their stem ends and cut the tomatoes into ¼-inch slices. Trim the zucchini and cut them into ¼-inch thick slices on the diagonal.

Spread the onion and herbs on the bottom of a 9 by 12-inch gratin dish or glass baking dish. Make a row of partially overlapping tomato slices. Season lightly with salt and pepper, and if the tomatoes are not very sweet, with a sprinkling of balsamic vinegar. Overlap the first row of tomato slices with zucchini slices, season with salt and pepper, and drizzle with a little olive oil. Continue making alternate rows of zucchini and tomatoes until they are used up.

Press down on the vegetables slightly, drizzle a little more olive oil over, and bake, uncovered, for 30 to 45 minutes, until the vegetables are fully cooked and the gratin has started to brown. If the top appears to be drying out while it bakes, tip the dish slightly and with a spoon collect some of the pan juices and use them to moisten the top. Serves 6.

#### Fennel Gratin From *The Minimalist Cooks At Home* by Mark Bittman

~1 lb. fennel ½ cup coarse bread crumbs ¼ cup crumbled blue cheese Freshly ground pepper

Preheat oven to 400°F. Bring a pot of water to a boil.

Trim the fennel, then cut into about ¼-inch thick slices and cook in the boiling water until just tender, less than 5 minutes. Drain and layer in a shallow baking dish.

Top the fennel with the bread crumbs, then with the cheese; season all with pepper to taste (hold off on salt, because the cheese is salty). Place in the oven until the cheese melts, about 10 minutes.

Run the baking dish under the broiler until the top browns, checking every 30 seconds. Serve hot or at room temperature. Note: This would work well with your summer squash – no need to parboil the summer squash though. Vary the cheese, or add a couple of tablespoons of minced parsley in with the bread crumbs, or ½ teaspoon or so of minced garlic.

#### Basil, Squash, and Tomato Pasta By Adam Hickman, Cooking Light, July 2016

3 cups unsalted chicken stock

1 cup water

2 Tbsp, plus 2 tsp extra-virgin olive oil, divided

½ tsp salt

8 oz uncooked whole-grain rotini pasta

2/3 cup grated Parmesan cheese, divided

1 large yellow squash, halved lengthwise and sliced (about 1½ cups)

1 cup chopped tomato

1 medium zucchini, grated on the large holes of a box grater (about 1 cup)

2 Tbsp lemon juice

1/4 cup torn fresh basil leaves

Bring stock, 1-cup water, 2 Tbsp oil, and salt to a boil in a large skillet. Add pasta; cover and cook 10 minutes or until tender. Remove pasta to a bowl with a slotted spoon.

Return the cooking liquid to a boil and reduce to about 2/3 cup. Stir in 1/3 cup of the cheese, cook 1 minute, stirring until smooth.

While sauce reduces, heat another skillet over mediumhigh heat. Add the remaining 2 teaspoons oil; swirl to coat. Add yellow squash; cook 3 minutes, stirring occasionally. Add cooking liquid, yellow squash, tomato, zucchini, and juice to pasta; toss. Sprinkle with remaining cheese and basil.

#### Pappa al Pomodoro From *The Zuni Café Cookbook* by Judy Rodgers

About 4 pounds very ripe tomatoes About ½ cup extra-virgin olive oil 1 cup diced yellow onions (4 oz) Salt

About 3 garlic cloves, coarsely chopped A leafy branch of fresh basil

Sugar (optional)

About <sup>1</sup>/<sub>4</sub> pound day-old, chewy, peasant-style bread, most of the crust removed

Freshly cracked black pepper

Core the tomatoes and blanch or blister over an open flame, and peel about half of them; leave the skins on the remainder. (Aside from giving the *pappa* more flavor, the skins give this version its distinctive texture.) Coarsely chop the tomatoes into ½-inch bits, taking care to capture all the juices. Collect the tomatoes and juice in a bowl.

Warm about ¼ cup of the olive oil in a 4-quart saucepan over low heat. Add the onions and a pinch of salt. Stirring a few times, cook over medium-low heat for 5 to 10 minutes while the onions soften and 'sweat' in their juices, until translucent and sweet. Once they are tender, stir in the garlic. Cook for a few minutes longer, then add

the tomatoes – juice, seeds, and all – and another healthy splash of oil. Taste for salt and sweetness. You should have about 4 cups of sauce.

Remove the basil stem. Tear the basil leaves and add to the sauce. Tear the bread into fistfuls. Bring the sauce to a boil, add the bread, and stir just until it is saturated and submerged. Cover the pan with a tightly fitting lid, remove from the heat, and place in a very warm spot, or place over barely simmering water. Leave the bread to swell and soften for 15 minutes or so.

When you are ready to serve the *pappa*, give it a vigorous stir to break up the chunks of softened bread, taste again, and adjust for salt and sweetness. Stir in a few more spoonfuls olive oil to enrich the papa and enhance its perfume. But don't overstir the *pappa* once you've added the bread, less you sacrifice its delightful lightness and pleasantly lumpy, irregular texture. Offer cracked black pepper and extra-virgin olive oil with the *pappa*.

## Chard Soup with Cumin, Cilantro, and Lime From *Vegetable Literacy* by Deborah Madison

8 cups packed trimmed chard leaves

2-3 tablespoons olive oil

1 onion, sliced

1 small potato (~4 oz), scrubbed and sliced

1 carrot, scrubbed and sliced

2 tablespoons tomato paste

1 ½ teaspoons ground cumin

1 teaspoon ground coriander

Finely cut cilantro stems and leaves to make 1 cup Sea salt

½ cup sour cream or yogurt Freshly ground pepper Grated zest and juice of 1 lime

Rinse the chard, chop it coarsely, and set aside in a colander to drain.

Heat the oil in a soup pot over medium heat. Add the onion, potato, and carrot and cook, stirring occasionally, for about 5 minutes to soften. Stir in the tomato paste, smashing it into the vegetables, and then add the cumin, coriander, cilantro, and chard leaves. Sprinkle over  $1\frac{1}{2}$  teaspoons salt, cover the pan, and allow the leaves to cook down substantially before adding 5 cups water. Bring to a boil, then lower the heat to a simmer, cover partially, and simmer until the potato has softened.

Cool slightly, then add the sour cream and puree in a blender until smooth. Return the soup to the pot over gentle heat. Taste for salt, season with pepper, and stir in the lime zest and juice. Ladle into bowls and serve.

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