



Mariquita  
Farm

## LADYBUG DELIVERIES

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

Walla Walla [Onions](#)

[Scallions](#)

Red & Green Butter [Lettuces](#)

[Carrots](#)

[Cucumbers](#)

[Tomatoes](#)

[Marjoram](#)

[Summer Squash](#)

[Basil](#)

Cayenne [Peppers](#)

[Beets](#)

**\*\*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:** [Onions](#), [Scallions](#), & [Marjoram](#): Remove any ties or rubber bands, and store loosely in bags in the fridge. [Lettuce](#), [Cucumbers](#), [Summer Squash](#) & [Peppers](#): Store in bags in the fridge. [Carrots](#): Remove and compost greens. Carrots stay crisper longer without their greens. Store carrots in a bag in the fridge. [Tomatoes](#): Do not refrigerate. Store on your counter. [Basil](#): It 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. [Beets](#): Remove greens from beets. Store greens and beets in separate bags in the fridge. Use the greens within the first 1-2 days as a cooking green, just like chard.



Marjoram is related to oregano but has a spicy aroma. Photo by Andy Griffin.

### Spring Onion Sandwiches

from *Chez Panisse Vegetables* by Alice Waters

Onion Sandwiches were an old favorite of James Beard's. Trim the crusts off thin slices of good white bread. Spread two slices of bread with mayonnaise, on one side. Slice fresh onion very thinly and make a layer of onion slices on one slice of bread. Top that with the other slice of bread. Dip the four side edges of the sandwich into thin mayonnaise and then into chopped parsley.

### Cilantro & Scallions Sauce

From *Small Victories* by Julia Turshen

This sauce is great on grilled or roast chicken, swirled into a bowl of noodle soup, or spooned over baked or stir-fried tofu and/or vegetables.

6 scallions, roots and dark green tops trimmed off, white and light green parts thinly sliced  
 ½ cup finely chopped fresh cilantro (including tender stems)  
 2 tsp minced peeled fresh ginger  
 ¼ cup canola oil  
 1 Tbsp soy sauce  
 1 Tbsp rice wine vinegar or sherry vinegar  
 Kosher salt

In a bowl, combine the scallions, cilantro, ginger, canola oil, soy sauce, and vinegar and stir to mix. Season to taste with salt. Serve immediately, or store in an airtight container in the refrigerator for up to 2 days. Bring to room temperature before serving. Makes about 1 cup.

### Spicy Carrot Salad

2 lbs carrots  
 1 Tbsp lemon juice  
 1 clove garlic  
 ¼ tsp cayenne (or try finely minced fresh cayenne)  
 1 tsp salt  
 ¾ cup olive oil  
 2 Tbsp red wine vinegar  
 2 Tbsp cilantro

Peel carrots and cut into julienne -- quick work with a Japanese mandolin. Mash the garlic clove with the salt, mix it with the vinegar, lemon juice, and cayenne. Whisk in the olive oil. Taste for seasoning and add more acid, salt or cayenne if needed. Toss with the carrots and cilantro.

More recipes at Mariquita Farm's Vegetable Recipes

A to Z page: <http://mariquita.com/recipes/index.html>

**Beet & Just-Barely-Pickled Cucumber Salad**  
**Adapted from *Small Victories* by Julia Turshen**

1 cucumber, ends trimmed, thinly sliced  
Kosher salt  
1 tsp sugar  
2 Tbsp sherry vinegar  
1 lb red beets, scrubbed  
2 Tbsp extra-virgin olive oil  
2 Tbsp finely chopped fresh dill, plus more for sprinkling  
3 Tbsp crème fraîche, sour cream, or plain yogurt

In a large bowl, combine the cucumbers with 1 tsp salt and the sugar. Drizzle the vinegar over the cucumbers and use your hands to combine everything. Set aside to lightly pickle.

Cook the beets—either boiling or roasting—whatever your preference, until they're tender (test with a paring knife). [The author boiled them. I prefer roasting!—S]

Drain the beets, transfer to a paper towel-lined cutting board, and use the paper towels to rub the skins off the beets. Trim off and discard the root ends of the beets. Slice the warm beets into thin rounds and transfer them to a large serving bowl or platter. Drizzle with the olive oil and sprinkle with a generous pinch of salt. Use your hands or a slotted spoon to transfer the cucumbers to the beets and gently combine.

Put the dill and crème fraîche in the bowl that the cucumbers were in and whisk together with the juice from the cucumbers. Pour the mixture over the salad and sprinkle with additional dill. Serve immediately.

**From Pat Lerman:** One of my uses of Mediterranean herbs is to place a chunk of sheep feta (I like French) in a glass or ceramic lidded container and pour over it a marinade of 3 smashed fresh garlic cloves, ¼ cup good olive oil, a tablespoon of sherry vinegar, cracked black pepper and 1½ tsp. fresh **marjoram** leaves (or oregano.) Seal the container and refrigerate, tossing once a day.

Any time after 2 days of marinating, serve the feta as a starter with crackers or sliced baguette croutons.

**Chili Cottage Cheese Dip**  
**From *Too Many Tomatoes, Squash, Beans, and Other Good Things A cookbook for when your garden explodes* by L. Landau and L. Myers**

1 pint small curd cottage cheese  
2-4 chili peppers, peeled and chopped (roast or blanch them to peel them, or not peel them at all... -Julia)  
2 tomatoes, peeled and diced  
3 scallions, including tops, chopped  
1 teaspoon salt or less to taste  
½ teaspoon Worcestershire sauce

Mix. Chill for 3 hours.

**Roasted-Garlic Basil Sauce**  
***Gourmet*, September 1997**

4 large garlic cloves  
1 medium zucchini  
¾ cup packed fresh basil leaves  
¼ cup packed fresh flat-leafed parsley leaves  
½ cup water  
2 teaspoons fresh lemon juice

Preheat oven to 425°F. Wrap garlic cloves tightly in foil. Cut zucchini into ¼-inch-thick slices and season with salt and pepper. Put foil-wrapped garlic and zucchini on a baking sheet and roast in middle of oven until garlic is tender and zucchini is pale golden, about 15 minutes. Unwrap garlic and cool. Have ready a bowl of ice water. In a saucepan of boiling water blanch basil and parsley 10 seconds and drain in a sieve. Refresh herbs in ice water to stop cooking and drain in sieve. Sauce ingredients may be prepared up to this point 1 day ahead and kept separately, covered and chilled. In a blender blend garlic, zucchini, herbs, water, and lemon juice until smooth, about 1 minute, and season with salt and pepper. Makes ~¾ cup.

**Charred Squash Salad**  
**Adapted from a recipe in *Cooking Light*, July 2016**

2 lbs summer squash, halved lengthwise  
1 large Vidalia onion, halved  
½ tsp kosher salt, divided  
½ tsp freshly ground black pepper, divided  
¼ cup extra-virgin olive oil  
2 tbsp fresh lemon juice  
½ cup torn fresh basil leaves  
½ cup torn fresh mint leaves  
½ cup fresh flat-leaf parsley leaves

Preheat grill to high. Lightly coat sides of squash and onion with olive oil; sprinkle evenly with ¼ tsp salt and ¼ tsp pepper. Arrange squash and onion, cut side down, on grill; cover and grill 5 minutes. Rotate vegetables; cover and grill 3 minutes. Turn vegetables over; grill 2 minutes. Remove squash from grill. Continue grilling onion 4 minutes; remove from grill. Cool to room temperature. Then, coarsely chop vegetables; place in a large bowl. Add remaining ¼ tsp salt, remaining ¼ tsp pepper, oil, and juice; toss to coat. Add basil, mint, and parsley; toss.

**Marinated Chiles**

Cut roasted, peeled and seeded chiles in strips and marinate with garlic, lime juice, salt and cilantro. (Or Italian-style with garlic, olive oil, balsamic vinegar, salt and fresh basil.) They are wonderful on an antipasto plate, tossed in a salad, served as a relish with meat or poultry or on sandwiches.

