



Mariquita
Farm

LADYBUG DELIVERIES

SOUTH BAY, PENINSULA &
SAN FRANCISCO
March 24th, 2017

[Wild Arugula](#)
[Snow Peas](#)
[Fennel](#)
[Mizuna](#)
[Purple Mizuna](#)
[Turnips](#)
[Cabbage](#)
[Orach](#)
[Tiny Purple Scallions](#)
[Spigariello](#)
[Baby Carrots](#)
[Peron Peppers](#) (Spicy)
Mystery

****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: Wild Arugula, Snow Peas, Turnips, Cabbage, Spigariello & Carrots: Store in bags in the fridge. Green Garlic, Mizuna, Chard, Orach, & Scallions: Remove any ties or rubber bands, and store loosely in bags in the fridge.



Purple Mizuna. Photo by Andy Griffin.

Sesame Snow Peas *Gourmet*, September 1996

½ pound snow peas, trimmed and strings discarded
1 teaspoon Asian sesame oil
1 scallion, sliced thinly on diagonal
2 teaspoons sesame seeds, toasted lightly

Cut snow peas on diagonal into long thin slices. Have ready a large bowl of ice and cold water. In a saucepan of boiling salted water blanch snow peas 15 seconds and drain in a colander. Immediately transfer snow peas to ice water to stop cooking and drain well. In a bowl toss snow peas with oil, scallion, sesame seeds, and salt to taste.

Arugula, Fennel and Orange Salad From *Bon Appetit*

¼ cup minced shallots
3 tbsp extra virgin olive oil
1½ tbsp fresh lemon juice
2 large oranges
7 cups arugula
1 large fennel bulb, quartered lengthwise, cored, thinly sliced crosswise
1 small red onion, thinly sliced

Whisk minced shallots, olive oil and lemon juice in medium bowl to blend. Season dressing to taste with salt and pepper.

Cut all peel and white pith from oranges. Using small sharp knife, cut between membranes to release segments. Combine arugula, fennel and onion in large bowl. Toss with enough dressing to coat. Add orange segments; toss to combine. Season salad to taste with salt and pepper and serve. Serves 6.

Fennel Stuffed with Cream Cheese and Kalamata Olives

1 large fennel bulb (about 1 pound)
3-ounce package cream cheese, softened
1/3 cup drained Kalamata olives, pitted and chopped

Trim fennel stalks flush with bulb, reserving fronds, and cut outer 2 layers loose at base, removing them carefully and reserving rest of bulb for another use. Chop reserved fronds. In a small bowl cream together cream cheese, olives, and chopped fronds. Spread inside of larger fennel layer with cream cheese mixture and press back of other layer onto filling firmly. Chill fennel, wrapped tightly in plastic wrap, at least 1 hour or up to overnight. Unwrap fennel and cut crosswise into 1/3-inch-thick slices. Cut slices crosswise into 1½-inch-wide sections.

Mizuna Salad with Aged Gouda & Roasted Portabellas, Adapted from epicurious.com

¾ pounds sliced portabella mushrooms
½ cup extra-virgin olive oil, divided
3 tablespoons red-wine vinegar
1 teaspoon Dijon mustard
10 cups mizuna, (or other spicy green such as arugula or watercress) washed, dried and torn or chopped for a salad
1 cup coarsely grated aged Gouda cheese

Preheat oven to 425°F with rack in middle.

Toss mushrooms with 3 tablespoons oil and ¼ teaspoon each of salt and pepper in a bowl. Roast in 1 layer in a 4-sided sheet pan, turning once, until golden-brown and tender, about 15 minutes. Cool mushrooms.

Whisk together vinegar, mustard, ¼ teaspoon salt, 1/8-teaspoon pepper, and remaining 5 tablespoons oil in a bowl until combined. Toss mushrooms, greens, and cheese with enough dressing to coat.

**Orach with Spring Garlic
Adapted from Judson Grill**

1 bunch green garlic
2 tablespoons extra virgin olive oil
½ lb orach, about 8 cups, rinsed and dried
½ cup seasoned vegetable stock
4 tablespoons unsalted butter
salt and freshly ground pepper

Trim roots from garlic or ramps. Cut off stalks, leaving one-half inch of green. Finely chop one tablespoon of the stalks and compost the rest or save for another use.

Heat oil in a large skillet. Add garlic or ramps and brown lightly, about 2 minutes. Add orach, stock and butter, season with salt and pepper, and stir-fry just until orach wilts, 2 to 3 minutes. Stir in chopped stalks. (Serves 4)

**Pasta with Spigariello, Bacon and Garlic
Adapted from the LA Times California Cookbook**

1 lb bucatini or linguini pasta
1 tbsp olive oil
6 slices applewood-smoked bacon, cut crosswise into ½-inch strips
1 lbs spigariello, trimmed and cut into 3-4-inch strips
Salt and freshly ground black pepper

Fresh lemon juice, for serving
Shaved or grated Parmesan, for serving

Bring a large pot of salted water to a boil and cook the pasta to al dente following the package instructions. Drain the pasta, toss with some olive oil, and set aside while preparing the rest of the recipe.

In the same pot, heat some olive oil over medium heat. Add the bacon and cook, stirring occasionally, until the bacon is crisp and the fat is rendered. Scoop the bacon from the fat in the pan with a slotted spoon and onto a plate lined with a paper towel and set aside. Drain the excess fat, leaving only 3 tablespoons fat in the pot. Stir in the garlic, then the greens, a handful at a time. Continue stirring until all of the greens have been added and are wilted.

Stir the bacon back in with the greens, then the pasta, tossing to evenly combine the pasta and flavorings. Season with a pinch of salt and several grinds of black pepper.

Divide the pasta among warmed shallow bowls, topping each portion with a squeeze of lemon juice and a generous sprinkling of Parmesan. Serve immediately.

**Cabbage, Carrots, and Onions with Sesame
From *Still Life with Menu* by Mollie Katzen**

6 tbsp sesame seeds
¾ tsp salt
3 tbsp toasted sesame oil
1 bunch green onions
1 large carrot thinly sliced
1 head green cabbage coarsely chopped

Combine the sesame seeds and salt in a blender. Grind until they achieve the consistency of coarse meal. This is called gomasio or sesame salt. Set aside. Heat a medium-sized wok or large deep skillet. Add the sesame oil and the onions. Stir-fry over med-high heat for a couple of minutes. Add about a tablespoon of the gomasio. Keep stir-frying until the onions are soft and translucent (5-8 minutes). Add carrots and the cabbage, and sprinkle in about half the remaining gomasio. Keep stir-frying until everything is tender (another 10-15 minutes). Sprinkle in the remaining gomasio, and serve. Serves 4.

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