



Mariquita
Farm

LADYBUG DELIVERIES

SAN FRANCISCO
May 20th, 2016

[Cucumbers](#)

[Green Butter Lettuce](#)

[Red Butter Lettuce](#)

[Scallions](#)

[Purple Scallions](#)

[Loose Parisian Round Carrots](#)

[Cilantro](#)

[Red Chard](#)

[Wild Arugula](#)

[New Potatoes](#)

[Kale](#)

[Bianca OR Verde Riccia](#)

****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: Lettuce, Cucumbers & loose Carrots: store in bags in the fridge. Scallions, Wild Arugula, Chard, Kale, Cilantro & Bianca or Verde Riccia: Remove any ties and store loosely in a bag in the fridge. Potatoes: A new potato is not a small potato but a fresh potato harvested from a green, growing potato plant. So, new potatoes wilt and must be treated like green vegetables and stored in a bag in the fridge.



Armenian
Cucumbers



Cicoria
Bianca
Riccia

Photos by
Andy Griffin

Wake-Up Tuna Salad

By Mi Ae Lipe from *Bounty from the Box*

Salad mix or mesclun (try a mix of your lettuces and Bianca or Verde Riccia here)

Fresh basil leaves, torn

Fresh herbs (oregano, chives, tarragon, or whatever you fancy)

Jalapeno or Serrano pepper, thinly sliced or diced, to taste

Hazelnut oil

Sea salt

1 (5-oz) can Italian oil-packed tuna (Genova brand is my favorite)

Place a generous handful of salad mix in a large bowl or on a plate. Add the torn basil leaves and sprinkle with whatever fresh herbs you desire. Add the jalapeno. Gently toss together to combine.

Drain the tuna (save the tasty oil and use it within a day or two for adding to a pasta dish or as a treat for a lucky cat) and add it to the top of the salad. Drizzle a generous amount of hazelnut oil all over the salad, then finish with a sprinkling of sea salt. Enjoy immediately.

Variations: Instead of tuna, substitute canned salmon or chicken. Add finely chopped scallions, shallots, or onion rings. Substitute the very best extra-virgin oil you can afford for the hazelnut oil.

Agua de Pepino (Cucumber Limeade)

From Chef Gary Masterson, Fire and Ice Cafe, Midleton, County Cork, Ireland

4 cucumbers cut into chunks

2 apples, cored

3 to 4 mint sprigs

Juice of 2 or 3 limes

Sugar (~3 Tablespoons) or a section of ripe pineapple

Ice

Mint sprigs, for garnish

Cucumber slices, for garnish

Put the cucumber, apples, and mint through a juicer. Add the remaining ingredients, and blend well. Pour over ice and garnish with mint sprigs and cucumber slices. Makes 2 large glasses.

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

Marinated Tofu with Swiss Chard
Adapted from Seabreeze Organic Farm, San Diego, California

½ pound firm tofu

Marinade:

1 tablespoon balsamic vinegar
2 tablespoons olive oil
2 teaspoons sesame seed oil
2 tablespoons minced garlic chives
2 teaspoons minced or grated fresh ginger
Pinch of red pepper flakes
1 ½ tablespoons tamari sauce

1 medium bunch Swiss Chard, washed, stems removed, leaves torn into pieces
1 tablespoon sesame seeds

Drain the tofu and cut it into cubes.

In a medium bowl, mix all of the marinade ingredients. Set the tofu cubes in the marinade, toss gently, and marinate for at least 2 hours at room temperature, turning the cubes over occasionally.

Setting aside the tofu, pour the marinade into a skillet on medium heat; simmer 1 to 2 minutes, until reduced by about half. Add the chard and cover the pan. Continue simmering, stirring occasionally, until the greens wilt. Add the tofu back in, sprinkle with the sesame seeds, stir to combine, and heat through. Serve immediately.

Moroccan Carrots in Vinaigrette
By Kathy Abascal, *The Abascal Way Cookbook*

2 pounds carrots, cut into ½-inch chunks

Vinaigrette:

2/3 cup olive oil
2 tablespoons fresh lemon juice
2 tablespoons red wine or balsamic vinegar
1½ teaspoons sweet paprika
1 teaspoon ground cumin
1 large clove roasted garlic, mashed or 1 small clove raw garlic, minced
¼ teaspoon or pinch cayenne
1/3 cup minced fresh parsley or cilantro

Put the carrots in a saucepan, barely cover with water, and bring to a boil. Reduce the heat and simmer until they are tender.

In a jar, combine all of the other ingredients and shake well. Add more lemon juice or vinegar to

taste. Drain the carrots and add the dressing while the carrots are warm. Serves 4.

New Potato Salad with Sautéed Onion Vinaigrette
From *Bon Appetit*

2 ¼ pounds small thin-skinned potatoes
1 ½ tablespoons dry white wine
3 teaspoons olive oil
2 cups chopped onions
3 tablespoons balsamic vinegar
2 tablespoons Dijon mustard
1 teaspoon sugar
8 radishes, trimmed, thinly sliced
4 green onions, thinly sliced
1/4 cup chopped fresh parsley
1 large cucumber, peeled, halved lengthwise, seeded, thinly sliced.

Cook potatoes in large pot of boiling salted water until tender when pierced with fork, about 15 minutes. Drain. Cool potatoes until lukewarm. Cut potatoes in half. Place in large bowl. Sprinkle wine over potatoes.

Heat 2 teaspoons oil in large nonstick skillet over medium heat. Add onions and sauté until tender, about 5 minutes. Add vinegar, mustard and sugar to skillet and stir to blend. Pour over potatoes and toss to coat. Add radishes, green onions, parsley and remaining 1-teaspoon olive oil and toss to blend. Season to taste with salt and pepper. Mound salad on platter. Surround with cucumber slices and serve.

Kale Salad with Miso and Pistachios
From Andrew Zimmer, *Food & Wine*. Serves 6

1½ lbs kale, stems discarded and leaves thinly sliced
3 T fresh lemon juice
Kosher salt
2 T apple cider vinegar
2 T sesame seeds, lightly crushed
1 T brown miso
1 teaspoon dark brown sugar
3 T extra-virgin olive oil
2 scallions, thinly sliced
¼ cup unsalted roasted pistachios, chopped

In a large bowl, toss the kale with the lemon juice and a generous pinch of salt.

In a small bowl, whisk the vinegar with the sesame seeds, miso and sugar. Gradually whisk in the oil. Add the dressing to the kale and toss well. Scatter the scallions and pistachios on top and serve.