



Mariquita  
Farm

## LADYBUG DELIVERIES

SOUTH BAY, PENINSULA &  
SAN FRANCISCO  
October 13<sup>th</sup>, 2017

Fenugreek  
Purple Top [Turnips](#)  
Red Heart [Radish](#)  
[Chives](#)  
[Chard](#)  
Red [Cabbage](#)  
[Carrots](#)  
[Tomatoes](#)  
Jonagold [Apples](#)  
Red and Green Cayenne [Peppers](#)  
[Mizuna](#)  
Red Oak [Lettuce](#)

**\*\*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:** Fenugreek, Chives, Chard, & Mizuna: Remove any ties or rubber bands, and store loosely in bags in the fridge. Turnips & Radishes: Separate roots from greens and store in separate bags in the fridge. Use greens within 1-2 days as a cooking green, just like chard. Cabbage, Apples, Peppers & Lettuce: Store in bags in the fridge. Carrots: Remove and compost greens. Carrots stay crisp longer without their greens. Store roots in a bag in the fridge. Tomatoes: Do not refrigerate. Tomatoes get mushy and less tasty in the fridge. Store in a cool spot on your counter.



Fenugreek ~ Fresh fenugreek leaves, also known and sold as "methi", can be used in salads and are often used both fresh and dried in Indian cuisine. Photo by Andy Griffin.

### Methi Murgh (Chicken cooked with fresh fenugreek leaves) from Food52

1½ lbs chicken, in pieces  
1½ cups fresh Fenugreek leaves (chopped)  
1 tsp Fenugreek seeds  
1 tbsp ginger (grated)  
1 tbsp garlic (grated)  
3 thai green chili (slit from the middle)  
1½ tbsp. coriander powder  
½ tsp turmeric powder  
½ cup tomatoes (diced)  
1 tbsp ghee (clarified butter)  
2 tbsp oil

In a large bowl, combine ginger, garlic, turmeric, fenugreek seeds, coriander, coriander powder, chili and salt. Add chicken and rub everything well together. Cover and let it marinate for at least 2 hours or ideally overnight.

Heat ghee and oil in a heavy bottom pan with a cover. Add chicken and sauté over medium heat until half way cooked through. Add fenugreek leaves, mix well, then cover and cook on medium heat until the chicken is cooked. Stir occasionally, scraping the sides if they stick.

In the last 5 minutes, add the tomato. Adjust salt if needed and up to ½ cup water if the curry is too thick. Cook uncovered, stirring occasionally over medium high heat. Once the tomatoes break down and the chicken is cooked and slightly browned on the sides, it's ready to eat. Serve hot with Naan, Roti, or over pulav. Serves 6.

### For Golden and Purple Topped Turnips from Chef Jonathan Miller

My two favorite ways to have them are roasted on their own, or served with a roasted chicken or in Pot au Feu. Probably the easiest for home cooks is the roast, which means peeling and quartering the turnips, tossing in olive oil and salt, and aggressively roasting them (425-450 degrees) until colored and sweet, about 20-25 minutes.

If roasting them with a chicken, simply roast them alongside a chicken in a large, cast iron skillet. Stir every once in a while so the turnips get covered in chicken fat (I'd actually roast the chicken with turnips, carrots, red onions, and potatoes and/or fennel). Finish with a pan sauce made from the chicken fonds in the pan (pour off fat, deglaze with some vermouth and a minced shallot, mount with butter and parsley) while the chicken rests. Don't forget to salt your vegetables lightly before going into the roasting pan.

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

### **Beijing Radish Salad by Julia**

1 bunch watermelon radishes or one medium daikon radish (try the red heart radish here)  
2 tablespoons rice or balsamic vinegar (or a combination)  
1 tablespoon soy sauce  
1 teaspoon sugar  
2 teaspoons sesame oil  
2 garlic cloves, finely chopped

Wash and julienne radishes. They can be peeled or not as you like. I often use a mandoline to do the julienne-ing, or you can grate them. Mix together the rest of the ingredients and dress the radishes with the dressing.

### **Radish Slaw**

***Gourmet, April 1991***

½ lb radishes, trimmed and grated coarse (~ 2 cups)  
3 cups finely shredded cabbage  
1 cup coarsely grated carrots  
½ cup thinly sliced red onion  
2 tbsp fresh lemon juice  
½ tsp sugar  
2 tbsp olive oil  
2 tbsp finely chopped fresh cilantro, mint, or parsley leaves

In a bowl toss together the radishes, the cabbage, the carrots, the onion, the lemon juice, the sugar, the oil, the herbs, and salt and pepper to taste.

### **Red Cabbage Salad with Apples and Walnuts from Chef Jonathan Miller**

2 dozen walnuts, shelled (or use ¾ cup shelled meats)  
1 TBS walnut oil  
1 small head red cabbage, chopped into bite sized pieces  
1 garlic clove, chopped  
2 TBS balsamic vinegar  
3 TBS olive oil  
½ red onion, sliced  
1 fennel, cored and sliced  
4-6 oz goat cheese  
2 small apples, sliced into thin wedges  
2 TBS parsley, chopped  
2 TBS marjoram, chopped

Roast walnuts in a hot oven about 10 minutes, then toss (while hot) with the walnut oil, and a bit of salt and pepper. In a large skillet, warm the olive oil, vinegar, and garlic together. As soon as they are hot, add the onion and fennel. Cook to crisp-soft, just a few minutes. Add the cabbage and cook just until it is slightly wilted, maybe another couple minutes. Remove from heat, season with salt and pepper, then fold in the goat cheese, the apple, the herbs, and the walnuts. Check again for seasoning and serve warm.

### **Chive Vinaigrette**

***10-minute Cuisine, Green & Moine***

5 tbsp olive oil  
1 tbsp white wine vinegar  
1 tsp Dijon mustard  
salt and pepper  
3 tbsp chopped chives  
2 tbsp chopped tarragon (optional)

Mix up and dress a salad.

### **Mizuna Salad with Kohlrabi and Pomegranate Seeds adapted from Martha Stewart Living**

2 large celery stalks  
1 medium kohlrabi bulb (~8 oz), trimmed and peeled  
1 small pomegranate  
3 ½ cups mizuna (~3 oz)  
2 tablespoons champagne vinegar  
1/8 teaspoon coarse salt  
1/8 teaspoon freshly ground pepper  
1/8 teaspoon sugar  
½ teaspoon Dijon mustard  
3 tablespoons extra-virgin olive oil

Using a mandoline or a sharp knife, thinly slice the celery and kohlrabi. Cut kohlrabi slices into ¼-inch-wide strips.

Halve pomegranate; remove enough seeds to yield ½ cup (reserve remainder for another use). Add seeds, celery, kohlrabi, and mizuna to a serving bowl.

Whisk together vinegar, salt, pepper, sugar, and mustard. Whisking constantly, add oil in a slow, steady stream; whisk until emulsified. Toss with salad.

### **Roasted Tomatillo Sauce with Greens adapted from a recipe in the newest Joy of Cooking**

Roast in an oven that's preheated to 400 degrees in a single layer on an oiled baking pan for 15-30 minutes, until nicely browned:

husked and rinsed tomatillos  
halved tomatoes  
1-3 spicy peppers, seeded  
1-2 leeks, white parts only, or an onion or two, quartered  
6-12 cloves of garlic

Place the vegetables, including the juices, in a blender or food processor along with:

Several leaves of chard or spinach (optional)  
1/3 cup chopped fresh cilantro  
¾ cup stock (vegetable or chicken) or more as needed  
S & P to taste

Pulse until smooth, adding more stock of necessary to make a medium bodied sauce. Reheat gently in a small saucepan and serve immediately or store, covered, in the fridge for up to 2 days.