



Mariquita
Farm

LADYBUG DELIVERIES

SOUTH BAY, PENINSULA
& SAN FRANCISCO
September 15th, 2017

[Cilantro](#)

[Scallions](#)

Red [Jalapeño](#) Peppers

Early Girl [Tomatoes](#)

Armenian [Cucumbers](#)

[Chard](#)

[Beets](#)

[Kale](#)

[Basil](#)

[Carrots](#)

Walla Walla [Onions](#)

****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: [Cilantro](#), [Scallions](#), [Chard](#), & [Kale](#): Remove any ties or rubber bands, and store loosely in bags in the fridge. [Peppers](#) & [Cucumbers](#): Store in bags in the fridge. [Tomatoes](#) & [Onions](#): Do not refrigerate. Onions are cured. Store in a cool spot on your counter. [Beets](#): Separate greens from roots and store each separately in bags in the fridge. Use the greens within a day or two as a cooking green, just like chard. [Basil](#): Store in a bag in the 'warmest' place in your fridge. For some that's the door, for others that might be the produce drawer. [Carrots](#): Remove and compost greens. Carrots stay crisper longer without their greens. Store carrots in a bag in the fridge.



Walla
Walla
Onions
Photo by
Andy
Griffin.

Cooked Tomato Salsa for Canning

By Julia

5 pounds tomatoes, preferably no larger than 2 inches wide or long: if using larger tomatoes cut them into quarters instead of halves

2 pounds green or red peppers, hot or mild, stemmed. remove seeds if you want a milder salsa

1 cup lime juice (I've used half rangpur lime juice and half lisbon lemon juice when that's all I had. Meyer lemons are too sweet; avoid those.)

3-6 cloves garlic, sliced

1½ tablespoons pickling salt (any salt without iodine)

Preheat the oven to 250 degrees F. Remove green calixes, cut tomatoes in half, and cut out any thick cores. Put the tomato halves cut-side up in a single layer in low-sided baking or roasting pans—glass, ceramic, or enameled pans will do. I used 3 different sized glass pans. Don't add oil: you want the tomatoes to dry out. Bake them for about 3 hours, until they have noticeably shriveled but haven't browned.

Put the tomato pieces into a large nonreactive pot, halving any large ones with shears as you do so. Seed the peppers or not, depending on your heat tolerance. Then mince the peppers. (if using a blender or food processor be careful not to liquefy them.) Add them to the pot along with the sliced garlic, lime/lemon juice and salt. Stir.

Bring the salsa to a simmer, and simmer it for 10 minutes. Ladle the salsa into pint or half-pint mason jars, leaving ½ inch headspace. Close the jars with two-piece caps, and process the jars in a boiling-water bath for 15 minutes. With a Sharpie pen, mark the lids with the date, item and that you could add freshly chopped onions and cilantro before serving: "Hot Salsa 9/12 add onions & cilantro" is what my lids will say. Store the cooled jars in a cool, dry, dark place. Makes about 6 pints.

Ricotta and Tomato Toast

A great breakfast idea from Everyday Food

1 thick slice whole-wheat bread, lightly toasted

¼ cup part skim ricotta cheese

½ small heirloom, beefsteak or dry farmed early girl tomato, sliced

Fresh basil leaves

¼ teaspoon olive oil

S & P to taste

Spread bread with ricotta; top with tomato and basil. Drizzle with oil, and season with S & P.

My loose fresh salsa recipe by Julia

red tomatoes diced fine (I use skins, seeds and all, but others like to remove at least the seeds.)
roasted jalapeños, skins removed, diced fine. (I put them under the broiler until blistering, then into a pyrex dish that has a tight fitting lid, then they steam for a few minutes, then remove the skins and they're ready to dice.)

Onion, diced very fine
garlic, also diced very fine (optional, just a little)
cilantro, washed and chopped up
salt to taste

Mix and eat.

In-a-Pinch Cucumber Salad

**Adapted from *Vegetarian Cooking for Everyone*
by Deborah Madison**

1 long or two short Armenian
salt and freshly milled white pepper
2 to 3 tsp. extra virgin olive oil
champagne vinegar or fresh lemon juice
1 tsp. fresh dill or parsley, chopped

Thinly slice cucumbers. Toss the cucumbers with a few pinches salt, pepper to taste, and enough oil to coat lightly. Add a few drops vinegar and the herb of your choice. Serves 4.

Sarnapur (Yogurt and Chard Soup), Serves 4

½ cup chopped roasted walnuts
1¼ cup water
¼ cup rice
2 cup chopped Swiss chard leaves, packed
1½ tsp flour
3 cups yogurt
3 cups cilantro leaves, chopped
1 cup mint leaves, chopped
salt to taste

In large pan, add walnuts to water, bring to boil and simmer until slightly tender, about 5 minutes. Add rice, cover and simmer until done, about 15 minutes. In medium pan, cook chard in 2 cups water until tender, 2-3 minutes. Drain well.

In small bowl, stir flour into yogurt until smooth. Stir into rice, bring slowly to boil, stirring constantly, and cook, continuing to stir, until thickened, about 1 minute. Add yogurt and cooked chard to rice. Stir in cilantro and mint. Season to taste with salt. Cook 3 minutes. Serve hot or cold.

Rochelle's Beet Salad

We love it, it's fast, easy and healthy. Trim ends off beets, then steam until soft. Rinse with cold water, so that the skin peels right off. Dice up and mix with thinly sliced onions, add crumbled crostini, plenty of balsamic vinegar, salt/pepper to taste with a dash of extra virgin olive oil. Toss & eat.

Carrots and Beet Salad with Ginger Vinaigrette Gourmet, April 1994

¼ cup minced shallot
2 tbsp minced peeled fresh ginger
1 clove garlic, minced
¼ cup rice vinegar
1 tbsp soy sauce
½ tsp toasted sesame oil
Tabasco to taste
½ cup olive oil
4 cups finely shredded carrots
4 cups finely shredded peeled raw beets (about ¾ lb)
spinach leaves, washed thoroughly, for garnish if desired

In a blender puree shallot, ginger, and garlic with rice vinegar, soy sauce, sesame oil, and Tabasco. With motor running add olive oil in a stream and blend until smooth.

In separate bowls toss carrots with half of the dressing and beets with remaining half. Divide carrot salad and beet salad among 6 plates and garnish with spinach leaves. Serves 6.

Rice with Kale and Tomatoes Adapted from *Gourmet*, 1990

½ cup long-grain unconverted rice
1 small garlic clove, minced
1 tablespoon olive oil
3-4 tomatoes, seeded, and chopped
2 cups finely chopped rinsed kale leaves

In a small heavy saucepan bring 1 cup water to a boil, add the rice and salt to taste, and cook the rice, covered, over low heat for 20 minutes, or until the liquid is absorbed and the rice is tender. In a heavy skillet cook the garlic in the oil over moderately low heat, stirring, until it is golden, add the tomatoes and the kale, and cook the mixture, stirring occasionally, for 3 to 5 minutes, or until the kale is tender. Fluff the rice with a fork and in a bowl combine well the rice, the kale mixture, and salt and pepper to taste.