



Gala OR Jonagold [Apples](#)  
 Dry Farm Early Girl [Tomatoes](#)  
 Poha Fruit  
[Fennel](#)  
 Sweet Bulgarian Cheese [Pimientos](#)  
 Red Norland [Potatoes](#)  
[Mustard Greens](#)  
[Eggplant](#)  
 Purple Korean [Daikon](#)  
[Lettuce](#)  
 Red [Jalapenos](#)

**\*\*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:** Apples & Poha Fruit: Store in a cool spot on your counter or store them in your fridge crisper drawer for longer storage life. Tomatoes: Store in a cool spot on your counter. Do not refrigerate. Putting them in the fridge makes them mushy and less tasty. Fennel, Peppers (both sweet and spicy), Eggplant, Potatoes, & Daikon: store in bags in the fridge. Mustard Greens & Lettuce: Remove any ties and store loosely in bags in the fridge.



Cheese Pimientos (Left)

Mustard Greens (Below)

Photos by Andy Griffin.



**Israeli Couscous with Apple, Fennel, and Parsley Root from Chef Jonathan Miller**

This is a fun little salad. Bright and refreshing. Make sure you don't peel your apple(s) for this. The color of the skin helps make this salad look better.

1 c water  
 ½ rice vinegar  
 ⅓ c sugar  
 1 ½ T salt  
 1 whole clove  
 1 t mustard seeds  
 ½ t pepper  
 1 t grated fresh ginger  
 1 small jalapeno, seeded and minced  
 1 c Israeli couscous  
 olive oil  
 1 large or two small apples, cut into small dice  
 1 large or two small fennel, cored and finely diced  
 1-2 parsley root (peeled), cut into small dice  
 3 tangerines, or 1 orange, peeled and sectioned  
 ½-¾ c raisins  
 ¼ c chopped parsley, plus a small amount of very small whole leaves

Put the water, vinegar, sugar, salt, clove, mustard, pepper, ginger, and jalapeno in a small saucepan. Bring to a boil, stirring until the sugar and salt dissolve. Continue to boil until the mixture is reduced to ½ cup. Remove from heat and allow to cool completely. Remove the clove.

Cook the couscous according to the package instructions. Remove from the pot and immediately toss with a very small amount of olive oil to keep from clumping together. Allow to cool.

Combine the apples, fennel, parsley root, tangerines, raisins, and the chopped parsley in a bowl. Gently toss with a few tablespoons olive oil. Add the cooled couscous and gently toss again.

Begin to add the reduced spiced vinegar a little at a time, stirring so everything gets coated. Keep tasting as you add it so you don't go farther than you like. Use as much of, or as little of the dressing you like. Finish with the whole parsley leaves and serve at room temperature.

**Note About Poha Fruit:** Also known as the Cape Gooseberry, this fruit looks similar and is related to the tomatillo. When ripe, they are a golden color and are juicy and sweet. They are eaten fresh, as well as made in to jams and preserves. Add them to salsas and salads. They also freeze well when left with their husks on.

## **Potato and Fennel Gratin, from Chef Jonathan Miller**

This is a great casserole, not heavy at all, and deliciously perfumed with fennel and tarragon. If you find that it is not rich enough for you, try adding some feta cheese to it, either inside as a layer, or on top. Goat cheese would also be nice in it. This is also great with other fresh herbs that might be available: lemon thyme, parsley, marjoram, oregano are all nice, too. Experiment with different varieties of olives, or add capers, too. This is also a great party dish as it tastes great at room temperature and can sit out for a long time.

olive oil

1 large or 2 medium fennel, halved, cored, and sliced crosswise

2 lb potatoes, sliced into ¼" thick rounds

2 large red onions, sliced into thin rounds

4 tomatoes (from a can is great), diced

leaves from 12 branches thyme

½ t fennel seeds, coarsely ground

3 garlic cloves, peeled and sliced thinly

¾ c green olives, pitted and roughly chopped

2 T chopped tarragon

Toss the fennel with a little olive oil and salt, then roast in a 400 degree oven until lightly colored, sweet, and softened, about 15-20 minutes.

Blanch the potatoes in salted, boiling water for no more than 2-3 minutes. You want them mostly cooked, certainly not mushy. For new potatoes, this time might be shortened somewhat.

Heat a large skillet and sauté the onions in some olive oil over high heat until lightly browned and softened, about 8 minutes. Add the fennel seeds, some salt, and half the thyme and heat through another minute or so. Remove from the heat.

In a nice baking dish that is not too large, layer the gratin:

Drizzle a little olive oil on the bottom, then add half the onions and half the garlic.

Next, add the olives, half the remaining thyme leaves and half the tarragon.

Now layer the potatoes, chopped tomatoes, and roasted fennel (in two or three layers, depending on how much you have), adding the remaining garlic as you go, here and there. Season the layers of potatoes with salt and pepper as you go, too.

Top with the remaining onions, a little more olive oil, and bake in the oven (still at 400), loosely covered about 20 minutes.

Uncover and finish the potatoes, perhaps another 15 minutes or so. When it is done, sprinkle any remaining thyme and tarragon leaves over the top. Serve warm or room temperature.

## **Poha Berry Jam**

by **Marta Lane, from MidWeek Kauai.com**

Poha berries

Sugar

Water

Add fresh berries to a sauce pan with 2 tablespoons of water. Add 2 tablespoons of sugar per cup of berries. The berries will release a lot of water, so cook over medium heat until the mixture reaches a jam-like consistency. Store leftover jam in the fridge for up to two weeks.

## **Marinated Tomato Salad with Fennel and Blue Cheese, adapted from a Cook's Country Magazine**

1.5 pounds ripe tomatoes, cored and sliced into ½ inch wedges

½ fennel bulb, cored and sliced thin

½ teaspoon salt

2 Tablespoons extra virgin olive oil

1 Tablespoon white wine vinegar

1 garlic clove, minced

¼ cup chopped fresh tarragon

½ teaspoon pepper

¼ cup crumbled blue cheese

Toss tomatoes, fennel and salt in large bowl, then transfer to baking sheet lined with paper towels; let drain 15 minutes.

Return drained tomatoes and fennel to large bowl and toss with oil, vinegar, garlic, tarragon, and pepper. Let marinate 15 minutes. Sprinkle cheese over salad. Serve.

## **Tomato and Sweet Pepper Salad adapted from The Vegetable Market Cookbook by Robert Budwig**

3 sweet peppers

4 ripe tomatoes

¼ preserved lemon (or 2 teaspoons grated zest with some of the lemon's juice)

2 cloves garlic peeled and crushed pinch sweet paprika

½ teaspoon ground cumin

1 tablespoon olive oil

1 tablespoon lemon juice

1 teaspoon salt

½ t black pepper

Grill or roast peppers, remove skins, cut into small cubes and set aside. Blanch tomatoes for 15-20 seconds in boiling water. Drain and remove skins and stems. Cut in half and remove seeds. Cut into small cubes. Rinse the preserved lemon under running water and remove the pulp. Cut the rind into fine dice. Arrange peppers, tomatoes and lemon in a dish. Mix remaining ingredients to make a dressing and pour over the salad. Mix well.

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