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Red [Onions](#)

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[Chard](#)

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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:** Peppers: if you're going to eat them within a day or two, store them in a plastic bag in the fridge. If storing longer, store wrapped in clean dry towel in a paper bag in the fridge. Do not freeze. Delicata Squash & Onions: Store in a cool dry spot on your counter. Refrigerate after cutting. Tomatoes: Do not refrigerate! Leave on your counter and rinse just before eating. Parsley & Chard: Remove ties and store loosely in bags in the fridge. Beets: Separate greens from roots and store each in separate bags in the fridge. Carrots: Remove greens from roots, and compost greens; the roots stay crisp longer without the greens, stored in a bag in the fridge. Summer Squash: Store in bags in your crisper in the fridge.



Red Shishitos. Photo by Andy Griffin.

### Sweet Pepper and Lentil Soup

Inspired by a recipe in *Not Your Mother's Slow Cooker Cookbook* by Hensperger and Kaufmann

2 Tablespoons olive oil  
1 onion, or 2 leeks, chopped  
3-5 cloves of garlic, chopped  
1 teaspoon freshly purchased paprika or smoked paprika  
1-3 sweet peppers, depending on their size, seeded and finely chopped (try the red shishito peppers here!)  
1 cup dried brown or black lentils, picked over and rinsed  
5 cups broth or water  
S & P to taste (at least an entire teaspoon of salt for this one)  
1-2 Tablespoons champagne or sherry or rice vinegar to finish the soup

Cook the onion in 1 Tablespoon oil over medium heat in a skillet until the onion/leeks begin to soften. Stir in paprika and allow it to cook for about a minute more. Add the chopped sweet pepper and cook for another 2-3 minutes, until everything begins to soften. Scrape all this into a slow cooker. Add the lentils and broth (or water) and stir to combine. Cover and cook on low until the lentils are completely soft, 7-9 hours. Season the soup with S & P (more salt if you used water, less if you used purchased broth), and last Tablespoon olive oil. Stir in 1 Tablespoon of one of the vinegars, adding more if needed. Serve hot.

### Pepper and Onion Salad

by Alice Waters, from *Chez Panisse Vegetables*

Seed and slice thin some peppers of different colors and varieties. Slice a small to medium sweet red onion very thin and toss together with the pepper slices, some pitted nicoise olives, and a spoonful of capers rinsed of brine.

Make vinaigrette with red wine vinegar and good olive oil, and season with chopped garlic and jalapeño pepper and red pepper flakes. Taste and season with salt and pepper. Cut basil leaves into a chiffonade and sprinkle over the salad. This salad should be spicy and robust; taste and adjust the seasoning if necessary.

### Tomato Juice, Indian Style from our friend Sumana

Blend the juiciest tomato you can find, strain out the largest pieces of pulp so it's smooth and thin, pour over a few ice cubes and cold water, add sugar to taste, stir and drink. Variations include blending with a little mint, or ginger. We think it's much better than the thick V8 type stuff...very refreshing and light.

**Miso Harissa Delicata Squash**  
**From Heidi Swanson, 101Cookbooks.com,**  
**February 18, 2010**

½ pound small fingerling potatoes, washed and dried  
¾ pound delicate squash  
¼ cup extra virgin olive oil  
scant ¼ cup white miso  
scant 1 tablespoon harissa paste  
3 tablespoons freshly squeezed lemon juice  
1½ oz kale, de-stemmed and finely chopped  
4 radishes, very thinly sliced  
1½ oz Marcona almonds, toasted pepitas, or other toasted nuts

Preheat the oven to 400F / 200C degrees. If the potatoes aren't tiny, slice them into pieces no larger than your thumb. Cut the delicata squash in half length-wise, and use a spoon to clear out all the seeds. Cut into ½-inch wide half-moons. You can leave the peel on these squash.

In a small bowl whisk together olive oil, miso, harissa. Place the potatoes and squash in a large bowl with 1/3 cup / 80 ml of the miso-harissa oil. Use your hands to toss well, then turn everything out onto a baking sheet. Bake until everything is baked through and browned, about 25-30 minutes. Toss once or twice along the way after things start to brown a bit. Keep an eye on things though, you can go from browned to burned in a flash.

In the meantime, whisk the lemon juice into the remaining miso-harissa oil. Taste, it should be intensely flavorful, but if yours is too spicy or salty, you can dilute it with a bit more olive oil or lemon juice. Stir the kale into the leftover dressing and set aside.

Place the warm roasted vegetables in a bowl and toss with the kale mixture, radishes, and almonds. Serves 2 to 4.

**Vegetable Kebabs with Mustard Basting Sauce**  
**Adapted from Gourmet**

16 baby carrots (about 8 ounces), peeled  
16 baby yellow scallop squash\* (about 8 ounces) or ¾ pound yellow squash or other cute baby summer squash  
16 baby zucchini (about 6 ounces) or ¾ pound zucchini  
16 red or white pearl onions (about 6 ounces)  
1½ tablespoons white-wine vinegar  
1½ tablespoons Dijon mustard  
2 teaspoons olive oil  
2 large red bell peppers (about 9 ounces), cut into sixteen 2-by-¾-inch pieces  
eight 12-inch bamboo skewers, soaked in water to cover 1 hour

In a large saucepan of boiling salted water cook carrots 1 minute. Add yellow squash and zucchini and cook vegetables 5 minutes. Transfer vegetables with a slotted spoon to a large bowl of ice and cold water to stop cooking and drain well in a colander. Transfer vegetables

to a bowl. (If using larger yellow squash and zucchini cut them into a total of thirty-two ¾-inch pieces.) In boiling water remaining in pan cook onions 4 minutes and transfer with slotted spoon to bowl of ice and cold water. Drain onions well in colander and peel, leaving root ends intact. Vegetables may be boiled 1 day ahead and chilled in sealable plastic bags.

In a small bowl whisk together vinegar, mustard, oil, and salt and pepper to taste. Basting sauce may be made 1 day ahead and chilled, covered.

Prepare grill.

Thread vegetables, alternating them, onto skewers. Brush one side of kebabs with about half of sauce and grill, coated side down, on an oiled rack set 5 to 6 inches over glowing coals 5 minutes. Brush kebabs with remaining sauce and turn. Grill kebabs 5 minutes more, or until squash is tender. (Alternatively, kebabs may be grilled in a hot well-seasoned ridged grill pan over moderately high heat.) Serves 4.

**Chiogga Beet Salad**

**Adapted from the LA Times: November 15, 2006**

1 bunch beets: any color  
1 tablespoon seasoned rice vinegar  
1 Tablespoons good-quality olive oil  
½ teaspoon (scant) toasted ground coriander seeds  
1 shallot, minced  
4 ounces (½ cup) crème fraîche or sour cream  
1 tablespoon prepared horseradish  
1 tablespoon plus ½ teaspoon kosher salt, divided  
¼ teaspoon black pepper  
1-2 tablespoons fresh mint or chervil or parsley, whole leaves or rough chopped

Boil the beets in enough water to cover, with 2 tablespoons salt, until tender, about 30 minutes, depending on the size of beet.

In a small bowl, combine the vinegar, oil, coriander and shallot and set the mixture aside for 30 minutes. In another bowl, combine the crème fraîche, horseradish, one-half teaspoon salt and pepper and set aside.

Drain the beets and, while still warm, peel them. Slice them into wedges, about 8 to 10 per beet, and cool.

Pour the vinegar mixture over the beets and let stand, covered, at room temperature for an hour. Spoon the horseradish cream onto a platter, covering the bottom. Using a slotted spoon, mound the beets over the cream. Garnish the beets with the chervil and serve. Serves 4

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**A to Z page: <http://mariquita.com/recipes/index.html>**