



LOS GATOS & SAN JOSE September 2nd, 2015

Tomatillo de Milpa Dry Farm Early Girl <u>Tomatoes</u> Yellow <u>Potatoes</u> <u>Summer Squash</u> Hungarian Hot Wax <u>Chiles</u> Chioggia <u>Beets</u> Padron <u>Peppers</u> Onion <u>Chives</u> Upland <u>Cress</u> <u>Lettuce</u> <u>Cicoria</u> Bianca 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: <u>Tomatillos</u>: Store in a cool spot on your counter and use within a few days. <u>Tomatoes</u>: Store in a cool spot on your counter. Do not refrigerate. Putting them in the fridge makes them mushy and less tasty. <u>Potatoes, Summer Squash, Chiles,</u> <u>Beets, Peppers & Lettuce</u>: store in bags in the fridge. <u>Chives,</u> <u>Cress and Cicoria</u>: Remove any ties and store loosely in bags in the fridge.



Hungarian Wax Chiles (Spicy). Photo by Andy Griffin.

Cicoria Bianca Riccia. Photo by Andy Griffin.

Preparing Tomatillos from Kate's Global Kitchen

Before using, peel off the husks and rinse to remove the sticky residue. Other than peeling off the husk, do not peel the green skin.

Tomatillos are traditionally used in three ways — raw, boiled/blanched, or roasted/grilled:

Raw - Uncooked tomatillos add a fresh, tangy citrus-like flavor and are often used raw in Mexican table sauces. Finely dice or puree them.

Blanching - Mellows the flavor. Bring a large pot of water to a boil. Add the whole tomatillos (husks removed and rinsed) and boil for about 5 minutes, until soft. Drain and crush or puree as directed in a sauce recipe.

Fire roasting - Leaving slightly blackened skins on enriches a sauce with a smoky, woodsy flavor. Can roast under the broiler, with a propane torch, or over an open flame such as a grill or a gas burner. Make sure the heat is quite hot, otherwise the tomatillos will turn mushy before being charred.

Dry roasting - Produces an earthy, nutty flavor. Place the tomatillos in a heavy skillet (preferably cast-iron). Turn heat to low. Roast for about 20 to 30 minutes, turning occasionally, letting each side take on a rich, burnished golden color before turning.

Tomatillo Salsa

2 pounds fresh tomatillos 1 cup onion -- chopped 1 or 2 hot peppers, cored seeded and chopped. (you can also use dried chiles, leave seeds in either dried or fresh for more heat) 1 cup fresh cilantro -- minced ¹/₄ cup Fresh lime juice 1-2 cloves garlic salt to taste

Remove husks from tomatillos, wash thoroughly, dry and halve or quarter. Combine tomatillos, onions, chiles, and garlic in a non-reactive pan. Over med-high heat bring to boil, stirring frequently. Reduce heat to low and simmer, uncovered, for 20 mins. Cool a little or a lot then put into blender with cilantro and lime juice, blend away, salt to taste, and you have some GREAT salsa verde Mexicano.

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

Potato Souffle adapted from *The Vegetarian Epicure* by Anna Thomas

2 C hot mashed potatoes
½ C sour cream
3 oz. grated sharp cheddar cheese (about ¾-1 C)
4 eggs, separated
salt and pepper
chives, scallions or green onions
cream of tartar

Beat the mashed potatoes with the sour cream, shredded cheese, salt, pepper and the egg yolks. Stir in the chives, scallions or green onions. Beat the egg whites with a little salt and a pinch of cream of tartar until stiff. Fold them carefully into the potato mixture and pile it into a buttered souffle dish. Bake in a preheated oven at 350 degrees for about 45 minutes. Serve at once. Serves 4.

Squash Pancakes

2 eggs ¹/₂ C milk 4 medium summer squashes, grated ¹/₂ C bread crumbs ¹/₂ C grated cheese 1/3 C each chopped fresh parsley, basil and cilantro 2T minced shallot or green onion 4T butter ¹/₄ C flour

Mix together eggs and milk. Add squash, herbs and shallots. Then mix in the cheese. Add slowly the bread crumbs and flour and mix well. In a large, heavy, non-stick skillet, melt 1T butter until it starts to brown. Spoon about ¹/₄ C of mixture into the pan and flatten a bit with the spoon. You might be able to fit 2 pancakes into the same pan at once. When the edges show a little browning turn with a spatula. Cook the other side until it is also golden brown. Keep pancakes warm in the oven until they are all cooked.

Chive Vinaigrette from *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.

Salade de Betterave et de Mâche ~ Beet and Mache Salad adapted from Debra Fioritto Weber

2-3 chioggia or golden or red beets, roasted1 lb. lettuce or mâche (try the cress or cicoria here)2 hardboiled eggsroasted walnuts

For the vinaigrette: 6 Tablespoons olive oil 2 teaspoons walnut oil 2 Tablespoons vinegar 1½ teaspoons Dijon mustard salt and freshly ground pepper fleur de sel (optional)

To roast the beets: Wrap the beets in foil. Place in a preheated 425F oven. Cook for 40-60 minutes, depending on the size of the beets. Remove from oven and allow to cool. Rub off the skins.

Place the vinegar, mustard, salt and pepper in a bowl and whisk to dissolve the salt. While whisking, pour in the oils and continue to whisk until the vinaigrette is completely blended.

Just before serving, slice the beets. Toss the beets and greens together in a bowl. Drizzle on the vinaigrette and toss again. Serve garnished with the hard boiled eggs and walnuts.

Frisée Salad with Bacon and Avocado, Radishes from Chef Jonathan Miller

4 thick slices of bacon

 bunch frisée, torn or cut into large pieces (use the Cicoria Bianca Riccia, cut up into small pieces)
 avocados, sliced thinly
 radishes, sliced into very thin rounds
 shallot, sliced into thin rounds
 T red wine vinegar
 T olive oil

Cook your bacon the way you like it, taking care to reserve the fat. Allow the bacon to cool slightly, then cut it into thin slices.

In 2 tablespoons of rendered bacon fat, sauté your shallot until softened and beginning to color, about 2-3 minutes. Transfer to a bowl. Add the vinegar, then add the olive oil in a stream, whisking until smooth. Taste to make sure you like it. Toss the frisée and radishes with three quarters of the dressing and transfer to a serving bowl. Top with the avocado, then sprinkle with the bacon slices. Finish with a drizzle of the remaining dressing and serve.

Mariquita.com | | POB 2065 Watsonville, CA 95077 | | ladybugbuyingclub@gmail.com