



Mariquita  
Farm

## LADYBUG SPECIAL SALE

PALO ALTO  
December 16<sup>th</sup>, 2017

Red Little Gem [Lettuces](#)  
Purple [Carrots](#)  
Baby [Carrots](#)  
[Chard](#)  
[Beets](#)  
Butternut Winter [Squash](#)  
[Cauliflower](#)  
[Green Garlic](#)  
[Thyme](#)  
Purple Top [Turnips](#)  
Red Heart [Radishes](#)  
Limes

**\*\*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:** [Lettuces](#), [Cauliflower](#), [Turnips](#), [Radishes](#) & [Limes](#): Store in bags in the fridge. [Carrots](#): Remove and compost greens. Carrots will stay crisp longer without their greens attached. Store roots in a bag in the fridge. [Chard](#), [Green Garlic](#) & [Thyme](#): Remove any ties or rubber bands, and store loosely in bags in the fridge. [Beets](#): Separate the roots from the greens and store separately in bags in the fridge. Use greens within a day or two as a cooking green just like chard. [Butternut Squash](#): store in a cool spot on your kitchen counter.



Green Garlic. Photo by Andy Griffin.

### Roasted Root Vegetable Salad with Pomegranate Ginger Dressing by Jessica From Nutritioulicious

Top with sliced chicken breast or a sprinkling of goat cheese for some added protein.

#### For the Pomegranate Ginger Dressing:

1 cup pomegranate arils (or ½ cup 100% Pomegranate juice)  
1 tablespoon lemon juice  
1 teaspoon freshly grated ginger  
2 tablespoons extra-virgin olive oil  
1 teaspoon whole grain Dijon mustard  
¼ teaspoon ground cinnamon  
¼ teaspoon kosher salt  
Freshly ground pepper, to taste

#### For the Salad:

1 cup cubed carrots  
1 cup cubed parsnips  
1 cup quartered Brussels sprouts  
2 tablespoons olive oil, divided  
1 cup cubed butternut squash  
1 cup cubed sweet potatoes  
1 cup cubed beets  
6 cups arugula  
4 tablespoons pomegranate seeds  
4 tablespoons toasted pecan halves

*To make dressing:* If using fresh pomegranate arils to make the dressing, pulse them in a small food processor until juiced. Strain juice and discard seeds.

In a small bowl or covered jar, combine pomegranate juice with remaining dressing ingredients. Whisk together or shake in closed jar until emulsified. Shake again before using.

*To make salad:* Preheat oven to roast at 400 degrees F. Line two large baking sheets with aluminum foil or parchment paper.

On one prepared baking sheet, toss carrots, parsnips, and Brussels sprouts with 1 tablespoon olive oil. Spread in a single layer.

On second prepared baking sheet, butternut squash, sweet potatoes, and beets with remaining tablespoon olive oil. Spread in a single layer.

Place both trays in the preheated oven and roast until all vegetables are tender and brown in spots, approximately 15 minutes for the tray with carrots and 20 minutes for the tray with butternut squash. Stir halfway through cooking time for even browning. Remove from oven and set aside until cool enough to handle.

In a large bowl, combine arugula with roasted root vegetables, pomegranate seeds, and toasted pecans. Drizzle about two-thirds of the Pomegranate Ginger Dressing over salad and toss to combine. Store remaining dressing in the refrigerator for another use. Serves 4.

## **Cauliflower Soup from Chef Jonathan Miller**

Cauliflower, cut into florets  
2-3 carrots, chopped  
1 onion, chopped  
2-3 T herb of choice (parsley or thyme are good)  
Broth of choice (chicken stock, veggie stock, or even water), up to 1 quart, depending on size of cauliflower  
1-2 c half and half or cream

Sauté the onion and carrots in oil or butter. Cook them until the onions are really soft but not brown. Add the cauliflower and the herbs and cook a few minutes. Add your broth until it comes up just below the level of your veggies and simmer until the cauliflower is cooked, around 12-15 minutes. Add some cream and blend in a blender, then check for salt and pepper.

## **Braised Chicken with Green Garlic from *Weir Cooking in the City* by Joanne Weir**

1 large chicken (about 4 pounds)  
2 T butter  
2 T olive oil  
S and P  
1 cup water  
3-5 stalks green garlic, trimmed and cleaned as you would a leek, and chopped  
1 ¼ cups white wine  
1 ½ cups chicken stock

Remove the wings from the chicken and discard. Cut the chicken into 8 pieces, each breast half cut crosswise into 2 pieces, 2 thighs, and 2 drumsticks.

Melt the butter in the olive oil in a large skillet over med-high heat. Working in batches if necessary, add the chicken, season with S and P, and cook until golden brown on one side, 6-8 minutes. Turn the chicken pieces and cook until golden brown on the second side, another 6-8 minutes. Transfer chicken to a platter; cover with foil, and keep warm. Pour the excess fat from the pan and discard.

Reduce the heat to medium, add the water and garlic, and cook until the garlic is soft and the water has almost evaporated, about 10 minutes. Add more water during cooking if necessary. Puree in a blender on high speed until very smooth; reserve.

Return the chicken to the pan and increase the heat to high. Add the white wine, chicken stock, and garlic paste and bring to a boil. Reduce the heat to

low, cover, and simmer until the chicken can be easily skewered, 20-25 minutes. Season with S & P. Transfer the chicken to a platter and cover with foil. Over high heat, reduce the sauce until slightly thickened. Pour the sauce over the chicken and serve. Serves 6.

## **Butternut Squash Latkes**

**Adapted by Chef Jonathan Miller from a recipe in *Food & Wine*, December 2012**

1 small butternut squash, peeled and coarsely shredded  
24 oz yellow potatoes, peeled and coarsely shredded  
½ c cornstarch  
2 eggs  
½ onion, minced  
generous pinch cayenne

Combine the squash, potatoes, cornstarch, eggs, onion, cayenne, and some salt and mix well.

Heat a couple skillets on the stovetop and put some oil into each. Add the batter in amounts making the size pancake you want, making sure they are not mounded up - the batter should be thin and flat in the pan. Cook until nicely colored on the first side, then flip, cooking for a shorter amount of time on the second side. Transfer to a paper towel lined plate and cook the remaining batter. Cooking time will vary depending on your pan and your stove, so pay attention the first two batches until you figure it out. Serve warm or at room temperature. My wife likes sour cream on top of these and perhaps a little chopped chive or thyme leaves.

## **Braised Baby Turnips and Carrots from Alice Waters' *Chez Panisse Vegetables***

A very simple stewing is all that is wanted for very tiny and delicate turnips and carrots. Wash and trim the vegetables. Both should be tender enough to make peeling unnecessary. Trim off the carrot tops but leave a half-inch or so of the stalks. Leave the tender turnip greens attached, trimming off only the leaves that are wilted or damaged. Put the young roots in a saucepan with a little butter and water, and stew gently, covered, until softened but not overcooked. Season with salt and pepper and serve. This is especially nice if you have a variety of carrots of different shapes and colors.

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