



Mariquita
Farm

**LADYBUG
DELIVERY**

**PALO ALTO
February 19th, 2015**

Imperator [Carrots](#)

[Parsley](#)

[Potatoes](#)

[Puntarelle](#)

[Green Garlic](#)

[Green Onions](#)

[Leeks](#)

Red OR White [Turnips](#)

Sai Sai ([Cooking Green](#))

Lemons

[Chard](#)

****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: [Puntarelle](#), [Carrots](#), [Potatoes](#) & [Lemons](#): store in bags in the fridge. [Parsley](#), [Green Garlic](#), [Onions](#), [Leeks](#), [Sai Sai](#) & [Chard](#): Remove rubber bands or ties, and store loosely in a bag in the fridge. [Turnips](#): Remove the greens and store the greens and roots in separate bags in the fridge. Use the greens as you would any cooking green.



Photo of
Puntarelle
by Andy
Griffin.



Photo of
Sai Sai
by Andy
Griffin.
This is an
Asian
radish
leaf
green.

Carrot Yogurt Soup

Adapted from Sunset's *Make-Ahead Cookbook*

2 T cooking oil

1 large leek or onion, chopped (leek should be cut in half, cleaned and then white and light green parts chopped.

The dark green parts can be tossed or used to make stock.)

1 garlic clove or 1 stalk green garlic, chopped

1 teaspoon each curry powder and flour

3 cups stock: chicken or vegetable

3 large or 6 medium carrots, scrubbed and sliced, (peeled if you like)

1 cup plain yogurt

cayenne pepper, ground

1/3 cup chopped, toasted salted peanuts

Heat oil in 3-4 quart pan over med. heat. When oil is hot, add onion, then garlic, stirring, until onion is soft. (About 10 minutes). Add curry powder and flour; continue to cook, stirring, for about 30 seconds. Add broth and carrots. Cover and simmer until carrots are tender when pierced (15 to 20 minutes)

Blend with immersion blender, food processor or regular blender with 3/4 cup of the yogurt until pureed. Season to taste with S and P and cayenne (use sparingly!). Let cool; cover and refrigerate for up to 1 day or freeze for up to 4 months.) Thaw overnight or defrost in microwave.

To serve: Serve at room temperature or hot. Garnish with peanuts, yogurt, and if you like carrot curls you can make by using a vegetable peeler and 'peeling' long carrot curls from a carrot. Put these curls in a small bowl of ice water to help them stay curly and crunchy before you serve them in the soup.

Curried Carrot Dip

3oz finely grated fresh carrots

1 pint light sour cream

2 tbsp apricot preserves

1 tbsp dijon mustard

4 tsp curry powder

1/2 to 1 tsp bottled crumbled red chilli flakes

Carrot sticks, celery, red pepper sticks.

Mix sour cream, carrots, apricot preserves, mustard, curry powder and chilli flakes. Serve with vegetable dippers. Makes 1-2 pints.

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

Potato Leek Soup with Sai Sai Greens, *Chef Jonathan Miller*

I no longer make plain old potato leek soup or vichyssoise. It's too good when you include sai sai greens or radish greens. You have every vegetable you need for this soup in your mystery box. I like this soup best warm, but it is also good cold, as vichyssoise is normally served. I keep the skins on my potatoes for all the minerals. If you don't have a good blender, you might need to peel them, or be content with larger pieces of peel in your soup.

2 T butter
2 leeks, halved and sliced
1 ¼ lb potatoes, scrubbed and diced
4 c chicken stock
4 c water
1 huge bunch sai sai greens, or 4 bunches radish greens, washed well
1 c creme fraiche
minced parsley to garnish

Melt the butter in a soup pot and add the leeks and potatoes with some salt. Saute gently so you don't brown any of the leeks and potatoes until soft, about 10 minutes. Add the stock and water and bring to a simmer. Simmer 15 minutes, or until the potatoes are soft.

Add the sai sai greens and the creme fraiche and wilt down for 2 minutes. Cool slightly, then puree the soup thoroughly. Taste for seasoning and serve either warm or cold with a dusting of minced parsley on top.

Green Garlic Bagna Cauda, Chef Jonathan Miller

This is a phenomenal condiment, especially for sandwich junkies like myself. It's delicious with hard or soft cooked eggs, egg salad, with cured meats, cheeses, or fresh meat concoctions like country pates, bologna, and especially mortadella. It's super easy to make, too, and keeps well in the fridge. You have three ways to try it using stuff from your box, too - green garlic is my favorite, but you can use leeks, or scallions (or even tender green onions). Add it to soups as a last minute swirl, or incorporate it into scrambled eggs, or pour it over some roasted potatoes or carrots from your box this week. Use this with your puntarelle, either shaved raw, or sliced and roasted.

4 T butter
4 T olive oil
4 anchovy filets
1 bu green garlic (or sub scallions, or sub baby or tender leeks)

In a small saucepan heat the butter and oil until the butter melts. Add the anchovies and garlic and a pinch of salt. Simmer, stirring once in a while, until the anchovies break down, about 12-15 minutes.

Allow to cool before using. If you use this out of the fridge, it will be a spreadable paste that slowly melts at room temperature. I like it best slightly warmed so it can be spooned as a small drizzle of deliciousness.

Puntarelle Salad

This is a recipe given to Mariquita Farm a couple years ago from Chef Anthony from Locanda Osteria in the Mission. It requires a bit of knife work, so be patient, and take the time to do it right. You'll be rewarded with a phenomenal and unique salad. ~ Chef Jonathan Miller

5 anchovies (salt packed if possible)
2 heads puntarelle
1 small garlic clove
½ bunch parsley, chopped
lemon juice
red wine vinegar
olive oil, 1st quality
½ c parmesan

Soak the anchovies in cold water for 30 minutes. (If using oil packed anchovies, omit that step.) Peel the filets from the spine and chop them.

Remove the outside leaves off the puntarelle and set them aside. Use the stalks for this salad, and julienne them as best you can. Then put the julienned pieces in some ice water for 1 hour. Drain well and blot dry as best you can.

Pulverize the garlic, or use your knife and a touch of salt to mash it into a paste. Note that the recipe calls for a small garlic clove. Heed that part. Use a very small garlic clove for this salad. Combine the garlic with the parsley and the anchovy and mash all three into a paste either with a mortar and pestle, or continuing with your knife. Make sure the paste is smooth.

In a large mixing bowl, put the puntarelle and some salt and pepper and toss well. Put the anchovy paste to the side of the bowl, and using the back of a spoon, smear the lemon, vinegar, and oil into the paste, one at a time, until it becomes nice and creamy. Go easy on the vinegar and lemon, and go heavy on the oil. Incorporate the dressing into the puntarelle, massaging it in so the salad is well coated. Serve right away.

For the puntarelle tops (the leafy, dandelion-like parts that are stripped away to bare the bulb), blanch them in salted, boiling water until tender, then spread them out to dry on a towel. Squeeze out the remaining water and then heat a pan large enough to accommodate the greens in a shallow, single layer with a generous splash of olive oil, a few thin slices of garlic, and a pinch of chile flakes. Slowly melt the garlic into the olive oil, and add the puntarelle tops. Sauté a couple minutes, add a hit of salt, and a splash of lemon. Finish with a final pour of olive oil.