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****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: Tomatoes: Store in a cool spot on your kitchen counter until you use them. Do not refrigerate – that makes them mushy and less tasty. Summer Squash, Mouse Melons, Cantaloupe & Jalapeños: Store in bags in the fridge. Parsley, Chard & Spinach: Remove ties and store loosely in bags in the fridge. Delicata Squash: store in a cool, dry place: nearly anywhere in your kitchen or pantry should work. If the winter squash doesn't have nicks/fresh gashes it should last for months.



New Zealand Spinach. Photo by Andy Griffin.

Melon Tomato Gazpacho

Adapted from Mark Bittman's *The Minimalist Cooks at Home*

1½ pounds red tomatoes, perfectly ripe
2 smallish charentais (cantaloupe) melons, about 3 pounds total, seeded, peeled and cut into chunks
2 Tablespoons olive oil
water
leaves from 5 stalks of Genovese basil
salt and pepper
1 lemon

Peel the tomatoes by quickly blanching them in boiling water, no more than 30 seconds is usually necessary, sometimes less. Core and seed tomatoes. Heat 1 T oil in a skillet on high, add the melon and cook, stirring, until it's juicy, about 2 minutes or less. Remove melon from pan into a food processor and repeat with tomatoes: heat remaining oil in pan and add tomato chunks and cook until juicy, about 2 minutes.

Puree the melon and tomato with 1.5 cups water (some of that can be ice), basil, S & P to taste. Chill, then add lemon juice to taste. You can also drizzle best quality extra virgin olive oil at serving time if you like.

Chard and Tomatoes from *Too Many Tomatoes, Squash, and Other Good Things* by L. Landau and L. Myers

2 T olive oil
1 onion, diced
2 cloves garlic, minced
3 large tomatoes (or equivalent with different sized tomatoes), peeled and diced
½ cup cooked ham (optional)
2 cups cooked chard (easy to blanch: just immerse roughly chopped leaves in boiling water for 1-2 minutes)
butter
S & P
Nutmeg
½ cup grated parmesan cheese

Sauté the onion and garlic in the olive oil until golden. Stir in the tomatoes, ham if using, and chard and heat until bubbly. Add butter, Salt and Pepper and nutmeg to taste. (This dish can be kept 'lighter' by skipping the ham and the butter!) Serve, sprinkling with the Parmesan cheese.

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

Squash and Pepper Skillet
From *Taste of Home Magazine* by Gail Davies

1 medium onion, thinly sliced
1 tablespoon olive or vegetable oil
5 medium zucchini, sliced
3 medium yellow summer squash, sliced
1 small sweet red or green pepper, julienned
1 garlic clove, minced
Salt and pepper to taste

In a skillet, sauté onion in oil until tender. Add the zucchini, yellow squash, red pepper and garlic; stir-fry for 12-15 minutes or until vegetables are crisp-tender. Season with salt and pepper. Yield: 8 servings

Delicata Squash Pizza
By Erin Alderson from *Naturally Ella*

1 delicata squash
½ medium red onion
2 tablespoons olive oil, divided
2 cloves garlic, minced
2 tablespoons shredded basil, plus extra for topping
3 to 4 oz shredded mozzarella or smoked mozzarella
½ ball whole wheat pizza dough (homemade or store-bought)

Cut the squash and onions into thin slices, about 1/8" thick. Heat a large skillet over medium-low heat and add 1 tablespoon olive oil. Add in the squash and onion slices, stirring occasionally. Let cook until mixture starts to brown, 8 to 10 minutes. Add in garlic, cook for one more minute. Remove from heat and stir in the basil.

Preheat oven to 450°. Roll the pizza dough out in a rectangle that is roughly 8" by 12". Transfer to a sheet tray.

Brush the crust with olive oil then sprinkle the delicata squash mixture evenly over the dough. Sprinkle with 3 ounces of shredded cheese and add more as desired. Bake for 12 to 15 minutes until crust has browned and cheese has melted. Sprinkle with extra basil and serve.

Roasted Delicata Squash & Onions
From *EatingWell Test Kitchen*

2 pounds delicate squash
1 medium red onion, sliced
2 tablespoons extra virgin olive oil, divided
¼ teaspoon salt
1 teaspoon chopped fresh rosemary
1 tablespoon maple syrup
1 tablespoon Dijon mustard

Preheat oven to 425 F. Cut squash in half lengthwise, then crosswise; scoop out the seeds. Cut lengthwise into ½-inch-thick wedges. Toss with onion, 1-tablespoon oil and salt in a large bowl. Spread in an even layer on a

baking sheet. Roast, stirring once or twice, until tender and beginning to brown, about 30 minutes.

Combine the remaining 1-tablespoon oil, rosemary, syrup and mustard in a small bowl. Toss the vegetables with the dressing.

Chicken with Orange, Spinach and Cherry Tomatoes
***Bon Appetit*, March 1998**

2 tablespoons minced fresh dill
2 teaspoons grated orange peel
1 teaspoon minced garlic
¾ teaspoon salt
1 cup cherry tomatoes, halved
1 tablespoon olive oil
4 skinless boneless chicken breast halves, thinly sliced crosswise
4 cups firmly packed torn fresh spinach leaves (~ 8 oz)

Preheat oven to 450F. Place large baking sheet in oven to heat. Meanwhile, mix dill, orange peel, garlic and salt in medium bowl. Season with pepper. Combine tomatoes, oil and 1-teaspoon dill mixture in small bowl. Add chicken to remaining dill mixture in medium bowl and toss to coat.

Cut 4 sheets of foil, each about 20 inches long. Place 1 foil sheet on work surface. Arrange 1 cup spinach on 1 half of foil. Place ¼ of sliced chicken mixture atop spinach. Spoon ¼ of tomato mixture atop chicken. Fold foil over, enclosing contents completely and crimping edges tightly to seal. Repeat with remaining 3 foil sheets, spinach, chicken mixture and tomato mixture, forming 4 packets total.

Arrange foil packets in single layer on heated baking sheet. Reduce oven temperature to 400F. Bake until chicken is just cooked through, about 10 minutes. Transfer to plates; let stand 5 minutes. Makes 4 servings.

Spinach and Roasted Red Pepper Salad
***Gourmet*, February 1999**

4 red bell peppers
1 teaspoon honey
1 teaspoon Dijon mustard
1 tablespoon balsamic vinegar
2½ tablespoons extra-virgin olive oil
½ pound fresh baby spinach (about 8 cups packed)

Quick-roast and peel pepper. Cut roasted peppers into ½-inch-wide strips. In a small bowl whisk together honey, mustard, and vinegar. Add oil in a slow stream, whisking until emulsified, and season with salt and black pepper. Roasted peppers and vinaigrette may be prepared 2 days ahead and chilled separately, covered. In a large bowl toss roasted peppers and spinach with vinaigrette and salt and black pepper to taste.