

Two Onion Farm

Chris & Juli McGuire • 19638 Cottage Inn Road, Belmont, WI 53510
farmer@twoonionfarm.com • (608) 762-5335

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Celeriac. This is the vegetable with a gnarly, swollen root and with tops which resemble miniature celery stalks. Celeriac is closely related to celery and has a similar flavor. However, the plant is much better suited to our climate than celery.

The celeriac root is what is usually eaten. You can use the root in place of celery in any recipe. Add grated or finely minced raw celeriac to salads, or eat celeriac sticks with dip. In our house we generally eat celeriac cooked, in soups, sauces, stir-fries, or other dishes. We've included an enchilada recipe which calls for celeriac.

You should peel the rough skin off the root before eating it. An easy way to peel celeriac root (and other roundish vegetables) is to trim off the top and bottom ends, slice the celeriac in half horizontally, place each half with the cut end down on a cutting board, and trim off the skin by slicing down with a knife.

We've included the green tops of the celeriac in our box, although they are not eaten as commonly as the root. The leaves can be chopped and used lightly as a seasoning for their celery-like flavor. The dark green stalks are rather stringy and we don't recommend them, although they are edible.

Store celeriac bagged in the fridge. If you won't eat the green tops, cut them off and discard them before storing, as this will prolong the life of the root. Note that if you cut open the celeriac root, use part of it, and return the rest to the fridge, then the cut surface will darken with exposure to air, just like a cut apple. Lemon juice on the celeriac will slow the darkening. (In a similar way, lemon juice will also prevent browning of sliced apples. It's the Vitamin C that prevents the darkening).

Broccoli, Cauliflower, Lettuce, or Swiss Chard. If you receive Swiss Chard, it is the leafy vegetable with the prominent central vein which may be white, red, yellow, or other color. Chard is almost always cooked before eating. To make simple and nice chard side dish, sauté onions and garlic in a large pan, then add coarsely chopped chard and cook until it is tender but not absolutely mushy, season with salt, pepper, and a little balsamic vinegar, and serve. Or omit the balsamic vinegar and serve over spaghetti with parmesan cheese.

Green Beans or Edamane. Some of you will receive the last of our green beans. Others will receive edamane, which are lightly fuzzy and resemble green beans or peas in the pod. Edamane are actually soybeans which are harvested immature. To eat them, boil the entire pods in very salty water until the beans in the pods are tender, generally 5-10 minutes. Drain, and then split the pods open and eat the individual bean seeds as a snack or in a salad. They make a nice snack food.

Peppers. This week we are giving everyone 2 or 3 peppers. You may receive a green bell pepper of the same variety we have given out for the past few weeks, a sweet yellow bell pepper, or an Italian pepper. The Italian pepper is long, thin, and partially or entirely red. The Italian pepper is sweet, not hot, and has a very rich, full pepper flavor. It can be eaten raw but is especially suited for being cooked in a sauce or stir-fry. We have included an enchilada recipe which calls for a cooked pepper, and a cabbage salad recipe which uses raw pepper.

Tomatoes. The recipe for enchiladas calls for a number of tomatoes.

Potatoes. These potatoes are fairly mature and you can store them on your countertop or pantry. Keep them in the dark, however – exposure to light makes the potatoes turn green. The green color *per se* is chlorophyll and is not objectionable. However, when the potato produces chlorophyll, it often forms bitter-tasting alkaloid compounds as well. If a potato ever does turn green, you can generally peel the green area off fairly easily; the remainder of the potato will be fine. If you put potatoes in a brown paper bag with the top folded over, that's generally sufficient to keep the light out.

We've brushed these potatoes but not washed them, because washing with water increases the chance of rotting and reduces storage life.

Onion. We're giving out 1-2 Ailsa Craig Onions and several yellow cooking onions. The Ailsa Craig onions are larger, softer, and have a gradually tapered top. The yellow onions are smaller, harder, and have a rather blunt, flat top. The Ailsa Craig is milder and juicier and best suited for fresh eating. The yellow cooking onions are more pungent and are usually cooked.

Both onions can be stored in the pantry or on the countertop.

Cabbage. We have a recipe for cabbage salad in this newsletter.

Garlic.

Parsley. This week's potato salad recipe calls for parsley.

Summer Squash. Our summer squash plants are senescing after a long summer of hard work. Since their yields are declining, we won't have enough squash for everyone's box – those who don't receive a squash will receive an extra pepper or other item.

Cabbage Salad

Because of the horseradish, this salad is moderately hot. It is a wonderful side dish with sandwiches.

1-2 garlic cloves, minced
1 1/2 tsp prepared horseradish
1 tsp salt
pepper to taste
1/2 tsp dry mustard
1 1/2 tsp poppy seeds
1 1/2 tsp dry minced basil (or 1 1/2 Tbsp fresh)
1/2 tsp thyme
1/2 tsp tarragon
2 Tbsp vinegar
1 1/2 tsp honey
1/4 cup olive oil
1 lb cabbage, shredded or thinly sliced
1 red or yellow pepper, seeded and cut into thin
1" strips
1/2 sweet onion, thinly sliced

Combine garlic, horseradish, vinegar, honey, olive oil, spices and herbs in a cup and whisk together. Pour dressing over cabbage, peppers, and onion in a large bowl, and mix. Chill and serve cold.

Potato Salad

A nicely seasoned variation on traditional potato salad.

3 medium potatoes, chopped into bite-sized pieces
1 hardboiled egg, chopped
1/2 bell pepper, diced
2 Tbsp finely minced onion
1/2 cup finely minced parsley
1 1/2 tsp dried dill
1 tsp salt
pepper to taste
2 or 3 Tbsp cider vinegar
1 tsp dry mustard
1 tsp tarragon
1 Tbsp prepared horseradish
1/4 to 1/2 cup mayonnaise
1/4 to 1/2 cup yogurt

Mix, chill, and serve cold.

Enchiladas

The enchilada is a soft tortilla wrapped around a filling and baked in a sauce. To make them, first prepare the filling and sauce, and then prepare and bake the enchiladas. (If you're using frozen tortillas, start thawing them before you do anything else.) This recipe is not hot or spicy, although it has some spicy ingredients.

The filling:

1 cup minced onion
1-2 cloves garlic
1/2 tsp salt
black pepper
1/2 cup minced celeriac
olive oil
1 cup frozen corn
1 15 oz can black beans
shredded cheddar cheese.

Sauté the onion, garlic, salt, pepper, and celeriac in olive oil. Add the corn and beans and cook until they are thoroughly warmed. Stir in shredded cheddar cheese. This is enough for about 4 tortillas (burrito size).

The sauce:

olive oil
1 cup minced onion
1/2 tsp salt
1 1/2 tsp cumin
1 tsp chili powder
4 to 5 medium sized tomatoes, chopped
1 cup water
black pepper
4-6 cloves garlic, minced

Saute onion and salt until onion is translucent. Then add cumin and chili powder and sauté 5 minutes more. Add tomatoes and water; bring to a boil and simmer partially covered for 20 minutes. Add the black pepper, cayenne, and garlic, and simmer 10 minutes more.

To assemble and bake: Preheat your oven to 325 degrees. If your tortillas are too stiff to be rolled, soften them up by dunking in water or sautéing for 5-10 seconds on each side in a little oil. Then, one-by-one, lay each tortilla flat, spoon some filling into the center, tuck in the sides and roll it up. Put a little sauce in the bottom of a baking dish, lay the enchiladas seam end down in the sauce, and pour the remainder of the sauce over the top. Cover and bake for 30 minutes.

Special offers. We will soon have roasting peppers available. These are medium sized, sweet red peppers which are especially well suited for roasting. Roasted peppers are a wonderful "secret ingredient" in salads, pasta sauces, and other dishes: roasting brings out a sweet, mild flavor and moderates the sharpness of raw peppers. Roasted peppers store well in the freezer. Roasting is fairly easy – just place the peppers under a broiler or over an open flame and turn often until the skins are evenly blackened. Then place the peppers in a closed paper bag and let them sit for 15 or 20 minutes, which will loosen the skins. Peel the peppers and remove the seeds. Peeling is a little messy but not hard; the charred skins will slip right off. You can roast any pepper, including the peppers in your weekly box. However, the roasting peppers we are offering in bulk were selected for particularly good flavor when roasted. Our price is \$3.00 / lb; one pound contains about 8 smallish peppers. Peppers shrink a lot when roasted, so 8 peppers makes a modest amount – approximately one cup or a little less.

You can also still order bulk quantities of basil (\$6.50 per lb), garlic (\$2.50 for three heads), and paste tomatoes (\$8.00 per 5 lb). Email farmer@twoonionfarm.com or call 608-762-5335 to place an order and then pick it up at one of your scheduled vegetable pickups.

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