

Two Onion Farm

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Week of August 28, 2011

Organic produce in this week's box:

| Vegetable | Refrigerate? | Store In Plastic Bag To Retain Moisture? | Approx. Storage Life | Comments |
|--------------|--------------|--|----------------------|---|
| Acorn squash | No | No | 2 wks | |
| Broccoli | Yes | Yes | 1 wk | Friday boxes only |
| Carrot | Yes | Yes | 2 wks | |
| Cauliflower | Yes | Yes | 1 wk | Not in all boxes |
| Cucumber | Yes | Yes | 1 wk | |
| Fennel bulb | Yes | Yes | 1 wk | Flattened bulb with overlapping layers. |
| Garlic | No | No | 2+ wks | |
| Green onion | Yes | Yes | 1 wk | |
| Kale | Yes | Yes | 1 wk | Narrow dark blue-green leaves |
| Leek | Yes | Yes | 1 wk | |
| Lettuce | Yes | Yes | 1 wk | Summercrisp |
| Pepper | Yes | Yes | 1 wk | Red sweet pepper |
| Tomato | No | No | <1 wk | Cherry and slicing tomatoes |

Cauliflower – we won't have enough for every box this week. Several more plantings are maturing in the field and we expect to harvest much more during September.

Broccoli. Our first fall broccoli is maturing at the end of this week and we'll only be able to include it in our Friday boxes. We expect to continue harvesting broccoli almost continuously through mid or late October and everyone should receive much more.

Leek. We're harvesting the first of many leeks this week. This is one of our favorite fall vegetables. Leeks have a mild, subtle onion-like flavor. You can substitute leeks for onions in many recipes and appreciate the change in taste. Leeks can be eaten raw, but are usually cooked. Like onions, they will sweeten when cooked. Generally the white portion of the leeks and the lowest portion of the green leaves are eaten.

Cleaning leeks can be tricky, because soil particles are often trapped within the bases of the leaves. We do our best to clean them here

at the farm but you may find more dirt inside as you peel and chop. Here's what we recommend for washing them: start by chopping off the green tops, if any, to within 2 inches of the white portion. Then peel off the outer layer if it has turned slimy or brown, which happens naturally as the leeks age. Now slice the leeks and place them in a colander. Rinse the leeks under running water to wash the dirt away.

Fennel. This is the flat white vegetable with overlapping layers. It has a licorice like flavor. Fennel can be eaten raw if you enjoy its pronounced flavor. When cooked, fennel's flavor moderates to a gentle sweetness. It is very nice in stir-fries, sautees, and pasta sauces. To cut up a fennel bulb, wash it, then slice in half lengthwise. Slice each half in half again lengthwise. With a small sharp knife, remove the triangular core from the base of each quarter-bulb piece. Then lay the quarters down flat and slice into thin strips.

Kale. We expect a nice harvest of Lacinato (or “Dinosaur”) kale this week – narrow, very dark bluish-green leaves with bumpy surfaces.

Kale is generally cooked, either steamed or sautéed. Typically you will chop the leaves and discard the tough midrib before cooking. Aim to cook the kale until it is limp but still retains some texture. Steamed kale can be dressed with olive oil, lemon juice or vinegar, salt and pepper. Or sauté kale in oil or butter with onions and garlic. Garlic generally accompanies kale nicely.

Leek, Pepper, and Tomato Pasta Sauce

Makes enough for 4 generous servings.

4 medium leeks, washed and thinly sliced
¼ cup olive oil
3-4 red Italian peppers, cut into short, thin slices
1 tsp thyme
1 tsp salt
1 large (or 2 small) tomatoes, diced

Heat the oil in a large frying pan. Add the leeks along with ¼ cup water and cook covered over medium heat until leeks are tender, about 8 minutes. Uncover and stir in peppers, thyme, and salt. Cook until peppers are just tender and then add tomatoes. Cook another two minutes or so and then serve over pasta.

Lamb and Mixed Vegetables

We enjoy this recipe with ground lamb, but you can substitute another ground meat or cubed chicken breast.

1 lb ground lamb
1-2 cups minced onions or leek
1 ½ tsp dry mint (accompanies lamb well, but you can omit it if not using lamb)
½ tsp thyme (plus 1 tsp basil if not using mint)
salt and pepper to taste
3-4 cups of any of these chopped vegetables:
pepper, carrot, broccoli, cauliflower, cabbage, paste tomato, green bean, kale, etc.
In a large pan, fry the ground lamb, breaking it into small pieces. Add onions, pepper, herbs, salt, and pepper. Sauté for 5 minutes. Add remaining vegetables, cover pan, and steam until veggies are barely cooked. If using kale, add it later than the other vegetables since it requires less time to cook. Serve over rice.

Other recipes available on our website:

Gingery Kale and Soy Sauce ([9/5/2005](#))

Kale with Onions, Garlic, and Tomato ([10/5/2008](#))

Leek and Carrots ([9/13/2009](#))

Raw Tomato Sauce with Fennel ([8/31/2008](#))