

Two Onion Farm

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This is the final delivery of the season. Thank you very much for being a member this year!

We've already received many helpful survey responses. If you have not sent back your survey, we appreciate if you take the time to fill it out. If you didn't receive a survey or you misplaced yours, ask us for one or download it from www.twoonionfarm.com.

Vegetables in this week's box: Cabbage, carrots, daikon radish, leeks, onions, rutabagas, and butternut squash.

The leeks are not in everyone's box. As we stated in our brochure, we only distribute leeks to members who chose our "diverse" vegetable selection, and not to those who chose the "traditional" selection. (If the letter on your box is "D", "E", "I", or "J", then you are receiving the traditional selection.) In your surveys, however, some of you who receive traditional boxes indicated that you do like leeks. Thank you for telling us. We increasingly realize that the traditional/diverse distinction has flaws, and we're considering how we can change next year to permit some individual customization while still allowing us to efficiently pack and deliver the boxes.

The butternut squash are also not in every box. As we've stated in recent newsletters, we suffered a crop failure of winter squash. We've already distributed all of the squash which we raised. Earlier in the fall we did buy in some locally grown organic winter squash. We have already distributed most of it, and we do not have enough for everyone this week. If you do receive squash, we encourage you to eat it soon since it is nearing the end of its storage life.

We try to be fair to everyone. People who do not receive leeks and/or squash do receive extra of other items.

Daikon Radish. Some of you are receiving this for the first time. It is the long white root in your box. This long storing radish has a hotter, sharper flavor than red or beauty heart radishes. Eat it cooked or raw. Sliced Daikon adds a spicy touch to stir-fries. Or grate it into raw cabbage salads. The 11/5/2006 newsletter on our website has a recipe for a side dish of Daikon radish cooked with ginger and onion.

The radish is large, but it stores well if it's kept bagged in the fridge. You can cut off a piece and the remainder will continue to keep well if it's returned to the fridge.

Cabbage. We sense from the survey responses we've received that many of you don't relish cabbage. Accordingly, we plan to reduce our plantings for next year. It's hard to do, because we love cabbage ourselves.

We usually eat it raw, sliced thinly or shredded, in cabbage salads. Generally we dress it with a basic garlic vinaigrette (1 cup olive oil, 5 Tbsp red wine vinegar, ½ tsp salt, 1 crushed clove garlic, black pepper to taste). You can add grated carrot or radish to the salad.

Cabbage can also be cooked. It's good in stir-fries. We've included a recipe for baked cabbage which we find pleasant. Our website has other cooked cabbage recipes.

Storage. Cabbage, carrots, daikon radish, leeks, and rutabaga – store for weeks in a sealed bag in the refrigerator. Carrots and rutabaga will store for a particularly long time. Onions – keeps for weeks outside the fridge, although storage life will vary greatly with conditions. Winter squash – keep at room temperature or a bit cooler – Do not allow the squash to freeze.

Baked Cabbage With Tomato and Cheese

2 Tblsp olive oil
1 small onion, halved and thinly sliced
1 small head cabbage, cored and sliced into $\frac{1}{4}$ " strips about 1-2" long
 $\frac{1}{2}$ tsp salt
Black pepper to taste
 $\frac{1}{2}$ cup dry white wine
4-5 Roma tomatoes, sliced, or 1 16 oz can of whole tomatoes, sliced
1-3 cups of grated Monterey Jack cheese
Oregano, marjoram, rosemary, and/or thyme

Preheat oven to 350 degrees. Sauté onions in a large pan for one minute. Add cabbage and continue to cook, stirring, until cabbage is limp, about 5-7 minutes. Add salt, pepper, and wine. Oil a baking dish (10" square dish or a large bread pan will work). Layer the cabbage mixture with the tomatoes and cheese, ending with the cheese. Season each layer of tomato with a few sprinkles of the herbs. Bake until cheese turns golden brown and cabbage is bubbling (about 30 minutes).

Braised Carrots and Rutabagas with Maple Syrup

A sweet side dish.

1 Tblsp unsalted butter
1 lb rutabagas (or turnips), peeled and cut into $\frac{1}{2}$ " cubes
 $\frac{1}{2}$ lb carrots, cut in half lengthwise, then into $\frac{1}{4}$ " slices
 $\frac{2}{3}$ cup vegetable or chicken stock
2 Tblsp maple syrup
Salt and pepper

Cut the roots smaller if you'd like to reduce the cooking time.

Melt the butter in a large pan. Add the rutabagas and cook uncovered over medium heat, turning occasionally, until lightly browned, about 8 minutes. Add remaining ingredients, cover, reduce heat, and simmer until roots are tender, generally at least 20 minutes. Remove cover, raise heat to high, and cook for a few minutes, until liquid reduces to a thick glaze.