

# Two Onion Farm

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## Week of June 20<sup>th</sup>, 2005

**Cabbage.** This is a tasty and beautiful vegetable. We usually eat it raw in salads. Our favorite is thinly sliced cabbage with the same basic garlic vinaigrette that we use in a lettuce salad.

You can also eat raw cabbage in coleslaw: mix thinly sliced or shredded cabbage with grated carrots, sliced green onions and a mayonnaise/yogurt dressing, salt, and pepper. We usually use half plain yogurt and half mayonnaise in our dressing, about 1/3 to 1/2 cup of each for a medium head of cabbage. Mayonnaise alone is fine as well. Also, try adding celery seed (about 1/4 to 1/2 tsp per head of cabbage) and dill (about 1/2 to 1 tsp per head of cabbage). They improve a coleslaw.

There are also a variety of ways to cook cabbage. It does nicely when lightly sautéed or stir-fried. We've included a recipe for a side dish of sweet and sour cooked cabbage with raisins. That goes well with pork chops.

Some of you are receiving red cabbage, some green, and some both. Red and green cabbage are similar. We like to cook with red cabbage, and eat green cabbage raw. The red cabbage keeps its color when cooked and looks very attractive on the plate, whereas green cabbage tends to lose its color and turn a dull gray when cooked. However, the green cabbage is often a little more tender and so we prefer it in salads.

Cabbage is well adapted to our climate in the upper Midwest. We can often harvest cabbage here from late spring through late fall. Moreover, some varieties of cabbage can be harvested in fall and stored through the entire winter. We eat our home grown cabbage almost year-round. We like cabbage because it tastes good and because when we are hungry, busy, and strapped for time we can always

quickly prepare a cabbage salad. And it has a lot of vitamin C.

**Kohlrabi.** This has a crisp, juicy texture and slightly mustardy, slightly fruity taste. Peel the tough skin off before eating. You can eat kohlrabi raw and unaccompanied, and you can add grated or thinly sliced kohlrabi to a salad or coleslaw. Or sauté kohlrabi in butter or oil with onions, salt, and pepper.

**Onions.** You're receiving a bunch of young purple onions. You can use the small bulbs as you would any onion. They are sweet with a pungent aftertaste. The green tops can be used as scallions.

**Carrot.** Carrots are a nice quick snack for kids, and will also go well in a coleslaw with your cabbage. You can use some in the cauliflower salad recipe on the next page.

### Romaine and Boston Lettuce.

**Peas.** We've included a bag of sugar snap peas. You can eat the entire pea, both the outer pod and the pea seeds within. Most people eat the peas raw as a snack.

**Cauliflower.** Like its close relative broccoli, cauliflower is rather particular about the weather and only thrives in moderate temperatures. Our cauliflowers did not enjoy the quick transition from cold to hot weather this spring. We don't have enough for everyone this week, so some of you are receiving a cauliflower and some are receiving extra lettuce and/or cabbage and/or kohlrabi. For those of you who do receive cauliflower, we've included a cauliflower salad recipe. Steamed cauliflower florets are also good when topped with grated cheese.

**Storage.** Store all of this week's vegetables, bagged, in the refrigerator to keep them cool and moist.

## Sweet & Sour Cabbage

1 Tbsp butter or vegetable oil  
1/3 c chopped onion  
3 c thinly sliced cabbage  
1/3 c apple juice  
1/4 tsp salt  
black pepper  
1/2 tsp dried dill  
1/2 tsp whole fennel seed  
1/8 c raisins  
1 1/2 tbsp cider vinegar

Sauté the onion in butter or oil. Add cabbage and sauté until tender. Add remaining ingredients and cook on low heat, covered, for 30 minutes, stirring occasionally. The longer the cabbage cooks, the sweeter in tastes. You can add a little honey at the end if you wish.

## African Spiced Cauliflower Salad

1 1/2 c small cauliflower florets  
1/2 c carrot sliced into 1/4" slices  
1/8 tsp salt  
1/4 tsp ground ginger  
1/4 tsp ground cumin  
1/8 tsp ground coriander  
1/8 tsp ground nutmeg  
1/8 tsp crushed red pepper  
3 Tbsp sour cream or yogurt  
2 tsp cider vinegar  
1/2 tsp honey  
2 Tbsp sliced green onions

Steam cauliflower and carrots until barely tender and then rinse under cold water to stop the cooking. Combine salt and spices in a small skillet and cook over medium heat, stirring constantly, until lightly browned, about two minutes. Whisk together the spices, sour cream/yogurt, cider vinegar, and honey in a small bowl. Pour it over the cooked vegetables, add onions. Marinate in the refrigerator for at least several hours and serve chilled.

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