

Two Onion Farm

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Week of June 22, 2008

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Lettuce	Yes	Yes	1 wk	Bibb or summercrisp
Broccoli	Yes	Yes	1 wk	
Fennel Bulb	Yes	Yes	1 wk	
Spinach	Yes	Yes	1 wk	
Red onions	Yes	Yes	1 wk	
Cabbage	Yes	Yes	1 wk	Not in all boxes
Snap peas	Yes	Yes	1 wk	Not in all boxes
Kohlrabi	Yes	Yes	1 wk	Not in all boxes

Fennel. This is the flattened white vegetable with overlapping layers. The fennel bulb grows at the bottom of the fennel plant: each layer in the bulb is the base of one leaf. (We cut off the leaves before including them in your box.)

Fennel can be eaten raw in salads, where it contributes a pronounced flavor. If you're eating it raw, we recommend that you slice it very thinly so the fennel's stringiness won't be objectionable. When cooked, fennel's flavor moderates to a gentle sweetness.

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 of quarter-bulb piece. Then lay the quarters down flat and slice into thin strips.

Try this week's fennel risotto recipe, or look on our website for the Wilted Salad with Fennel

and Red Onion Dressing (in the 6/24/2007 newsletter).

Cabbage – This cabbage variety has thin, tender-crisp leaves. It is delicious lightly cooked or in salads and slaws.

Snap Peas – Eat raw, pods and seeds both. Our peas are just coming into production and we expect to have more in the coming weeks.

Kohlrabi - White or pale green, with flattened round shape and small protuberances on the sides. Peel the skin, and eat it raw or lightly cooked. This is a close relative of cabbage and broccoli. The recipe on the next page for grated kohlrabi with parmesan cheese is simple and excellent. Or look on our website for last year's Spinach and Kohlrabi Salad with Horseradish Vinaigrette (6/17/2007 newsletter).

Please take the correct box! Each box is labeled – for example, "Weekly Small", "Biweekly Large", etc. Please be sure you take the right box at your pickup location. If you're not sure which box you should take, look at the checkoff sheet on the clipboard at the pickup location. Your box type will be listed next to your name. And if you send someone else to pick up your box, please tell them to take the correct box type as well. If one member takes the incorrect box, that means that another member arriving later at the same pickup location will be unable to get the box they paid for. Please be fair and considerate and take the correct box. Thank you!

Grated Kohlrabi With Parmesan Cheese

This is our all time favorite kohlrabi recipe. It changed the way we thought about kohlrabi.

2 kohlrabi bulbs
1 Tbsp unsalted butter
2 Tbsp grated Parmesan cheese
Salt and pepper

Peel the kohlrabi and grate it with a hand grater or in a food processor. Melt the butter in a pan; add the kohlrabi and cook, stirring frequently, until the kohlrabi is tender, about 6-10 minutes. Add the cheese, salt, and pepper, stir, and continue cooking until the cheese melts. Serve warm.

Broccoli Salad with Feta Yogurt Dressing

Salad of raw broccoli with a creamy dressing.

1/2 cup crumbled feta cheese
1/3 cup plain yogurt
1 Tbsp lemon juice
2 baby red onions, minced
1/4 tsp black pepper
~3 cups small broccoli florets
7 oz can chickpeas, drained and rinsed
Salt to taste

Combine feta cheese, lemon juice, salt, and pepper in a large bowl. Add broccoli, chickpeas and onion, and mix. Serve at room temperature or chilled.

Fennel Risotto

Chopped fennel bulb adds a nice touch to this risotto. Cook in a crock pot or other slow cooker with a capacity of 4 quarts or more.

2 tsp fennel seeds
2 small fennel bulbs, cored and finely diced
3-4 baby red onions, chopped
1 cup pearl barley or rice
4 cups chicken broth
1/3 cup dry white wine
1 head broccoli, chopped
1/2 cup grated parmesan cheese
1/3 cup black olives, coarsely chopped
1 Tbsp lemon zest
Salt and black pepper to taste

Spread the fennel seeds out on a flat surface and crush them by pressing them under the

bottom of a small pot. Combine fennel seeds, fennel bulb, barley or rice, onion, broth, 1 cup water, wine, salt and pepper in the slow cooker. Cover and cook until the barley or rice is tender and the risotto is thick and creamy, about 2 1/2 - 3 1/2 hours on high or low.

Shortly before the risotto is done cooking, steam the broccoli over the stove until tender. Turn off the slow cooker, and stir in the broccoli, cheese, olives, and lemon zest. If the risotto seems dry, add up to 1/2 cup more heated water.

For more recipes, look at our website www.twoonionfarm.com. You can view the recipes from all of our past newsletters.

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Welcome to our biweekly members who are picking up their first box. We are happy to be growing for you. We hope you enjoy this year's vegetables.

Box sizes. Our large box is a 3/4 bushel box. The small box is 1/2 or 5/9 bushel. We deliberately use boxes which are larger than needed, and in most weeks there will be some empty space at the tops of the boxes. Please don't think you're being cheated if there is some empty space at the tops of the boxes. In the past we have tried some smaller boxes which required us to cram the vegetables in, resulting in bruised tomatoes, torn lettuce, etc. The larger boxes are much easier for us to work with and keep your produce in better condition.

Return your boxes. Your first delivery includes a sheet with instructions for breaking down your box. The instructions are also available on www.twoonionfarm.com. Please take care breaking down the box and remember to return it to the pickup location when you pick up your next box.