

Two Onion Farm

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

Week of November 12th, 2006

Remaining deliveries. Biweekly members, if you are receiving a box this week (Nov 12-18), then your one remaining delivery is the week of Dec 10-16. Note the skipped weeks before the final delivery.

Weekly members, after this week you will receive two more deliveries: one in the week of Nov 26-Dec 2, and one in the week of Dec 10-16. Note that we skip a week before each of the two final deliveries.

Please return vegetables boxes.

There are only a few deliveries left in the season. If you have any boxes lying around your house, please return them to us.

Celeriac. These are the roundish, light brown items with knobby skin. Celeriac's flavor is very similar to celery, and you can generally use celeriac in place of celery in any recipe. We usually eat celeriac cooked, in soups, sauces, and stir-fries. It's really very versatile and easy to use in cooked dishes. You can also add grated or finely minced raw celeriac to salads.

You should peel the rough skin off the root before eating it. The easiest way to peel celeriac root 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.

If you use part of a celeriac, you can return the unpeeled remainder to its bag in the fridge and it will keep quite well there.

Rutabaga. These are oblong to round roots, varying in color from nearly white at the bottom to purplish at the top. The skin has a

slightly waxy appearance – this is natural; we do not wax them. Rutabagas are sweet with a mustardy flavor. They are generally cooked. Peel them before preparing.

Rutabagas are excellent in soups and stews. Add the rutabagas early and allow them to cook until they become thoroughly soft and begin to dissolve. Cooked this way they contribute a wonderful creamy texture along with their flavor.

At the other culinary extreme, rutabagas are also good when cooked quickly at high heat. Here's one way: peel them, slice them thinly into slices of uniform thickness, and spread the slices in a single layer on large baking sheets, each oiled with about 2 Tbsp olive oil. As you lay the slices on the sheet, first lay one side on the sheet and then turn the slice over – this ensures that both sides are oiled. Roast in a hot, 400-450 degree oven until the bottoms of the slices begin to brown, about 10-20 minutes. Turn each slice with tongs, and continue roasting until the bottoms begin to brown. Collect the slices in a bowl and toss them with salt and balsamic vinegar. Very tasty.

Squash. We are distributing several types of winter squash this week: Buttercup – dark green with a large light gray protuberance at the end opposite the stem; Confection – flattened shape, slate gray color; and Butternuts – long, tan with a round swelling at one end.

The squash are somewhat interchangeable, although the flavors and textures are different. The Confection squash often has a very dry, flaky texture to the flesh. We enjoy that texture. However, if you're preparing a recipe which calls for cooked squash, you may want to add liquid to compensate for Confection's dry texture.

The simplest way to prepare squash is baking (or roasting). Wash the squash and cut it in half from top to bottom. Scoop out the seeds and stringy pulp from the center of the squash. Try to scrape out all traces of the stringy pulp because in some types (such as Buttercup and Confection), it has an unpleasant flavor. Place the squash halves face down on a dish or tray and cook in a microwave or 350 degree oven until the flesh is very tender but not dried or charred. If baking in an oven, you can pour a little water in the bottom of the dish to keep the squash from drying out. Baked squash can be eaten straight from the shell with a fork. The flesh can also be scooped out and used in other recipes. If your squash is large, you can bake the entire squash, use a portion of it, and then scoop out the remaining flesh and refrigerate or freeze it.

The squash you're receiving this week can be used in pumpkin pie, bread, or muffin recipes. Substitute the flesh from a baked squash in place of canned pumpkin puree. You may need to adjust the amount of liquid in the batter depending on how moist the squash is.

We raised the Buttercup and Confection squash. Because our own squash did poorly this year, we purchased the Butternut squash from a certified organic vegetable farm near Stoughton, WI. Butternut squash is the only vegetable we have distributed this year which was not grown on Two Onion Farm.

Storage

Beets, cabbage, carrots, celeriac, and rutabaga – store for weeks or months in a sealed bag in the refrigerator. Onions – store outside the fridge for weeks or months. Winter squash –keep at room temperature or a bit cooler – a temperature around 55 degrees is actually ideal. Do not store the squash where it may freeze.

Rutabaga Hash

2 Tblsp butter
1 medium onion, thinly sliced
1 lb Rutabaga, peeled and grated
Salt and pepper

Sauté onions in butter over medium heat until they are translucent. Add rutabaga, salt and

pepper, and raise heat to medium-high. Cook, stirring occasionally, until the rutabagas are quite soft and beginning to turn brown. Adjust seasonings and serve warm.

Orange Spiced Squash

1 winter squash, about 3 lbs
2 Tblsp unsalted butter
2 Tblsp orange juice
½ tsp grated orange zest
¼ tsp ground allspice

Cut the squash in half, scoop out strings and seeds, place halves face down on a baking sheet with a bit of water in the bottom and roast at 350 degrees until the flesh is very tender. Scoop out the squash and place in a food processor. Add the butter in thin slivers along with orange juice, orange zest, and allspice. Puree until smooth and serve warm. If the squash is dry textured you may need to add water while pureeing to achieve a smooth consistency.

Carrot Celeriac Soup

Makes 6 small servings.

3 Tblsp canola oil
2 tsp curry powder
8 medium carrots, peeled and thinly sliced
½ - 1 celeriac, peeled and minced. (Adjust the amount of celeriac according to how much celery flavor you like).
1 medium onion, coarsely chopped
5 cups vegetable or chicken broth
1 Tblsp lemon juice
½ tsp salt
Black pepper

Cook oil and curry powder over medium heat in a large saucepan, stirring constantly, until curry becomes fragrant, about 1-2 minutes. Add carrots, celeriac, and onion and stir until they are coated with oil. Cook for 10 minutes, stirring frequently. Add broth, cover pot, bring to boil, reduce heat, and simmer until vegetables are very tender. Working in small batches, puree the soup in a food processor, return pureed soup to a pot and warm it over medium heat until heated through. Season with lemon juice, salt, and pepper.