

Two Onion Farm

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Squash. You're receiving any of several types of squash – Buttercup (dark green with a light green bulging "button" at one end), Kabocha (dark green without a button), and Confection (slate gray colored, buttonless).

All of these are fairly interchangeable, although the Buttercup tends to be sweeter and moister than the other two.

Cabbage. The fall cabbages which you are receiving now are crunchy, and not as tender as spring and summer ripening varieties of cabbage.

The fall cabbages are excellent cooked, since cooking softens their crunchy texture. If we're eating the fall cabbages raw in a salad, we like to grate, rather than slice, them. (We use the grating attachment on our food processor).

The green cabbages which you're receiving are fairly sweet and nice in a cole slaw. We make cole slaw with grated cabbage and carrots. For dressing we use half mayonnaise and half yogurt – we add a few dollops each of mayo and yogurt, stir the salad, taste it, and add more mayo and yogurt if needed. Dill, celery seed, and a handful of raisins are good additions as well.

Celeriac. We've included two soup recipes that call for celeriac.

Garlic, Beets, Daikon Radish, Potatoes, Rutabagas, Leek, Carrots, Onions.

Storage

Carrots, beets, celeriac, rutabaga, cabbage, Daikon radish: store in a sealed bag in your refrigerator. These all store very well, up to several months.

Onions, garlic: keep them in a dry place outside the refrigerator. The yellow onions usually hold up well for several months; plan to use the red onions and garlic in the next month or so.

Squash: A cool, dry room or pantry is best. The ideal temperature is 50-55 degrees. But don't store them where it is regularly much colder than that, and by all means do not let them freeze. Squash can store up to several months. If you bake a squash and freeze the flesh, it will keep very well.

Leeks: store bagged in the fridge and use them within a few weeks. One or two outer layers may turn slimy in storage. That's fine; just peel them off before eating the leek.

Potato: The ideal conditions are dark, 40 degrees, and humid. If you lack a 40 degree humid room, a relatively cool place outside the fridge is sufficient. Temperatures colder than about 40 degrees cause potatoes to turn sweet, which is why they are usually not refrigerated. Do keep potatoes in the dark; this prevents greening (just placing them inside a paper bag with the top folded over is sufficient). The storage life of potatoes varies greatly with conditions: it can be several weeks to months.

Split Pea Soup

This is a great winter soup, warm and comforting.

olive oil
1 large yellow onion, minced
2 cloves garlic, minced or crushed
3 carrots, chopped
1/2 celeriac, chopped
1 1/2 tsp salt
pepper
1 1/2 tsp thyme
3/4 tsp marjoram
1 bag green split peas (about 2 cups)
4-5 cups water
1/2 lb sliced mushrooms (optional)

Sauté the vegetables in olive oil. Add the peas and seasonings and mix together. Then add the water and simmer until the peas are soft and just starting to break apart. Add the mushrooms if you are including them, and continue simmering until the peas have mostly broken apart. Serve hot.

You can store the soup for a week or so in the fridge, but we don't recommend that you freeze it, because freezing can impart a strange texture to the peas.

Squash Pasta Sauce

The squash makes this a sweet pasta sauce. Half of our household thinks that a sweet pasta sauce is a little weird, but the other half likes this recipe a lot.

1/2 cup chopped pecans or walnuts
6-8 Tbsp butter
1/4 - 1/2 cup minced yellow onion
1 clove garlic, minced or crushed
2 tsp crumbled dry sage
3 cups roasted squash (I.e., roast a squash and scoop out 3 cups of the meat to use in this recipe. The rest of the squash will freeze well)
Salt and pepper

Toast the nuts in a skillet over medium-high heat until they turn fragrant and just begin to change color. Set them aside.

Saute the onions, garlic, and sage in butter. Reduce heat, stir in squash and nuts. Heat the sauce until it is warm. Season with salt and pepper to taste and serve over pasta with parmesan cheese.

Hungarian Gulyas Soup

This is Juli's authentic Hungarian Gulyas recipe.

2 Tbsp vegetable oil
1 medium to large yellow onion, minced
2 cloves garlic, minced
1 lb stew meat (beef)
1 1/2 tsp salt
pepper
1/4 tsp caraway seeds (optional)
1-2 Tbsp ground Hungarian sweet red paprika
2-3 medium carrots, sliced
1/2 celeriac, diced
6 cups water
3 medium potatoes, diced
3/4 cup small pasta shells or other small pasta

Sauté onions and garlic in oil until onions are translucent. Add meat and seasonings and cook about 10 minutes on low heat, stirring occasionally. (The meat will let juice out). Add carrots and celeriac and continue cooking until they begin to soften. Add water, bring to boil, and simmer over low heat, partly covered, about 30-45 minutes. When meat and vegetables are soft, add potatoes. Increase heat and cook until potatoes are almost soft. Add pasta and continue cooking until pasta is soft. Adjust seasonings and serve.

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