

Two Onion Farm

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These are the vegetables we're distributing this week. You'll receive a selection of them in your box, but perhaps not all of them:

Chinese Cabbage. Some of you are receiving this for the first time – it's a vaguely lettuce-like looking head of pale green leaves with prominent white midribs on the outer leaves. The leaves are tender with a cabbage-like flavor. Slice the leaves and eat them cooked or raw; they're excellent in stir-fries. We've included two recipes for Chinese cabbage in this newsletter.

Spinach. Try spinach salads with a balsamic vinaigrette - 1 cup olive oil, 5 Tbsp balsamic vinegar, and ½ tsp salt. Good additions to spinach salad are toasted walnuts or pecans, roasted and chilled beets, sliced pears or apples, a bit of onion, and/or creamy goat cheese.

Daikon Radish. The long white root in your box. This long storing radish has a hotter, sharper flavor than the usual red radishes. Eat it cooked or raw. Sliced Daikon adds a spicy touch to stir-fries. Or grate it into raw cabbage salads. We've included two recipes for Daikon. This radish stores well if it's kept bagged in the fridge. You can cut off a piece and the remainder will continue to store well if it's returned to the fridge.

Cabbage, Carrots, Leeks, Onions, Potato.

Recipes. Here are some excellent relevant recipes from past newsletters, available at www.twoonionfarm.com: Leeks and Carrots (10/17/2005), Potato Leek Soup (9/26/2005), Leeks in White Wine Pasta Sauce (9/3/2006), and Beet Spinach Salad (6/6/2005). The beet

spinach salad is an excellent use for any beets which you have left from recent deliveries; you can substitute yellow or red onion for the green onions called for in the recipe. There are also a dozen cabbage recipes on our website, and two Chinese cabbage recipes in the 9/17/2006 newsletter.

Where's the winter squash?

We're reprinting this from last week's newsletter for biweekly members: Winter squash is generally one of our most important vegetables, and about one-third of the land we cultivated this year was dedicated to winter squash – primarily acorn, buttercup, kabocha, and Sugarloaf types. Unfortunately, however, we suffered almost a complete crop failure. We experienced a number of problems - severe attack from cucumber beetles on the buttercup and kabocha types early in the spring, an unforeseen labor shortage in spring and early summer which prevented us from planting and cultivating part of the planting in a timely fashion, and finally an outbreak of Fusarium mold which caused a lot of fruit rot in the acorn and sugarloaf varieties in late summer. This has been extremely disappointing to us.

We do have some squash in storage which we plan to distribute in the coming weeks. We are also trying to purchase extra squash from a local organic vegetable farmer who had a better crop than we did. We ordinarily do not buy vegetables to give out in our boxes, and we've never done this in the past. However squash is an important vegetable and we had nearly a complete crop failure, so we are trying to purchase extra in this case. It's been difficult to find a local organic grower who has good quality squash for sale in the quantity which we need. However we think we have now found a source and we hope to pick up the extra squash this week.

Storage

Vegetable	Refrigerate?	Approximate Storage Life	Comments
Cabbage	Yes	Long	Keep bagged.
Carrot	Yes	Long	Keep in sealed bag.
Chinese Cabbage	Yes	1-2 weeks	Keep bagged.
Leeks	Yes	Weeks	Keep bagged.
Onion	No	Long	Yellow onions store longer than red.
Potato	No	Weeks	Keep in dark.
Radish, Daikon	Yes	Weeks	Keep in sealed bag.
Spinach	Yes	1 week	Keep bagged.

Daikon Radish with Ginger and Onion

A sweet and hot side dish.

- 1 Tblsp peanut oil
- 1 medium yellow onion, minced
- 1 lb Daikon radish, peeled, quartered lengthwise, and cut into ¼ inch slices
- 1 ½ tsp dry ginger
- 2 cloves garlic, minced or crushed
- ¼ cup vegetable or chicken stock
- ½ tsp honey
- 1 Tblsp soy sauce
- Salt and pepper

Heat peanut oil in a large fry pan and sauté onions over medium heat until translucent. Add radish, ginger, and garlic. Sauté, stirring, for one or two minutes. Add stock, honey, and soy sauce. Cover, bring to a boil, reduce heat, and simmer until radish is tender and translucent (5-8 minutes). Remove cover, raise heat slightly and simmer, stirring, until liquid reduces to desired consistency. Season with salt and pepper.

Beef and Cabbage Wrap

You can use either Chinese or regular cabbage in this dish.

- 2 Tblsp peanut oil
- 1 medium yellow onion, thinly sliced
- 2 carrots, shredded
- About 1 to 1 ¼ lbs cabbage or Chinese cabbage, sliced into thin strips
- 1 lb ground beef (or pork or turkey)
- 2 cloves garlic, minced or crushed
- 2 Tblsp rice vinegar
- 2 Tblsp soy sauce
- 4 large tortillas, warmed one by one in a skillet

Brown the meat well in a pan and set aside.

Heat the peanut oil in a wok or large fry pan over medium heat. Add onion and cook until translucent. Add garlic and sauté for 20 seconds. Then add carrots, cabbage, and meat and stir-fry until cabbage is slightly wilted, about two minutes. Add vinegar and soy sauce, cover, and cook until cabbage is just tender, about 5 minutes, but varying with the type of cabbage. Remove from heat and allow the mixture to cool slightly so you can handle it.

One by one, lay the warm tortillas out, spoon a generous amount of filling into the center, and roll them up, tucking in the ends. Slice the wraps in half if they're too floppy.

Chinese Cabbage Salad

Mix:

- 5 cups chopped Chinese Cabbage
- ¾ cup shredded Daikon radish
- ½ - 1 cup crunchy chow mein noodles (Asian noodle – available in our small town supermarket)
- ¾ cup peanuts
- ¼ cup sesame seeds, toasted lightly in a pan

Whisk together these dressing ingredients, and add to cabbage mixture:

- 2 Tblsp rice vinegar
- 4 Tblsp sesame oil
- 3 Tblsp soy sauce
- 1 Tblsp honey
- 1 tsp dry mustard