

Two Onion Farm

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Week of October 10th, 2005

Squash. Sweet Dumpling and/or Delicata squash. Sweet Dumpling is the cup shaped squash with longitudinal sutures that give it a scalloped appearance in cross section. Delicata is the elongated squash.

These are both great for baking. Sweet Dumpling also has a cavernous seed cavity that suits it for stuffing. They are not long storing squash and we recommend that you eat them in the next several weeks.

Broccoli or Cauliflower. Broccoli and cauliflower are wonderful in stir-fries – the cabbage, celeriac, carrots, onions, and garlic you've received this week will accompany them well. We've included basic stir-frying instructions and a stir-fry sauce recipe.

Carrots.

Cabbage. You'll receive a red cabbage from our fall cabbage plantings. Although these cabbages have a pleasant sweet flavor, they are not as tender as some of our earlier summer cabbages. For cabbage salads, we recommend that you grate the cabbage or slice it very finely. These cabbages are very well suited for cooking as well, in stir-fries and boiled cabbage dishes. We've included a recipe for sweet and sour cabbage with pork sausage. This recipe is identical to one we distributed in June except that we have added the sausage to make a main dish.

Kale. We've included a recipe for a side dish of kale cooked with apples and mustard.

Parsley Root. Only biweekly boxes will contain parsley root; weekly boxes had parsley root last week and will instead have extra carrots this week.

Parsley root is the light colored roots with rough skins. The roots grow on a variety of parsley which has been selected for its edible roots and not its leaves. It's generally not eaten raw, but rather cooked in stews, soups, or sauces, where it will lend its subtle parsley or celery like flavor, savory but not sweet. The taste is pleasant but not overwhelming, so you can add it to many recipes which don't call for it. In the biweekly boxes we've included a Hungarian recipe for a beef, carrot, and parsley root sauce which is excellent served over spaghetti. The roots will store well bagged in the refrigerator.

Celeriac.

Pepper or Tomato. Our yields are dwindling in the cold weather, but we'll try to have one for everyone.

Onion. Red and yellow onions.

Garlic.

Special Offers. **Beets** – Round Red or Golden: 5 lbs. for \$3.75. **Cabbage** – Green or Red: 50¢ / lb., minimum order of 10 lbs. (A cabbage head typically weighs 2 to 5 lbs.) **Carrots:** 10 lbs. for \$7.50. **Celeriac:** 55¢ / lb., minimum order 5 lbs. (Each celeriac root typically weighs 1 to 1½ lbs.) **Yellow Onions:** 10 lbs. for \$7.50. **Radish** – Daikon or Black Spanish: 5 lbs. for \$3.75. **Winter Squash** – Acorn, Buttercup, Butternut, Delicata, Kabocha, Sugarloaf, Sunshine, Sweet Dumpling, and others: 50¢ / lb, minimum order of 20 lbs. (Types of squash differ greatly in weight and storage life. We can discuss the best types for you)

Sweet and Sour Kale

Olive oil
1 bunch of kale
1/3 cup water
1 tart apple, sliced
1 - 1 1/2 Tbsp cider vinegar
2-3 tsp brown mustard
1 tsp brown sugar (optional)
salt to taste - you don't need much at all

Heat oil in a deep pot. Add kale and cook, tossing frequently with two spoons, until kale is bright green (about 1 minute). Add water, cover and cook, stirring occasionally, for 3 minutes. Add apples and continue cooking, stirring occasionally, until kale is tender, about 8-10 minutes more. While kale is cooking, whisk vinegar, mustard, sugar, and salt in a small bowl. Add it to kale, boil on high heat, uncovered until most of the liquid evaporates.

Cabbage with Sausage

You can omit the sausage entirely and make a nice side dish.

1 lb pork sausage
2 Tbsp butter or vegetable oil
3/4 cup chopped onion
6 cup thinly sliced cabbage
3/4 cup apple juice or cider
1/2 tsp salt
black pepper
1 tsp dried dill
1 tsp whole fennel seed
1/4 cup raisins
3 Tbsp cider vinegar

Brown sausage in a skillet, pour off fat. Sauté the onion in butter or oil in a deep pot. Add cabbage and sauté until tender. Add remaining ingredients along with the sausage 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.

Stir-Fries

You can stir-fry almost any vegetables. From this week's box we recommend broccoli, cauliflower, celeriac, carrots, onion, cabbage, peppers, and/or kale. It's best to use a wok, but a deep skillet will suffice. Before you begin, start your rice or noodles cooking. Then cut each of the vegetables and place them in separate bowls next to the stove. We recommend that you cut the broccoli and cauliflower into small florets, coarsely chop the cabbage and kale, thinly slice the carrots, slice the peppers, and dice the celeriac and onion. If you're using a sauce (see below), have that prepared as well before you begin cooking. Overall, the key is to cook the vegetables over high heat, stirring constantly. To begin, heat the wok for a minute or so over medium heat. Then add a modest amount of peanut oil (or canola oil), together with the chopped onion and some salt. Stir-fry for a minute or so. Turn up the heat, and add long-to-cook vegetables such as broccoli, cauliflower, cabbage, carrot, and celeriac. Stir-fry until veggies begin to get tender, then add medium-long-cooking vegetables such as peppers, mushrooms, and summer squash. Continue stir-frying until these veggies are beginning to soften. Then add any greens, such as the kale. If you're using a sauce, whisk the corn starch into the sauce and add it to the wok. Stir-fry a few minutes until the greens are tender and the sauce thickens. Serve over rice or noodles.

Stir-fry Sauce

1/4 cup soy sauce
1 1/4 cup water
1 tsp dry ginger
2 large cloves garlic, minced
1 tsp sesame oil
4 tsp cider vinegar
2 Tbsp dry wine (optional)
3 Tbsp cornstarch

Mix all ingredients except corn starch. Whisk in corn starch before adding sauce to the wok.

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