

# Two Onion Farm

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## Week of October 10, 2010

Unseasonably warm weather has spurred our late plantings of broccoli, lettuce, and spinach towards maturity, and we're expecting excellent harvests from those vegetables this week and possibly next week as well. It's always difficult to predict the harvest time for late fall vegetables, since high temperatures at this time of year can vary from 45 or 50 degrees (no plant growth) to the 80's we have seen in the past few days (very rapid plant growth).

We're starting to gear up for our autumn garlic planting. The first task will be to separate several thousand garlic bulbs into individual cloves. We'll plant each clove in the ground next week. The cloves will grow roots downward into the soil this autumn and then sprout aboveground in early spring. Each clove planted this fall has the potential to develop into one bulb for harvest next summer.

**Winter storage vegetables.** We expect to have a surplus of carrots, winter squash, onions, garlic and several other winter storage vegetables at the end of the season. We are offering these vegetables to our members to purchase and receive with the last delivery of the season. Read [www.twoonionfarm.com/WinterVegetables.pdf](http://www.twoonionfarm.com/WinterVegetables.pdf) for prices and information on how to order.

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## In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	
Carrots	Yes	Yes	4+ wks	
Cauliflower	Yes	Yes	1 wk	Not in all boxes
Celeriac	Yes	Yes	4+ wks	Bumpy, tan colored, roundish root vegetable
Garlic	No	No	2+ wks	Cured; store at room temperature
Leeks	Yes	Yes	1-2 wks	
Lettuce	Yes	Yes	1 wk	Red or green oakleaf
Onions	No	No	4+ wks	Cured; store at room temperature or in fridge
Spinach	Yes	Yes	1 wk	
Squash, winter	No	No	2+ wks	Buttercup

**Celeriac (Celery root).** This is the vegetable with a gnarly, swollen root. Celeriac is closely related to celery and has a similar flavor. However, the plant is much better suited to our climate than celery.

You can use celeriac in place of celery in most recipes. Add grated or finely minced raw celeriac to salads, or eat celeriac sticks with dip. In our house we generally eat celeriac cooked, in soups, sauces, stir-fries, or other dishes. It's really very easy to use – the flavor is not

overwhelming and blends in easily with many cooked dishes. Here are some celeriac recipes from past newsletters, all available on our website:

Carrot Celeriac Soup (11/12/2006)

Chili (9/2/2007)

Hungarian Gulyas Soup (11/28/2005)

Pea Soup with Carrots and Leeks (9/16/2007)

Potato Leek Soup (9/26/2005)

Spaghetti Sauce (10/28/2007)

You should peel the rough skin off the root before eating it. An easy way to peel celeriac root (and other roundish vegetables) 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.

Store celeriac bagged in the fridge. It keeps very well and you can use a little at a time. Note that if you cut open the celeriac root, use part of it, and return the rest to the fridge, then the cut surface will darken with exposure to air, just like a cut apple. Spreading a little lemon juice on the celeriac will slow the darkening.

## Chicken and Broccoli Stir-Fry

Serve over rice.

1 lb chicken breast (or tofu) in bite size pieces  
1 Tbsp soy sauce  
1 Tbsp sesame oil  
1/2 tsp corn starch  
1 1/2 Tbsp oil, divided  
5 cups of small broccoli florets  
3/4 cup chicken broth  
Salt (optional)  
1 tsp corn starch mixed with 1 Tbsp water

If possible, marinate the chicken (or tofu) for several hours in soy sauce, sesame oil, and 1/2 tsp of the corn starch.

Heat 1/2 Tbsp oil in a skillet over medium-high heat. Add broccoli and stir-fry for one minute. Add broth and optional salt. Cover and cook 2-4 minutes, stirring every minute or so, until broccoli is almost at desired texture. Remove broccoli from pan.

Add 1 Tbsp oil and chicken (or tofu). Stir-fry for two minutes or more, to cook chicken through. Add broccoli and cook for 1 minute more. Form the broccoli and chicken into a ring with a hole in the middle. Pour corn starch-water mixture into middle. Mix together and continue cooking until corn starch thickens. Serve over rice.

## Broccoli and Rice Pilaf

1/2 lb. broccoli  
1/2 Tbsp butter  
1/2 cup chopped onion  
1/4 cup finely minced celeriac  
1/3 tsp salt, or more if needed  
1 clove garlic, minced  
1 Tbsp fresh lemon juice  
3 cups cooked rice  
black pepper and cayenne to taste  
1 tsp dried dill  
1 1/2 tsp dried mint  
2 Tbsp minced fresh parsley (optional)  
1/4 cup pine nuts (optional, but very good!)  
1/2 cup packed grated cheddar cheese

Preheat oven to 325 degrees. Slice the broccoli stalks and divide the broccoli tops into spears. Steam broccoli until just barely tender. Rinse under cold water to stop cooking.

Sautee onion and celeriac in butter until they begin to soften. Add garlic and lemon juice and sauté another two minutes. Stir in rice, herbs and seasonings, pine nuts, cheese, and the sliced broccoli stalks (but not the broccoli spears!).

Spread the rice mixture in an oiled bread baking pan (or double the recipe and use a square baking pan). Poke the broccoli spears stem-end first into the rice so that green broccoli tops are upright and you get a broccoli forest of sorts. Cover loosely and bake until heated through, about 15 minutes. Serve warm.