

Two Onion Farm

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Week of October 13, 2013

We knew rain was coming this week. This prompted Chris to do as much fall tractor work as possible late last week. He mowed down the last of the harvested winter squash planting, all the pepper and tomato beds and the broccoli stalks. Then he planted rye in their place. Winter rye is the only cover crop seed we can plant in late fall and expect it to germinate. It survives winter and provides the first green spot in the field when the snow melts. Chris also prepared the beds for next year's garlic crop. Last Saturday nine members helped us separate garlic bulbs into approximately 12000 cloves. These we call seed garlic. Each garlic clove will be planted into neat rows, 1-2" deep and 4" apart from the next clove. One clove will produce a whole garlic bulb by next July. Garlic is the last thing we plant on the farm; and covering the garlic beds with straw in November marks the end of field work on our vegetable farm.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Beet	Yes	Yes	2+ wks	
Brussels sprouts	Yes	Yes	1 wk	
Carrot	Yes	Yes	2+ wks	
Celeriac	Yes	Yes	2+ wks	Gnarly, tan-colored root vegetable
Garlic bulb	No	No	2+ wks	
Lettuce	Yes	Yes	1 wk	Oakleaf
Onion, yellow	No	No	2+ wks	
Spinach	Yes	Yes	1 wk	
Squash	No	No	2+ wks	Buttercup

We are offering bulk quantities of carrots, onions, squash, and other winter storage vegetables for sale to our members. You can order these vegetables and pick them up at your usual delivery site near the end of the delivery season. For a list of available vegetables and instructions on how to order, see: <http://www.twoonionfarm.com/index.php/current-members/winter-vegetables>.

Celeriac, or celery root, is the tan, gnarly root in your box. Celeriac is closely related to celery and has a similar flavor. However, celeriac is a root which is harvested in the fall and can be stored long into the winter. 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.

Winter squash – Everyone will receive buttercup squash this week. This sweet, orange fleshed squash is one of our favorites. Like any winter squash, you can cut it in half, scoop out the seeds, roast it, and eat it plain or with butter. Buttercups have dense, flavorful flesh which is excellent in soups. Cooked buttercup squash is also a good replacement for pumpkin pie filling in bread, muffin, or pie recipes.

We are harvesting our first **Brussels sprouts** this week. Brussels sprouts sweeten significantly after they've been exposed to cold weather and freezing nights, and so we only harvest them in late autumn. This is one of our favorite vegetables, and members consistently rave about them in our end of year surveys. This year's crop looks excellent, and we are hoping to include them in boxes for the next three weeks after this as well.

This week's recipes from Local Thyme:



Celeriac Ribbon Remoulade

- 1 Celeriac, peeled
- 1 tablespoon Lemon Juice
- 1 tsp Lemon Zest
- 1 tsp Salt
- 6 Tbsp Creme Fraiche
- 3 Tbsp Extra Virgin Olive Oil
- 2 Tbsp Dijon Mustard
- 2 Tbsp Red Wine Vinegar
- 1 Tbsp Gherkin, minced
- 2 tsp Caper
- 2 Tbsp Parsley, minced

1. Using a sharp vegetable peeler, peel thin long strips of celeriac into a salad bowl. Toss right away with lemon juice, lemon zest and salt.
2. In a separate bowl, whisk together creme fraiche, oil, Dijon, and vinegar. Fold in chopped gherkins, capers and parsley. Toss dressing with celeriac. Taste and adjust seasoning.

Roasted Brussels Sprouts with Fish Sauce Vinaigrette and Rice Noodles

- 8 ounces Rice Noodle
- 2 Tbsp Canola or Peanut Oil
- 1 pound Brussels Sprout, unwashed, trimmed and peeled of outer leaves and halved
- 1/4 cup Fish Sauce
- 1/4 cup Water
- 2 Tbsp Rice Wine Vinegar
- 1 Lime, juiced
- 1/4 cup Sugar
- 1 clove Garlic, minced
- 3 Tbsp Mint leaves, chopped
- 1/2 cup Cilantro leaves, and an additional 2 tablespoons finely chopped stems
- 1-3 Bird's Eye Chili, or other small red Thai chilis, minced

1. Preheat oven to 400°. Cook rice noodles according to package directions, drain and rinse with cold water and allow to drain well while cooking Brussels sprouts.
2. Place a large, oven safe skillet over medium heat (if you have a very large cast iron skillet, I highly recommend this here). When the skillet is hot, add oil and allow the oil to shimmer. Place the Brussels sprouts, cut sides down in the pan, and allow them to cook, undisturbed until the edges begin to brown. Transfer the skillet to the oven to complete cooking, stir after 10 minutes, and continue cooking until tender, and at least one side of sprouts is very caramelized, about 5-10 minutes more.
3. In a medium bowl, stir together all the remaining ingredients except for the 1/2 cup of cilantro leaves. Taste the dressing and adjust with more water if it's too salty, or add more vinegar or fish sauce, as desired.
4. Toss noodles and Brussels sprouts with the vinaigrette. Garnish with cilantro. Serve warm, or room temperature.