

Two Onion Farm

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Week of October 15th, 2006

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

Broccoli. The greater part of our broccoli survived last week's weather. The cold sweetened the broccoli and it is delicious now.

Brussels Sprouts. These cabbage relatives thrive in fall's cold weather, and the plants sometimes survive until early or mid December. As with the broccoli, last week's cold sweetened the Brussels sprouts.

In general, mustardy and sweet flavors complement Brussels sprouts well. Sometimes we steam the sprouts and marinate them in the refrigerator with a dressing of 6 Tbsp olive oil, 2 Tbsp good mustard, 4 Tbsp red wine vinegar, 2 tsp maple syrup, salt and pepper.

Our favorite method of preparing Brussels sprouts is to cook them with chopped onion, crushed garlic, and olive oil over low heat, covered, until the Brussels sprouts are nearly tender. Then stir in a good generous amount of mustard – enough to coat every sprout. Continue cooking a few more minutes until the sprouts are done. This is simple but very, very good.

We've included another recipe for Brussels sprouts on the back of this page.

Lettuce. We covered our lettuce planting to protect it from the devastating weather. Most of the lettuce seems to have survived well, but a few of the heads were damaged by the combination of cold and high winds. We've done our best to only give out the sound heads.

Beauty Heart Radish. This is the round item with white and pale green skin. The flesh inside is pinkish red, similar to the color of watermelon flesh. The radishes are a great addition to salads and sandwiches.

The center portion of the radish, with the watermelon colored flesh, has a better flavor than the pale green outer layer. We prefer to peel the outer layer, which is hotter and can be bitter.

Carrot. Raw carrot sticks are an excellent finger food. We've also included a recipe for a side dish of cooked, gently spiced carrots.

Onions.

Storage

Vegetable	Refrigerate?	Approximate Storage Life	Comments
Broccoli	Yes	1 week	Keep bagged.
Brussels Sprouts	Yes	1 week	Keep bagged
Carrot	Yes	Long	Keep in sealed bag.
Lettuce	Yes	1 week	Keep bagged.
Onion	No	Long	
Radish	Yes	2+wks	Keep bagged

New members... This is the first delivery week for some biweekly autumn members. Welcome! The newsletter which accompanies each box describes the week's vegetables and provides recipes and cooking tips. Our website www.twoonionfarm.com includes all of our past newsletters. The website also allows you to search past newsletters for recipes using a specific vegetable.

In some weeks, different boxes contain different vegetables. However, we only write one newsletter each week. Therefore the newsletter will sometimes list vegetables that are not in your box.

A note to those of you who receive half boxes: As stated in our membership brochure, we aim to provide you with about ¼ bushel of vegetables each week. However, the smallest waxed produce box which is readily available has a ½ bushel capacity. We need to use the ½ bushel box for your vegetables, so please expect some empty space in your box each week.

Feel free to call or email us. We are happy to answer your questions, and we take your comments and suggestions seriously.

North African Spiced Carrots

½ lb carrots, sliced into ½" slices
Salt
1 ½ tsp lemon juice
1 Tbsp olive oil
¼ tsp paprika
¼ tsp ground cumin
¼ tsp cinnamon

Boil or steam carrots until tender but not yet mushy. Drain the carrots and place in serving bowl. Mix together the dressing ingredients, pour over the carrots, and toss. Serve immediately or cool and serve at room temperature.

Shredded Brussels Sprouts with Bacon

Makes 6 servings.

2 slices bacon
1 small yellow onion
¼ tsp salt
¾ cup water
1-2 tsp mustard
1 lb Brussels Sprouts, trimmed, halved, and thinly sliced
1 Tbsp cider vinegar

Cook bacon in a large skillet over medium heat, turning once, until crisp, about 6 minutes. Drain on a paper towel and crumble. Add onion and salt to the skillet (pour off excess bacon drippings if too much is left in the skillet). Cook over medium heat, stirring frequently, until tender and browned, about 3 minutes. Add water and mustard and scrape any browned pieces from bottom of pan. Add Brussels sprouts and cook, stirring frequently, until tender, about 4-6 minutes. Stir in vinegar and crumbled bacon.