

Two Onion Farm

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Week of October 17, 2010

Winter storage vegetables. Those who will receive another delivery next week still have an opportunity to order carrots, winter squash, onions, garlic and other winter storage vegetables. Read www.twoonionfarm.com/WinterVegetables.pdf for prices and information on how to order.

Please return your boxes. If you have boxes at home, please return them to your delivery site next week. Thank you for helping us to reuse boxes, reduce waste, and keep costs down!

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	
Brussels sprouts	Yes	Yes	1 wk	
Carrots	Yes	Yes	4+ wks	
Cauliflower	Yes	Yes	1 wk	Not in all boxes
Garlic	No	No	2+ wks	Cured; store at room temperature
Lettuce	Yes	Yes	1 wk	Red or green oakleaf
Onions	No	No	4+ wks	Cured; store at room temperature or in fridge
Potatoes	No	No	2+ wks	Store in dark, cool place. Light turns potatoes green. Organic potatoes raised at the Driftless Organics vegetable farm in Crawford County, Wisconsin.
Radish, Beauty Heart	Yes	Yes	2+ wks	Pale greenish white skin with rosy red interior. Peel before eating
Spinach	Yes	Yes	1 wk	
Squash, winter	No	No	2+ wks	Buttercup

Brussels Sprouts. Cold autumn weather sweetens and moderates the flavor of Brussels sprouts. Unfortunately we have not had much cold weather yet! We need to begin giving out the sprouts this week because our delivery season is nearing an end, but the flavor will be stronger than in some other years.

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.

Try cooking the sprouts with chopped onion, crushed garlic, and olive oil over low heat, covered, until they 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.

Mashed Potato, Mushroom, and Spinach Casserole

1.5 lbs potatoes, peeled and cut into 1.5" cubes
3/4 lbs mushrooms, halved
1/2 Tbsp butter
1/4 cup buttermilk
1 egg
1/8 tsp salt
1/2 Tbsp olive oil
1/2 cup chopped onion
1 or 2 cloves garlic, minced
2 cups trimmed and finely chopped spinach (or
Swiss chard)
1/2 cup beef or vegetable broth
1 Tbsp flour
1/4 tsp black pepper
1/4 tsp rosemary
1/2 cup grated parmesan cheese, divided

Boil potatoes in salty water until falling apart-tender. Meanwhile, chop mushrooms coarsely in a food processor. Preheat oven to 400 degrees.

Mash cooked potatoes with butter in a large bowl. Gradually stir in buttermilk and egg. Set aside.

Heat oil in a large skillet over medium heat. Add onions and garlic and cook, stirring, about one minute. Add mushrooms and cook, stirring, for about 10-12 minutes, until water from mushrooms has almost evaporated. Add spinach and continue cooking until spinach has wilted, about 4 minutes more. Whisk together broth and flour in a small bowl. Add to the pan along with salt, pepper, and rosemary. Cook until mixture bubbles and thickens, about 1 minute.

Spread half the mashed potatoes evenly in a small baking dish. Sprinkle half the parmesan cheese over them. Spread entire mushroom mixture on top, cover with remaining potatoes, and then sprinkle remaining cheese on top. Bake until hot throughout and top is golden brown, about 35 minutes.

Shredded Brussels Sprouts with Bacon

Makes 6 servings.

2 slices bacon
1 small yellow onion
1/4 tsp salt
3/4 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.