

Two Onion Farm

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Week of October 21st, 2007

This is the last delivery for some biweekly members. Thank you for joining us this year! Please take the time to fill out the survey which we packed in your boxes and send it to us in the stamped, addressed envelope. These surveys are genuinely important to us. We take the surveys very seriously in deciding what and how much to grow next year.

Boxes – Weekly members, next week is your final delivery. If you have any boxes which you haven't returned, please bring them back to your next pickup.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Beets	Yes	Yes	2-3 wks	Not in all boxes
Broccoli	Yes	Yes	1 wk	
Brussels Sprouts	Yes	Yes	1 wk	
Cabbage	Yes	Yes	2-3 wks	Not in all boxes
Carrots	Yes	Yes	2-3 wks	
Collard Greens or Kale	Yes	Yes	2-3 wks	
Lettuce	Yes	Yes	1 wk	Oakleaf
Rutabaga	Yes	Yes	2-3 wks	
Winter Squash	No	No	2+ wks	Buttercup type. Great in soups, muffins, pies. Cooked flesh stores well in freezer.
Yellow and Red Onion	Yes or No	No	2+ wks	

Collards and kale. Those of you who receive our weekly emails on Saturday mornings read that we were giving out kale this week. However we decided that our collards are in better condition and so we are including collards instead of kale in many of the boxes. Collards and kale are similar in flavor, but collards are tougher initially and require longer cooking.

One of our kale-loving members suggests sautéing whole cloves of garlic with chopped onion, then adding kale for a quick sauté. (This probably works for collards as well,

although the cooking time would need to be longer.)

Broccoli. This is the last of the year.

Rutabaga. These are oblong to round roots, varying in color from nearly white at the bottom to purplish at the top. Rutabagas are sweet with a mustardy flavor. They are generally cooked. Peel them before preparing.

Rutabagas are excellent in soups and stews. Add the rutabagas early and allow them to cook until they become thoroughly soft and begin to dissolve. Cooked this way they

contribute a wonderful creamy texture along with their flavor.

A quick and delicious method of preparing rutabagas is to peel them, grate the flesh in a food processor and then cook them in a little butter, stirring frequently, until they are tender and beginning to turn brown and crispy. Season with salt and pepper and serve hot.

Brussels Sprouts. We frequently cook them with chopped onion, crushed garlic, and olive oil over low heat, covered, until the Brussels sprouts are nearly tender. Then we 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 excellent. We've included another delicious recipe in this newsletter, and there are several more on our website.

Beets. Three ways to cook beet roots: (1) slice them about 1/4 or 1/2 inch thick and steam them; (2) boil them whole or sliced; or (3) roast them whole at 350 degrees, covered or wrapped in aluminum foil, until they are tender, usually over an hour. Steaming or boiling is faster; but roasting yields a better tasting beet. If you object to the skins, whole beets are easy to peel once they've been cooked.

Cooked and chilled beets are great in salads. Pecans, walnuts, balsamic vinegar, and fruit vinegars all complement beets well.

Brussels Sprout and Pine Nut Pasta Sauce

An A+ recipe. Simple and delicious. Serve this over spaghetti or other pasta.

2 Tblsp butter
2 Tblsp olive oil
3 Tblsp pine nuts
3/4 lb Brussels sprouts, trimmed and thinly sliced. We used the slicing blade in our food processor.
1/2 tsp salt
Black pepper

Heat butter and olive oil in a large skillet over medium heat. Add pine nuts and cook, stirring constantly, until nuts are golden brown, 1 or 2 minutes. Add Brussels sprouts, salt, and pepper and cook until tender and turning brown, about 3 or 4 minutes. Add a little water, stir for a few moments, and serve over pasta.

Vegetables for winter storage. You can order extra of several winter storage vegetables. See table below for pricing, minimum order, and good storage conditions. You can pick up your order with next week's delivery. Call or email to order; we will reply to confirm your order. Please order at least 3 days before your pickup.

Vegetable	Price	Min. Order	Notes
Yellow Onions	\$1.25 / lb	5 lbs	Store dry. Ideal temperature is 32 degrees, but onions will store moderately well even at room temperature. Will store for 1-5 months, depending on temperature and humidity.
Celeriac	\$1.75 / lb	3 lbs	Most celeriac roots weigh about 1 lb each. Stores for months bagged in the fridge.
Buttercup squash	\$1.00 / lb	2 squash	Most squash weigh 3-4 lbs. Order by the number of squash you would like. Store cool and dry – 55-60 degrees is ideal. Does not store for a very long time – eat in Nov or Dec.
Carrots	\$1.25 / lb	5 lbs	Stores for months bagged in the fridge.