

# Two Onion Farm

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## Week of October 21, 2012

Monday the 22<sup>nd</sup> brought us another heavy rain – over an inch and a half, with more rain forecast for Thursday the 25<sup>th</sup> as I write this on Tuesday morning. We are torn between gladness (for the rain needed to replenish the groundwater) and frustration (at not being able to plant our garlic and accomplish fall tillage and compost spreading). We've kept busy, however, and last week we pulled the largest of our fall carrot plantings from the ground, topped and washed them, and stored them away in the cooler.

**Celeriac, or celery root**, is the tan, gnarly root. 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. Here are some celeriac recipes from past newsletters:

[11/12/2006](#) Carrot Celeriac Soup

[9/2/2007](#) Chili

[11/28/2005](#) Hungarian Gulyas Soup

[10/28/2007](#) Spaghetti Sauce

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.

We are continuing to harvest our best **Brussels sprouts** crop in many years. Brussels sprouts are subject to many diseases in wet growing seasons. (High humidity and damp foliage favor infection for most plant pathogens). The sprouts grew wonderfully and nearly disease-free in this dry year, receiving all their moisture from our drip irrigation system, which waters the ground while leaving the foliage dry. Fall Brussels sprouts, sweetened by frost, are one of our favorite vegetables, and members consistently rave about them in our end of year surveys. There are some excellent recipes for sprouts on our website:

[10/21/2007](#) Brussels Sprout & Pine Nut Pasta Sauce

[10/26/2008](#) Brussels Sprouts and Carrots

[10/24/2005](#) Brussels Sprouts in Apple Cider

[10/24/2010](#) Brussels Sprouts with Almonds & Dill

[10/14/2012](#) Brussels Sprouts with Mustard

[10/12/2008](#) Brussels Sprouts with Pine Nuts and Balsamic Vinegar

[10/24/2010](#) Lemon Caraway Brussels Sprouts

[10/17/2010](#) Shredded Brussels Sprouts with Bacon (Shredded Brussels sprouts cooked with onion, bacon, and mustard)

[8/1/2005](#) Sweet and Sour Mustard Dressing

[10/22/2006](#) Walnut Lemon Vinaigrette For Brussels Sprouts

Our fall salad **turnips** grew very large and tender. They have a delicious sweet and mustardy flavor. Try them sliced in salads and sandwiches (they are definitely tender enough to eat raw!) or lightly cooked in sautés and stir-fries.

**Winter squash.** We are distributing a mix of buttercup and butternut squash this week – everyone should receive butternut next week. Buttercup is the dark green squash with a gray protuberance at the bottom; butternut is the beige squash shaped like a long cylinder with a round knob at one end. The two varieties have distinctly different flavors but both have dense orange flesh which is well suited for soups as well as bread, muffin, or pie recipes.

**Spinach** reaches peak flavor and sweetness in the cold weather of late autumn. We have

several large plantings in plastic covered high tunnels or in the field under fabric covers. We were particularly happy to be inside a plastic high tunnel picking during Monday’s thunderstorm. If there’s enough sunny weather for the plants to regrow after picking, we’re hoping to include spinach in all of the remaining deliveries this year.

**Potatoes** are the only vegetable in your boxes which we do not raise ourselves. This week’s certified organic red potatoes were grown at Driftless Organics in Soldiers Grove, WI.

## Organic produce 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	
Carrot	Yes	Yes	2+ wks	
Celeriac	Yes	Yes	2+ wks	Gnarly, tan-colored root vegetable
Garlic	No	No	2 wks	
Lettuce	Yes	Yes	1 wk	Oakleaf
Onion	No	No	2+ wks	
Potatoes	No	No	2+ wks	Store in the dark!
Spinach	Yes	Yes	1 wk	
Squash, Winter	No	No	2+ wks	Buttercup or butternut
Turnip	Yes	Yes	2+ wks	Smooth, pearly white, round root

## Brussels Sprouts and Carrots

- 2 Tbsp minced onion
- 2 Tbsp unsalted butter
- 1 lb carrots, cut into 1/2" thick pieces
- 1 lb Brussels sprouts, halved lengthwise
- 3/4 tsp salt
- Black pepper to taste
- 1/3 cup water
- 1 Tbsp cider vinegar

Cook onion in butter in a large skillet over medium high heat until softened. Add carrots, Brussels sprouts, salt, and pepper and cook, stirring occasionally, until vegetables begin to brown, about 3-4 minutes. Add water, cover, and cook over medium high heat until vegetables are tender, about 5-8 minutes. Stir in vinegar, adjust salt and pepper, and serve warm.

### Winter Storage Vegetables

We are offering bulk quantities of carrots, onions, and other winter storage vegetables for sale. You can order these vegetables and pick them up at your usual delivery site over the next several weeks. For a list of available vegetables and instructions on how to order, see

[www.twoonionfarm.com/index.php/current-members/winter-vegetables](http://www.twoonionfarm.com/index.php/current-members/winter-vegetables).