

Two Onion Farm

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

Beets. Although beets can certainly be boiled or steamed, we believe that roasting them brings out the best flavor. Lay the whole beets on a pan, cover them, and roast at 350 degrees until they are tender. The cooking time varies significantly according to the size of the beets, so be sure to check them frequently beginning after about 30-40 minutes of cooking. Overcooked beets acquire an unpleasant texture.

Some people like to peel their beets. If you cook whole beets, the skins will slip off easily when the beets have cooled enough to handle.

Broccoli. The broccoli we're harvesting now has endured significant frost. While this actually improves the taste, it does compromise the storage life. We recommend you eat the broccoli soon.

Brussels Sprouts. We've included a new recipe for Brussels sprouts on the back of this page.

Here are some cooking suggestions from last week's newsletter which we are repeating for biweekly members:

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.

Lettuce.

Carrot. Note that carrots keep very well in the refrigerator – we've kept them in good condition in our fridge for months. As with other root vegetables, however, it's important that carrots are kept in a humid atmosphere. Since refrigerator air is generally quite dry, we strongly recommend that you keep the carrots in a sealed bag if you want to hold them for a longer period.

Onions.

Storage

Vegetable	Refrigerate?	Approximate Storage Life	Comments
Beets	Yes	Long	Keep in sealed bag.
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	Yellow onions store longer than red.

Broccoli with Onions and Mushrooms

2 Tblsp butter
1 small onion, minced
4 cups small broccoli florets and/or peeled,
thinly sliced broccoli stems
¼ lb mushrooms, sliced
1 clove garlic, minced
¾ tsp thyme
1 Tblsp lemon juice
Salt and pepper to taste
Parmesan cheese

Heat the butter in a large skillet, add the onions, and sauté until translucent but not brown. Stir in broccoli, mushrooms, garlic, and thyme. Cook over medium heat until broccoli is tender. Remove from heat, stir in lemon juice, salt, and pepper. Serve warm with parmesan cheese.

Walnut Lemon Vinaigrette For Brussels Sprouts

This dressing makes enough for about 1 lb of Brussels sprouts. Trim and quarter the Brussels sprouts, steam them until they are tender, and then mix with the dressing.

2 Tblsp walnut oil
1 Tblsp minced onion
¼ tsp lemon zest
1 Tblsp lemon juice
1 tsp mustard (Dijon, whole grain, or similar)
¼ tsp salt
Black pepper to taste

Madison Area Community Supported Agriculture Coalition

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For more than a decade the Madison Area Community Supported Agriculture Coalition has helped to create a sustainable local food system by providing support to CSA farmers, educating thousands of local consumers about the benefits of fresh local foods, and operating the Partner Shares fund to make CSA affordable for hundreds of low-income households. This holiday season please consider making a donation to the Madison Area Community Supported Agriculture Coalition. Donate securely online through PayPal or learn about other ways to support the Coalition at www.macsac.org.