

# Two Onion Farm

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## Week of October 24<sup>th</sup>, 2005

### **Brussels Sprouts.** An

underappreciated vegetable which thrives in the cold weather of late fall and winter.

Here's a fantastic way to cook them: First trim the sprouts and cut them in half from top to bottom. Over medium flame, heat a heavy pan (one that you have a lid for). Add cooking oil and sprinkle salt evenly in the pan. Lay the sprouts in the pan in a single layer, cut side down. Cook uncovered until the cut sides of the sprouts turn deep brown, almost black in some spots (5 minutes or so). Then add apple cider (about ¼ cup cider for ¾ lb sprouts), cover pan, and turn off heat. Let the sprouts cook off the heat for another 5 minutes. This simple side dish is wonderful – the initial searing brings out a very nice sweet side to the sprouts. If you like sour, you can replace the apple cider with apple cider vinegar, which will give a mild but not overwhelming tartness.

Here's another method which we're repeating from last week's newsletter for biweekly members: Cook whole sprouts with lots of 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 Dijon mustard – enough to coat every sprout. Continue cooking a few more minutes until the sprouts are done. This is simple but very, very good.

Store Brussels sprouts bagged in the refrigerator. They'll last 1-2 weeks.

**Squash.** Confection squash. This squash is blue-gray on the outside and has orange, sweet flesh. Like any squash, it can be baked and eaten plain or with butter. It's also a good cooking squash for soups and such. We've included a recipe for squash cooked with sage and onions.

Confection squash also shines in any pumpkin pie, bread, or muffin recipe. Bake the squash and then scoop the flesh out of the rind and use it in place of canned pumpkin puree. You may need to adjust the amount of liquid in the batter slightly depending on how moist the squash is. We've included a recipe for cranberry walnut squash muffins.

If the size of your squash daunts you, you can bake the entire squash, use a portion of it, and then scoop out the remaining flesh and refrigerate or freeze it.

Store whole, raw squash in a dry place, outside the refrigerator. The ideal temperature for storing squash is slightly cool - 50-55 degrees. Confection can store up to several months.

**Daikon Radish.** Kale and Daikon radish make an excellent stir-fry, accompanied by onion, garlic, and/or celeriac. You can also use the same combination of vegetables as the basis for an omelet. Bagged in the fridge, Daikon radishes will store for many weeks.

**Kale.** Kale is among the best storing greens. Bagged in the fridge, it will often hold up reasonably well for two or three weeks, although we recommend that you eat it sooner than that.

**Rutabaga.** This is the large root with tan-purple skin. Biweekly members are seeing this for the first time. Rutabagas are common in soups and stews.

We prefer rutabagas prepared in this awesome way: Peel them and slice them thinly. Spread the slices in a single layer on large baking sheets, each oiled with about 2 Tbsp olive oil. As you lay the slices on the sheet, first lay one side on the sheet and then turn the slice over – this ensures that both sides are oiled. Roast in

a hot, 400-450 degree oven. We use the highest and lowest shelves in our oven, where the temperatures are hottest. Roast until the bottoms of the slices begin to brown, about 10-20 minutes. Turn each slice with tongs, and continue roasting until the bottoms begin to brown. Collect the slices in a bowl and toss them with salt and balsamic vinegar.

Rutabaga will store for months in the refrigerator with little or no decline in flavor. Keep it in a sealed bag.

**Carrots.** These will store for months in the fridge, and will actually become sweeter.

**Onion.** Yellow cooking onions. These can store for several months if kept in a dry, cool place.

**Garlic.** Store garlic in a dry, cool place outside the fridge, where it will keep for weeks or months, depending on the conditions.

**Spinach.** Spinach salads can be delicious. Try a salad of spinach leaves, sliced pears, goat cheese, sliced onion, and chopped walnuts. It's wonderful. A good simple dressing for this and most spinach salads is 1 cup olive oil, 5 Tbsp balsamic vinegar, 1/2 tsp salt. The balsamic vinegar complements spinach well.

Like any green, spinach is fairly perishable and should be used within a week or so. Store it bagged in the fridge.

**Beets or Celeriac.** Weekly members will receive celeriac, and biweeklies beets.

Bagged celeriac usually keeps very well in the fridge. Beet roots (without the greens) are another vegetable that will store for months in the fridge, although the sweetness tends to decline with long storage. Beet greens are perishable and should be eaten within a week or so.

## Squash with Sage and Onion

This is a sweet and savory side dish, excellent with chicken.

2 Tbsp olive oil  
1 cup chopped onion  
~4 cups peeled, seeded, and cubed squash  
1/2 cup chicken broth  
1/4 tsp crumbled sage  
1/4 to 1/2 tsp salt, depending on how salty your broth is  
1 tsp balsamic vinegar  
black pepper

Saute onion and squash in oil until onion is translucent. Add broth, sage, and salt. Simmer, covered, stirring occasionally, until squash is tender. Remove from heat and stir in vinegar and pepper. Adjust salt to taste.

## Cranberry Walnut Squash Muffins

Preheat oven to 350 degrees. Mix these ingredients in a mixing bowl:

3 1/2 cups flour  
2 tsp baking soda  
1/2 tsp baking powder  
1/2 tsp salt  
1 tsp cinnamon  
1 tsp nutmeg  
1/4 tsp ginger  
3/4 cup sugar

Add these ingredients and mix:

1 cup oil  
4 eggs  
2/3 cup water  
2 cups baked squash

Mix in these ingredients:

3/4 cup chopped walnuts  
1 cup cranberries, chopped

Spoon batter into muffin tins and bake at 350 degrees until a toothpick inserted into center comes out dry, about 35-40 minutes. Makes about 16-18 muffins.

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