

Two Onion Farm

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Week of October 3rd, 2005

Parsley Root. These are the light colored roots with rough skins. The roots grow on a variety of parsley which has been selected for its edible roots and not its leaves. Parsley root is a common food in parts of Europe, including Juli's native Hungary.

It's generally not eaten raw, but rather cooked in stews, soups, or sauces, where it will lend its subtle parsley or celery like flavor, savory but not sweet. The taste is pleasant but not overwhelming, so you can add it to many recipes which don't call for it. We've included a Hungarian recipe this week for a beef, carrot, and parsley root sauce which is excellent served over spaghetti. Parsley root will also shine in roasted root vegetables.

The roots will store well bagged in the refrigerator.

Daikon Radish. This is the (very) long white root with smooth skin. If you have difficulty distinguishing the Daikon from parsley root, the Daikon is larger and smoother and it tastes like a radish.

Daikon radishes have a radish taste and can be used in place of other radishes. Don't be daunted by their size! They'll store very well in the fridge when bagged. Just slice or grate a portion off the end when you need it and then return the rest of the radish to the fridge.

We've included a recipe this week for a Asian inspired salad dressing which will go well with a salad of grated cabbage, grated Daikon radish, and minced onion.

Squash. Acorn, Delicata, or Sugarloaf squash. These are excellent squash for baking and eating plain or with butter, sugar, honey, or syrup. They are not long storing squash and

we recommend that you eat them in the next several weeks.

For those of you interested in squash identification, Sugarloaf and Delicata squash are similar in shape and color. Both are long, cylindrical shaped squash with dark longitudinal stripes on a light colored background. Delicata is generally thinner and longer than Sugarloaf. Delicata also usually has a paler, whitish background color, while Sugarloaf has a darker, yellowish background color. The tastes are similar, although Sugarloaf tends to have a drier texture and a slightly nuttier flavor.

Lettuce.

Broccoli or Cauliflower.

Carrot.

Cabbage. You'll receive a red or green cabbage from our fall cabbage plantings. These cabbages are juicy and have a pleasant cabbagey-sweet flavor. However, they are not as tender as some of the summer cabbage varieties. If you're preparing cabbage salad, we recommend that you grate the cabbage or take care to slice or chop it into small pieces. We've included a recipe for a cabbage salad dressing.

Onion.

Garlic.

Special offers. We have extra red and green cabbage for 50¢ / lb; the minimum order is 10 lbs. Cabbage heads typically weigh 1.5 to 4 lbs, depending on variety. We can discuss sizes and varieties of cabbage if you are interested. (continued)

We also have extra celeriac for 55¢ / lb., with a minimum order of 5 lbs. Celeriac roots typically weigh 1 – 1.5 lbs. Both celeriac and cabbage can store for months in the refrigerator or other cool, moist place. You may also order a 5 lb. bag of yellow, pungent, cooking onions for \$3.75. The onions will store for several months. Call 608-762-5335 or email farmer@twoonionfarm.com to place an order.

Dressing for Cabbage and Radish Salad

1 clove garlic, minced
3 Tbsp rice wine vinegar
1 Tbsp soy sauce
1 Tbsp tahini or peanut butter (optional)
2 Tbsp olive oil
2 Tbsp sesame oil
salt and pepper to taste

This dressing goes well with a salad of cabbage, Daikon radish, and Ailsa Craig onion. This amount of dressing will be enough for about ½ - ¾ cup of radish, 2 ¼ - 2 ½ cups of shredded cabbage, and a small amount of minced onion.

Hungarian Beef Stew in Carrot and Parsley Root Sauce

It is one of Juli's favorite recipes. Her grandmother prepared it for holiday meals. The meat is cooked with the vegetables just like a soup. Then the vegetables are separated, and cooked and pureed into a thick sauce. The sauce has a rich, slightly sweet flavor and the sour cream will add an extra kick to it.

If you have time, the meat and vegetables are best cooked a day ahead and marinated in the refrigerator overnight. Then you can proceed with the rest of the recipe next day. It is a little time consuming to prepare this meal, but the result will be delicious.

This recipe makes about 4 servings.

1 lb Tenderloin or similar
1 yellow onion, thinly sliced
1 ½ cup sliced parsley root (approximately 1 large or 2 small roots)
2 cups sliced carrot
2 bay leaves
10-12 peppercorns
2 ½ tsp salt
8 cups water
1 Tbsp vegetable oil
1 Tbsp flour
1/3 cup sour cream

In a large pot, cook meat with vegetables, bay leaves, peppercorns, and salt in water on low heat, uncovered, until meat is tender (about 1 – 1 ½ hours). You can refrigerate the mix overnight at this point, or continue immediately to the next step.

Remove meat and set aside. Strain the remainder of the mix to separate the broth from the vegetables, bay leaves, and peppercorns. You can discard the bay leaves and peppercorns.

After the meat has cooled, slice it into approximately ½" slices if it is unsliced. Place the meat in the strained broth.

Return vegetables to a deep skillet, mash them with a fork or potato masher. Cook over medium heat until all excess moisture has evaporated (about 10-15 minutes). Add 1 Tbsp vegetable oil, and cook, stirring frequently, for 15 minutes on low heat. Add flour and cook for 10 minutes more, stirring almost constantly. The mixture will be sticky. Add 3 cups of the broth and stir to mix. (You can save the rest of the broth for future use, but you won't need it for this recipe). Puree mix in a food processor, taking care with the hot liquid. Return puree to skillet and bring to boil. Add sour cream and mix. Add meat and heat until the meat is warmed. Serve over spaghetti.

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