

# Two Onion Farm

Chris & Juli McGuire • 19638 Cottage Inn Road, Belmont, WI 53510  
[farmer@twoonionfarm.com](mailto:farmer@twoonionfarm.com) • (608) 762-5335

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## Week of October 31<sup>st</sup>, 2005

**Squash.** You're receiving any of several types of squash: Buttercup and Kabocha are both larger, dark green colored squash; they differ in that Buttercups have a large, conspicuous, light gray protuberance on their bottom. Both Buttercup and Kabocha have thick, dark orange flesh with a rich, robust, flavor. They are excellent eaten plain or incorporated into breads, pies, soups, or other dishes. The flesh of Buttercups tends to be moister and sweeter than the Kabochas, which have drier, flakier flesh.

We're also distributing some smaller squash with yellow flesh: Delicata (cylindrical, yellow or ivory skin with orange or green stripes), Sugarloaf (similar to Delicata but with buff skin color in between the stripes), Acorn, and Sweet Dumpling (similar to Acorn in shape, but without the pointed beak at the end, and with the skin color of a Delicata). These are all excellent for baking and eating plain. Acorn and Sweet Dumpling also have large seed cavities for stuffing. Although you can use these smaller squash in breads, pies, and soups, we generally don't, because their delicate flavor is easily overwhelmed.

**Garlic.** Roasted garlic is excellent: cut tops off garlic bulbs to expose the cloves, brush the exposed surfaces with olive oil, and bake at 350 degrees until the cloves are very soft (about an hour). Then squeeze the individual cloves out of their skins and spread them on toast or bread with olive oil. This is very tasty.

**Cabbage.** We've included a recipe for cooked cabbage with apples. We also enjoy salads of grated cabbage, Daikon radish, and sliced onion with a garlic vinaigrette. Cabbage is also excellent in stir-fries.

**Celeriac.** You can use celeriac in the roasted root vegetable recipe which we're including. If you make mashed potatoes, boil some cubed celeriac with the potatoes and mash them together.

Peel your celeriac before you eat it. If you will only use a portion of your celeriac at once, we recommend that you cut off the piece you will use, peel it, and return the remaining, unpeeled portion to the fridge. If you peel the entire celeriac root and return part of it to the fridge, the exposed surfaces will turn brown over time.

**Beets.** We've included a recipe for beet salad with red onions and pecans.

**Daikon Radish.** Stir-fry, grate or slice into cabbage salad, or lay slices on sandwiches.

**Potatoes.** Potatoes are an important part of the roasted root vegetable recipe which we've included.

You can also make a simple potato side dish by mixing together 2 lbs cubed potatoes, 3 Tbsp olive oil, 1 tsp crushed rosemary, salt and pepper, and roasting the mixture on a baking sheet in a 400 degree oven until the potatoes are tender and the edges are browning. Stir the potatoes every 15 minutes while they are roasting to prevent charring.

**Rutabagas, Kale, Leek, Carrots, Brussels Sprouts, Onions**

## Storage

**Carrots, beets, celeriac, rutabaga, cabbage, Daikon radish:** store in a sealed bag in your refrigerator. These all store very well, up to several months.

**Onions, garlic:** keep them in a dry place outside the refrigerator. The yellow onions usually hold up well for several months; plan to use the red onion and garlic in the next month or so.

**Squash:** A cool, dry room or pantry is best. The ideal temperature is 50-55 degrees. But don't store them where it is regularly much colder than that, and certainly don't let them freeze. In general, plan to eat the smaller squash (Acorn, Sweet Dumpling, etc.) within the month. The larger squash will often store for several months. If you bake a squash and freeze the flesh, it will keep very well in the freezer – we often do this with the larger squash.

**Kale, Brussels sprouts, leeks:** store bagged in the fridge and use them within a week or two. The leeks will last even longer than that; their outer layers may become slimy but you can peel them off.

**Potato:** The ideal conditions are dark, 40 degrees, and humid. If you lack a 40 degree humid room, a relatively cool place outside the fridge is sufficient. Temperatures colder than 40 degrees cause potatoes to turn sweet, which is why they are usually not refrigerated. Do keep potatoes in the dark; this prevents greening (just placing them inside a paper bag with the top folded over is sufficient). The storage life of potatoes varies greatly with conditions: it can be several weeks to months. The type of potato also has a big effect: among the varieties we grow, the reds do not store as long as the yellow-skinned potatoes. If you see potatoes starting to shrivel or sprout, use them up!

## Roasted Root Vegetables

3 lbs mixed potatoes, carrots, celeriac, and/or rutabaga. The carrots should be thickly sliced and the others cubed.

1-2 leeks, sliced thickly (optional)

6 whole cloves of garlic

1 Tbsp vegetable powder mixed with 1 cup of water

1/3 cup olive oil

2 tsp thyme

1 tsp celery seed

1 tsp salt

1 tsp pepper

Preheat oven to 400 degrees. Mix everything together in a deep baking dish and roast until vegetables are tender (approximately 1 hour). Stir every 15-20 minutes while roasting.

## Cabbage & Apples

4 cups packed thinly sliced red or green cabbage

3 cups peeled, sliced tart apples

1 cup sliced onion

1/2 cup apple cider

2 Tbsp cider vinegar

1 tsp caraway seeds

1/2 tsp salt

pepper to taste

Cook cabbage, apples, onion, and cider, covered, over medium heat until cabbage and onions begin to become tender, about 8 minutes. Add remaining ingredients and cook another 8 minutes or so. Serve as a side dish with pork, sausage, bratwurst, etc.

## Beet Salad with Pecans

About 6 beets  
¼ cup pecans  
½ red onion, thinly sliced  
¼ cup olive oil  
2 Tbsp red wine vinegar  
1 ½ tsp Dijon mustard  
salt and pepper to taste

[This is off the subject of vegetables, but now is the time of year that you can buy fresh pecans, in the shell, in many stores. In our opinion these are much better than the shelled pecans which you can buy year-round.]

Cook and slice the beets as you prefer. We think roasting is best: wash the beets and roast them in a covered baking dish or wrapped in aluminum foil until they are tender, which can be 45 minutes to 2 hours. Let them cool a bit, then slip the skins off, and slice the beets. You can also boil whole beets and then peel and slice them, or you can steam beet slices. Both boiling and steaming are quicker than roasting.

Toast the pecans in small skillet over medium heat, stirring frequently, until the pecans just begin to change color and become fragrant – this will only take a few minutes. Chop them.

Combine beets, pecans, and onions. Whisk together the oil, vinegar, mustard, salt and pepper. Add the dressing a little at a time to the other ingredients, and stop when you have added enough – you may not need all the dressing, depending on your taste and how big your beets are. Chill the salad in the fridge and serve cold.

**Also,** we've given out lots of good recipes for these vegetables over the year: potato-leek soup, roasted rutabagas with balsamic vinegar, carrots & leeks with almonds, a sesame vinaigrette for cabbage salad, gingery kale with soy sauce, beet chocolate cake, Indian squash pea soup, Brussels sprouts with mustard, stuffed squash. If you don't have one of these, let us know and we'll be glad to email it to you.

**Special Offers.** If you want more of anything, we have these available: **Red Beets:** 5 lbs. for \$3.75. **Cabbage** – Green or Red: 50¢ / lb., minimum order of 10 lbs. (A cabbage head typically weighs 2 to 5 lbs.) **Carrots:** 10 lbs. for \$7.50. **Celeriac:** 55¢ / lb., minimum order 5 lbs. (Each celeriac root typically weighs 1 to 1½ lbs.) **Yellow Onions:** 10 lbs. for \$7.50. **Radish** – Daikon or Black Spanish: 5 lbs. for \$3.75. **Winter Squash** – Buttercup, Butternut, Confection, Hubbard, Kabocha, Sunshine: 50¢ / lb, minimum order of 20 lbs.

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