

# Two Onion Farm

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## Week of October 5th, 2008

This will probably be the last week in which you receive garlic. At the other end of the life cycle, we are about to plant garlic as well. Each summer when we harvest our garlic we hold back a portion of the garlic bulbs as seed garlic, to be replanted for the following year's crop. In another week or so, we will begin separating this seed garlic into individual cloves. Each of those cloves will be planted into the soil, where it will take root in late fall, lay dormant over winter, and sprout in the spring, to be harvested in early July of 2009.

For the past several years we've harvested two garlic varieties: German Extra-Hardy and Musik. The German Extra-Hardy has always been somewhat more prone to develop rot and mold in the bulbs, but we've tolerated those problems because the variety also yields well and produces very large bulbs. This year, however, the German Extra-Hardy suffered severely from disease, probably due to the wet weather in June shortly before the garlic was harvested, and we had to discard many of the German bulbs we harvested. (Musik was barely affected by disease.) This fall we've purchased garlic of several other varieties and we'll be evaluating them as possible additions to our garlic lineup. If we identify some other good varieties we may end dropping German Extra Hardy in a few years.

One principle we try to follow is to grow more than one variety of all our main vegetables. This adds some diversity to your diet, since different varieties have different flavors, textures, and colors. It also provides some insurance, since different varieties have different susceptibilities to insects, diseases, and difficult weather. We regularly find that the relative performance of varieties differs from year to year.

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### In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Acorn squash	No	No	2+ wks	Dry and cool (50-55 degrees) is ideal for storage
Broccoli	Yes	Yes	1 wk	
Carrot	Yes	Yes	2+ wks	
Celeriac	Yes	Yes	2+ wks	
Garlic	No	No	2 wks	
Kale	Yes	Yes	1 wk	
Lettuce	Yes	Yes	1 wk	Green/red oakleaf
Onion	Yes or No	No	2+ wks	Dry and cold is ideal, but will store well at room temperature.
Potatoes	No	No	2+ wks	Biweekly boxes only. Store in dry, dark place

**Celeriac.** Some of you are receiving this for the first time. It is the light brown, gnarly vegetable. You can use celeriac in place of celery in most recipes. You can add grated or finely minced raw celeriac to salads. In our house we generally eat celeriac cooked, in soups, sauces, and stir-fries. It has a pleasant but not overwhelming taste and we've added it to many cookbook recipes which did not otherwise call for it. If you start a recipe by sautéing onions, you can often add celeriac as well. On our website, you can find many recipes with celeriac in previous year's newsletters.

You should peel the rough skin off the root before eating it: 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. Note that if you cut open the celeriac root, use part of it, and return the rest in a bag to the fridge, then the cut surface will darken with exposure to air, just like a cut apple. It's not a problem. Just trim off the darkened edge.

**Potatoes:** This week we are including potatoes in biweekly boxes. (Weekly members received them last week.) These potatoes were not grown here on Two Onion Farm. We've purchased them from Vermont Valley Community Farm, an organic vegetable farm west of Madison which is owned by friends of ours. They grow a lot of potatoes at Vermont Valley, and they've invested in specialized equipment for planting, hilling, digging, washing, and storing their potatoes. It would not make sense financially for us to invest in the same equipment because we do not need to grow many potatoes. It's always been a real struggle for us to raise potatoes reliably and efficiently, and this year we decided to buy some of your potatoes from Vermont Valley. We know and trust the farmers there and hope you will enjoy the potatoes they have grown.

Potatoes should be stored in a dark, dry place: light will turn the tubers green, and moisture will make them mold. Cool storage is better,

but not below 40 degrees. Temperatures between 32 and 40 degrees (e.g., your refrigerator) will make the potatoes sweet. This week's potato variety is Carola, well suited for boiling or roasting.

## Kale with Onions, Garlic, and Tomato

One of our members submitted this recipe.

1 bunch kale (you can substitute collards or chard for a different taste)  
2 cups chopped canned tomatoes with juice OR  
3 cups chopped fresh tomatoes with juice  
1 cup minced onion  
1 1/2 tsp ground cumin  
2 garlic cloves, pressed or minced  
1/2 tsp salt  
Black pepper to taste

Remove midribs from the kale and slice into 1/8 inch strips. Combine tomatoes, onion, cumin, garlic, and salt in a saucepan, cover, and cook over medium heat for 5 minutes. Add the kale, cover, and simmer gently, stirring frequently, until the greens are tender, 10-15 minutes. Season to taste with pepper.