

# Two Onion Farm

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## Week of October 8<sup>th</sup>, 2006

This is the first delivery week for our autumn members. Welcome! The newsletter which accompanies each box describes the week's vegetables and provides recipes and cooking tips. Our website [www.twoonionfarm.com](http://www.twoonionfarm.com) includes all of our past newsletters. The website also allows you to search past newsletters for recipes using a specific vegetable.

In some weeks, different boxes contain different vegetables. However, we only write one newsletter each week. Therefore the newsletter will sometimes list vegetables that are not in your box.

A note to those of you who receive half boxes: As stated in our membership brochure, we aim to provide you with about ¼ bushel of vegetables each week. However, the smallest waxed produce box which is readily available has a ½ bushel capacity. We need to use the ½ bushel box for your vegetables, so please expect some empty space in your box each week.

Feel free to call or email us. We are happy to answer your questions, and we take your comments and suggestions seriously.

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

**Broccoli.** After long waiting, we have lots of beautiful broccoli this week. It's possible that the plants may not survive the cold weather that is sweeping through in the second half of this week, so enjoy it while you can.

We've published many broccoli recipes in past newsletters – they're all available on our

website. And we've included instructions this week for freezing broccoli.

**Cauliflower.** We're also harvesting lots of lovely cauliflower this week. We have several recipes on our website and a new one in this week's newsletter. We've also included instructions for freezing the cauliflower.

**Beauty Heart Radish.** This is the round item with white and pale green skin. The flesh inside is pinkish red, similar to the color of watermelon flesh.

In our opinion, Beauty Heart is the world's greatest radish. It has a delicious, sweet-hot flavor and is a wonderful addition to salads and sandwiches.

The center portion of the radish, with the watermelon colored flesh, has a better flavor than the pale green outer layer. The outer layer, which is only about a millimeter thick, is hotter and can be slightly bitter. We prefer to peel off the outer layer, although some people eat it along with the interior. You can peel the radish easily: first slice off the top and bottom. Then make a shallow slit down the side of the radish just deep enough to cut through the pale outer layer. Starting at the slit, use your thumb to pop off the outer layer. It separates readily from the interior. Discard the outer layer and eat the good part.

**Carrot.** We've just started to dig up carrots from our primary fall carrot planting. This is our favorite carrot variety – wonderful sweetness, texture, and flavor.

**Garlic, Onions, Kohlrabi,  
Lettuce.**

## Freezing broccoli and cauliflower.

Both broccoli and cauliflower can be frozen for later eating. Wash the heads and separate them into florets of fairly uniform size, about 1 inch across. Then boil the florets for 3 minutes or steam them for 4-5 minutes. (You will not fully cook the vegetables. This brief cooking, called blanching helps to preserve flavor, texture and nutrients of frozen vegetables. You will need to cook the vegetables further by boiling, steaming, or microwaving, after you remove them from the freezer).

After blanching the florets, immediately transfer them to a colander or strainer and cool them by plunging into ice water or running cold water over them. Dry them gently on towels, pack loosely into plastic bags or containers, and freeze.

### Storage

Vegetable	Refrigerate?	Approximate Storage Life	Comments
Broccoli	Yes	1 week	Keep bagged.
Carrot	Yes	Long	Keep in sealed bag.
Cauliflower	Yes	1-2 wks	Keep bagged.
Garlic	No	2 wks	
Kohlrabi	Yes	1-2 wks	Keep bagged.
Lettuce	Yes	1 week	Keep bagged.
Onion	No	Long	
Radish	Yes	2+wks	Keep bagged

## Cauliflower with Raisins and Tomatoes

1 1/2 tsp olive oil  
 1 head cauliflower (~2 lbs), cut into florets  
 1 onion, halved and sliced thinly  
 3 garlic cloves, crushed  
 3 Tbsp raisins  
 About 3/4 cup canned chopped tomatoes, together with enough of their liquid to make 1 cup.  
 2 tsp basil  
 Salt and pepper

Sautee the cauliflower and onions in olive oil until the cauliflower is just browned (7-10 minutes) over medium-high heat. Add the garlic and raisins and cook for one more minute. Add the tomatoes with their juice, cover the pan, and simmer over medium-low heat until the florets are tender but not mushy. Add basil and season with salt and pepper. Serve immediately. You can top it with grated cheese if desired.