

Two Onion Farm

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Week of September 10th, 2006

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

Kale. These are large, dark green leaves with pinkish or red midveins. Kale is generally cooked, either steamed or sautéed. Aim to cook the kale until it is limp and fairly soft but still retains some texture. Steamed kale can be dressed with olive oil, lemon juice or vinegar, salt, and pepper. Or sauté kale in oil or butter with onions and garlic. Garlic generally accompanies kale nicely. Kale can also be added to soups or stews towards the end of cooking time.

Remove the tough stems and midveins from the leaves before cooking. An easy way to do this is to fold the leaf in half lengthwise along the midvein, lay it on a cutting board, and then slice away the midvein with a small knife.

There are a number of kale recipes from past newsletters available at our website.

Kale is very cold hardy and it is often one of the last survivors on the late fall garden, along with Brussels sprouts, leeks, and spinach. We expect to include kale in your boxes several more times. It's very rich nutritionally, with particularly high amounts of Vitamin A, Vitamin C, and calcium.

Potato. The red potatoes you are receiving are not a long storing variety, but they should hold up well for several weeks. Be sure to keep potatoes in the dark – exposure to light causes the potatoes to turn green. The green color *per se* is chlorophyll and is not objectionable. However, when the potato produces chlorophyll, it forms bitter-tasting alkaloid compounds as well. If a potato ever does turn green, you can generally cut or peel the green

area off fairly easily; the remainder of the potato will be fine.

Potatoes need some air if you're going to keep them around for a while, so don't put them in a sealed plastic bag. If you put potatoes in a brown paper bag with the top folded over, that's generally sufficient to keep the light out and allow some air exchange.

Cabbage. Tendersweet Cabbage, which is excellent raw or lightly cooked. This is a good cabbage for cabbage salads and coleslaws. You can make a basic cabbage salad by tossing thinly sliced cabbage with a vinaigrette. Like lettuce, Tendersweet cabbage should only be dressed immediately before eating, lest the leaves become soggy. Our website contains several cabbage salad recipes published in past newsletters; see www.twoonionfarm.com.

Swiss Chard. A nice addition to stir-fries and omelets as well as a good cooked side dish on its own. You can eat both stems and leaves; but separate them and add the stems to the pot first since they require more cooking. Chard sautéed in olive oil with salt, pepper, onion, and garlic and then dressed with lemon juice or balsamic vinegar is our favorite chard side dish.

Cherry Tomatoes. We are nearing the end of the tomato season.

Onions. These yellow onions are cured and long storing. No need to refrigerate them. They are quite pungent and excellent for cooking.

Green Beans.

Garlic.

Lettuce. Most of the lettuce we're distributing this week is a baby Boston lettuce, with darker green leaves surrounding a core of soft, lighter colored leaves.

Peppers. We're distributing sweet red and yellow bell peppers as well as red roasting peppers. The latter are small, narrow, red peppers with a vaguely conical shape. The roasting peppers are sweet and fruity flavored – excellent for eating fresh or cooked anywhere you would use bell peppers. However, they are especially well suited for roasting.

Recipes from the past

Try these recipes from past newsletters, available at www.twoonionfarm.com:

Potato Kale Hash (Sept 26 2005 newsletter) – grated potatoes sautéed with kale and onions

Gingery Kale and Soy Sauce (Sept 5 2005)

Potato Salad (Aug 22 2005) – jazzed up version of traditional potato salad

Cabbage Salad (Aug 22 2005) – with pepper and onion.

Storage

Vegetable	Refrigerate?	Approximate Storage Life	Comments
Cabbage	Yes	2 weeks	Keep bagged.
Garlic	No	2-3 wks	
Green bean	Yes	1 week	Keep bagged
Kale	Yes	1 week	Keep in a sealed bag.
Lettuce	Yes	1 week	Keep bagged.
Onions	No	Long	
Pepper	Yes	1 week	Keep bagged.
Potato	No	Weeks	Keep in dark
Swiss Chard	Yes	1 week	Keep in a sealed bag.
Tomatoes	No	Up to 1 week	Store at room temperature.

Vegetable Stir-fry

Makes 3-4 servings. Serve stir fry over about 3-4 cups of cooked rice.

Vegetables: some combination of the following, about 4-5 cups total:

Peppers, sliced into short thin strips

Cabbage, thinly sliced

Kale or chard leaves, sliced

Onion, chopped

Green beans, cut into short pieces

Mushrooms, sliced

Other veggies that you may have around:

broccoli florets, carrot slices, and thinly sliced leeks are all excellent.

Sauce

1/3 cup water

1 clove garlic

1/2 tsp dry ginger

2-3 Tblsp soy sauce

1 tsp sesame oil

salt and pepper to taste - go easy on the salt, there's plenty in the soy sauce

2 tsp cornstarch

Before you begin cooking the vegetables, start cooking your rice, if you need to; have all the vegetables chopped; and mix together all the sauce ingredients except the cornstarch.

Heat some peanut or canola oil in a wok or large skillet over medium heat. Add onions (or leeks) and cook for a few minutes. Turn up the heat and add any slow to cook vegetables such as cabbage, broccoli, and green beans. Cook, stirring constantly, until vegetables are just becoming tender. Then add mushrooms, peppers, and other quicker cooking vegetables. Continue stir-frying until these veggies too are beginning to soften. Then add any greens, such as kale or chard. When greens have wilted, whisk the corn starch into the sauce and add sauce to the pan. Stir-fry a few minutes until the greens are tender and the sauce thickens.

Slivered almonds make a nice topping. Before beginning to cook the vegetables, sauté the almonds until lightly browned. Reserve them and add them to the stirfry with the sauce.