

Two Onion Farm

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

Week of September 12th, 2005

Lettuce.

Kale. Biweekly shareholders receive kale; weeklies received kale last week and will get an extra head of lettuce this week. Kale is the vegetable with large, dark green leaves. It is generally cooked, either steamed or sautéed. Aim to cook the kale until it is limp 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. We've included a kale recipe.

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.

Tomatoes. The production of our tomato plants is declining. Although the continued warm weather helps the tomatoes, disease builds up in the tomato planting over the season and yields begin to decline. Your box may include cherry tomatoes, red slicing tomatoes, and/or Roma (paste) tomatoes.

Peppers. Several of our pepper varieties are still in peak production. Most of you will receive Italian frying pepper (long, tapering, often bent near the end) and/or a roasting pepper (short and triangular), although we have a few other sweet pepper varieties which are still producing and may appear in your box.

All of the peppers can be eaten raw or cooked. The Italian frying pepper excels specifically in sauces and stir-fries. We encourage you to try roasting peppers if you have not yet: roast the peppers under a broiler or over an open flame,

turning frequently, until the skin is black and blistered. Let the pepper cool a bit and then slip off the skin, cut open the pepper and discard the seeds. Most any pepper variety can be roasted, although the roasting pepper variety is particularly good. Add roasted peppers to sauces, stir-fries, salads, and just about anything.

Broccoli or Cauliflower. We've included recipes for broccoli rice pilaf and cauliflower tomato sauce.

Carrots or Celeriac. Biweekly folks receive a small bunch of carrots; weeklies receive celeriac.

We find celeriac easy to use in cooking. You can add it minced to many sauces, soups, casseroles, stuffing, stir-fries, and so forth. If a recipe begins with sautéing onions, you can often add celeriac and sauté it with the onions. Celeriac imparts a pleasant but mild flavor, and it's unlikely to overwhelm a dish.

Onion. Your box has both Ailsa Craig (larger onion with a gradually tapering top) and yellow cooking onions (smaller, stockier onions). The onion does not need to be refrigerated.

Garlic. The garlic also does not need to be refrigerated.

Green Beans.

Special offers. You can buy extra **drying peppers** (\$4.00 / lb) and **roasting peppers** (\$3.00 per lb.). Call 608-762-5335 or email farmer@twoonionfarm.com to place an order.

Broccoli and Rice Pilaf

This is adapted from The Enchanted Broccoli Forest by Mollie Katzen. It is delicious and fairly simple.

1/2 lb. broccoli
1/2 Tbsp butter
1/2 cup chopped onion
1/4 cup finely minced celeriac
1/3 tsp salt, or more if needed
1 clove garlic, minced
1 Tbsp fresh lemon juice
3 cups cooked rice
black pepper and cayenne to taste
1 tsp dried dill
1 1/2 tsp dried mint
2 Tbsp minced fresh parsley (optional)
1/4 cup pine nuts (optional, but very good!)
1/2 cup packed grated cheddar cheese

Preheat oven to 325 degrees. Slice the broccoli stalks and divide the broccoli tops into spears. Steam broccoli until just barely tender. Rinse under cold water to stop cooking.

Sautee onion and celeriac in butter until they begin to soften. Add garlic and lemon juice and sauté another two minutes. Stir in rice, herbs and seasonings, pine nuts, cheese, and the sliced broccoli stalks (but not the broccoli spears!).

Spread the rice mixture in an oiled bread baking pan (or double the recipe and use a square baking pan). Poke the broccoli spears stem-end first into the rice so that green broccoli tops are upright and you get a broccoli forest of sorts. Cover loosely and bake until heated through, about 15 minutes. Serve warm.

Cauliflower Pasta Sauce

Serve this sauce over macaroni with parmesan cheese.

1/8 cup olive oil
1 cup chopped onion
1/4-1/2 cup minced celeriac
1/2 tsp dried oregano
1/2 tsp dried basil
1/2 tsp dried thyme
1/2 tsp dried rosemary
3/4 tsp salt
a generous amount of black pepper
2 bay leaves
1/4 lb mushrooms, sliced
5 cloves garlic, chopped
3 Tbsp red wine vinegar
2 Tbsp tomato paste and 1/2 cup water OR 1-2 chopped fresh tomatoes
1 medium head cauliflower, broken into florets

Sauté onions, celeriac, herbs, salt, pepper, bay leaves, and mushrooms until onions is translucent and celeriac tender. Add garlic, vinegar, tomatoes, and water. If using tomato paste, whisk to dissolve it. Add cauliflower, bring to boil, and simmer until cauliflower is just tender.

Gingery Kale and Soy Sauce

We're reprinting this for the benefit of biweekly shareholders who are receiving kale for the first time:

1 bunch of kale (about 5-6 leaves)
olive oil
2 garlic cloves, minced
1/4 tsp dry ginger
2 tsp sesame seeds
1 1/2 Tbsp soy sauce
2 Tbsp rice wine vinegar

Remove stems and midveins from kale and chop it coarsely. Steam kale until tender but not mushy, about 5 minutes. Set kale aside. Sauté garlic and ginger about 2 minutes in olive oil. Add sesame seeds, sauté for another 2 minutes. Remove from heat, add soy sauce and rice wine vinegar. Mix, and pour dressing over kale. Serve cold or warm.

Leftover Vegetable Soup

One of our wonderful members contributed this recipe. It's a great way to rid the refrigerator of vegetables at the end of the week.

Start with any or all of the following: chopped onions, leeks, shallot, garlic. Sautee them for about five minutes in oil.

Add any or all of the following: carrots, cut into rounds; diced celeriac; diced kohlrabi; green beans, cut into one inch pieces; cubed potatoes. Sautee about five more minutes, add up to 8 cups of water or broth depending on how much vegetables you have and how dense you like your soup, some red or white wine, and a bay leaf or two. Cover while you chop the rest of the vegetables.

Add any or all of the following diced or broken as appropriate: tomatoes, broccoli, cauliflower, cabbage, zucchini, summer squash, corn, bell pepper. Toss them into the pot and add about a teaspoon of salt or a generous squirt of tamari. Add fresh or dried basil or parsley if you like. Simmer.

Decide what you'd like to fill out the soup. Some options are: small pasta, rice, barley, dried lentils, or split peas. Depending on what you choose, cook separately as follows while the vegetables simmer:

- For pasta, boil water and cook pasta 2 minutes less than package instructions say

to do. Add the drained pasta after the vegetables have simmered for at least half an hour.

- For rice, add equal amount of rice and water to a saucepan. Bring to a boil. Lower heat and cook until water is completely absorbed. Add to vegetables after they have simmered for a least half an hour.
- For barley, add 1/4 cup of dry barley to 1 1/2 cups of water. Cook for half an hour on medium heat. Add water and barley to the veggies in the soup.
- For dried lentils or split peas, cook 1/2 cup of dried beans in 2 cups of water (after you've rinsed the beans thoroughly). Add the water and the beans to the soup pot after they've simmered for half an hour.
- Or try this combination: 1/2 cup each of rice and lentils and 1/4 cup of barley. Cook them all together in three cups of water for about half an hour, then add the water, rice, lentils, and barley to the soup.

Now cook everything together for another half hour, stirring to keep the pasta or rice or barley from sticking to the bottom. Taste it. See if you want to add cumin, coriander, curry powder, chili powder, or dill.

Two Onion Farm

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