

Two Onion Farm

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Week of September 12, 2010

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	Not in all boxes
Cabbage	Yes	Yes	1-2 wks	
Carrots	Yes	Yes	4+ wks	
Cauliflower	Yes	Yes	1 wk	Not in all boxes
Garlic	No	No	4+ wks	Cured; store at room temperature
Kohlrabi	Yes	Yes	1 wk	Biweekly boxes only - White or very pale green; flattened round shape
Lettuce	Yes	Yes	1 wk	Oakleaf, red or green and Boston
Onions	No	No	2+ wks	Cured; store at room temperature or in fridge
Pepper	Yes	Yes	1 wk	Red or white peppers - sweet, not hot
Squash, Acorn	No	No	1-2 wks	
Tomatoes	No	No	1 wk	

Please return your boxes. Our supply of boxes has gradually been diminishing over the past several weeks. If you have boxes at home, please return them when you pick up your next delivery. Thank you for helping us to keep costs down!

Kohlrabi. Biweekly boxes only - This is the white, round vegetable with protruding stalks. It has a crisp, juicy texture and a slightly mustardy, slightly fruity taste. Before eating, peel off the tough skin.

You can eat kohlrabi raw and unaccompanied, or you can add grated or thinly sliced kohlrabi to a salad or coleslaw. Or sauté kohlrabi in butter or oil with salt and pepper.

Roasted Garlic: Garlic accumulating on your countertop? Try roasting – take your entire garlic bulb and cut off just enough of the top to expose the individual cloves. Brush or dab the exposed cloves with olive oil and bake for about an hour at 350 degrees, or until the cloves are quite soft. You can then squeeze the individual cloves out of their skins and spread them on bread or toast. Roasting moderates the garlic taste and this is an easy and delicious way to eat a lot of garlic.

Cauliflower and broccoli recipes from past newsletters, all available on our website:

Baked cauliflower and macaroni (9/30/2007) – Macaroni and cheese with cauliflower.

Yummy!

Cauliflower and feta omelet (9/24/2008)

African spiced cauliflower salad (6/20/2005) – Salad of cooked cauliflower and carrot with spices. Substitute some minced onion bulb for the green onion in the recipe.

Broccoli and rice pilaf (9/12/2005) – Celeriac in this recipe can be omitted.

Broccoli with balsamic dressing (6/25/2006) – steamed broccoli mixed with a simple balsamic vinaigrette.

Cabbage Salad

Because of the horseradish, this salad is moderately hot. It is an excellent side dish with sandwiches.

1-2 garlic cloves, minced
1 1/2 tsp prepared horseradish
1 tsp salt
pepper to taste
1/2 tsp dry mustard
1 1/2 tsp poppy seeds
1 1/2 tsp dry minced basil (or 1 1/2 Tbsp fresh)
1/2 tsp thyme
1/2 tsp tarragon
2 Tbsp vinegar
1 1/2 tsp honey
1/4 cup olive oil
1 lb cabbage, shredded or thinly sliced
1 red or white pepper, seeded and cut into thin 1" strips
1/2 onion, thinly sliced

Combine garlic, horseradish, vinegar, honey, olive oil, spices and herbs in a cup and whisk together. Pour dressing over cabbage, peppers, and onion in a large bowl, and mix. Chill and serve cold.

Southwestern Stuffed Squash

Note that this recipe makes enough stuffing for two squash – halve if you only have one squash.

2 Acorn squash
5 oz bulk turkey sausage (or other sausage)
1 onion, chopped
1/2 red or white pepper, chopped
1 clove garlic, minced (optional)
1 Tbsp chili powder
1 tsp ground cumin
2 cups diced fresh, frozen, or canned tomatoes
1 15 oz can black or pinto beans, drained and rinsed
1/2 tsp salt
1 cup grated cheddar cheese

Preheat oven to 350 degrees. Cut squash in half, scoop out seeds, place cut side down on a tray and roast in the oven until the squash flesh is tender when forked. When squash are done, reduce oven temperature to 325 degrees.

While squash are roasting: Lightly oil a large skillet, add sausage and cook until lightly browned. Add onions and pepper, and cook, stirring often, until softened. Stir in garlic, chili powder, and cumin; cook for 30 seconds more. Stir in tomatoes, beans, and salt and cook until tomatoes are broken down, about 10-12 minutes.

Fill squash halves with the stuffing and top with grated cheese. Place upright on a baking sheet and roast until heated through and cheese has melted, about 8-10 minutes.