

Two Onion Farm

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Week of September 16, 2012

Organic produce in this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	
Cauliflower	Yes	Yes	1 wk	Not in all boxes
Carrot	Yes	Yes	2 wks	
Celery	Yes	Yes	1 wk	
Fennel	Yes	Yes	1 wk	White bulb with U-shaped overlapping layers
Garlic	No	No	2 wks	
Kale	Yes	Yes	1 wk	Not in all boxes
Lettuce	Yes	Yes	1 wk	Oakleaf
Onion	No	No	2 wks	
Parsley	Yes	Yes	1 wk	
Pepper	Yes	Yes	1 wk	Red Italian, sweet, pepper
Squash, Acorn	No	No	2+ wks	
Tomato	No	No	<1 wk	Refrigeration prolongs life but decreases flavor

Cauliflower. You may have noticed that there have been many weeks lately where we have packed cauliflower in some, but not all, boxes. Cauliflower has always grown fairly unevenly on our farm. It's not unusual for cauliflower plants of the same variety, planted on the same day, to mature over a 3-4 week period. A lettuce planting, by contrast, typically matures all within 4-7 days, and a broccoli planting within 7-10 days. Consequently we often have a situation where we harvest small amounts of cauliflower over a prolonged period. This year we planted cauliflower on 5/21, 5/30, and 6/13, and right now we are picking from all three plantings.

We try to balance our boxes on each delivery day. When some boxes have not received cauliflower we've given those boxes more of other items. And we do track what the large and small boxes receive each week at each of our locations. We've tried to distribute the cauliflower so that everyone receives some eventually. By the end of this week all of our

full season members should have received cauliflower at least once (with the possible exception of some folks who've cancelled and rescheduled deliveries recently)

Fennel. This is the flat white vegetable with overlapping layers. It has a licorice flavor. Fennel can be eaten raw if you enjoy its pronounced flavor. When cooked, fennel's flavor moderates to a gentle sweetness. It is very nice in stir-fries, sautees, and pasta sauces. To cut up a fennel bulb, wash it, then slice in half lengthwise. Slice each half in half again lengthwise. With a small sharp knife, remove the triangular core from the base of each quarter-bulb piece. Then lay the quarters down flat and slice into thin strips. Below is a pasta fagioli recipe with fennel. See our website for these fennel recipes:

- ♣ A simple pasta sauce made from fennel with garlic, butter, and lemon juice ([9/9/2007](#))
- ♣ Broccoli salad with fennel and raisins ([7/18/2005](#))

Acorn Squash. The simplest way to prepare Acorn, or any other squash is baking (or roasting). Baking condenses and conserves flavor and yields a tastier squash than boiling or steaming. To bake: wash the squash and cut it in half from top to bottom. Then scoop out the seeds and stringy pulp from the center of the squash. Try to scrape out all traces of the stringy pulp because in some squash it has an unpleasant flavor. Place the squash halves face down on a dish or tray and cook in a microwave or 350 degree oven until the flesh is very tender but not dried or charred. If baking in an oven, you can pour a little water in the bottom of the dish to keep the squash from drying out. Baked squash can be eaten straight from the shell with a fork.

Squash should be stored in a dry place outside the refrigerator. The ideal temperature for squash storage is 50-55 degrees. However, room temperature is okay. Acorn squash only stores well for short periods; this is especially true for squash (such as those in this week's box) which ripened in August or early September. We suggest you eat it in the next week or two.

Two recipes for stuffed Acorn squash:

- ♣ Stuffed Acorn Squash (with a sweet and savory bread crumb stuffing) [9/13/2009](#)
- ♣ Southwestern Stuffed Squash [9/14/2008](#)

Pasta Fagioli

Recipe submitted by a member.

Chop the following vegetables fine and sauté in 2 Tbs. olive oil until tender:

- 1 med. onion
- 2 med carrots
- 1 rib celery
- 1 large clove garlic
- 1/2 lb. fennel

Add the following and simmer for 20-30 minutes:

- 2 cups canned or fresh tomatoes with juices
- 4 cups defatted chicken broth or vegetable broth
- 1 can white beans (Great Northern, navy, pinto or cannellini)
- 1/2 cup short tube pasta
- salt and pepper
- 2 Tbs. chopped fresh basil
- 2Tbs. chopped fresh parsley

Add water if needed. Serve in bowls and top with shredded cheese of your choice or grated parmesan.

Quinoa Pilaf with Carrots, Red Peppers and Peas

This recipe comes from one of our members.

Ingredients

- 2 Tbsp. olive oil
- 1 medium onion, chopped finely
- 3 cloves garlic, minced
- 1 cup finely-diced carrots
- 1 medium red pepper, chopped
- 2 cups quinoa, rinsed thoroughly through a fine sieve
- 4 cups vegetable broth
- 1 cup frozen peas, thawed
- salt and pepper to taste
- Parsley, fresh or dried

Heat olive oil in a large skillet over medium-high heat. Add onion and cook until soft, 3 minutes. Add garlic and carrots, cooking until soft, about 5 minutes. Add quinoa and broth. Bring to a boil over high heat, then reduce heat to medium-low. Simmer, covered, 20 minutes or until water is absorbed, add red pepper during this process. Stir in frozen peas and salt and pepper, and dash of parsley.