

Two Onion Farm

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Week of September 18, 2011

We escaped frost last week and so we have another week with peppers and tomatoes in your boxes. Tomato yields are declining as the fruit ripen slowly in cool weather. Pepper yields should still be good this week. Fall harvest of storage vegetables is proceeding apace – last week we filled our packing shed and coolers with cabbage, carrots, winter squash, and kohlrabi for your boxes later in the autumn.

Organic produce in this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Acorn squash	No	No	2 wks	
Broccoli	Yes	Yes	1 wk	
Carrot	Yes	Yes	2 wks	
Cauliflower	Yes	Yes	1 wk	Not in all boxes
Garlic	No	No	2 wks	
Green onion	Yes	Yes	1 wk	
Kale	Yes	Yes	1 wk	Narrow dark blue-green leaves
Lettuce	Yes	Yes	1 wk	Oakleaf
Pepper	Yes	Yes	1 wk	Red sweet pepper
Radish, beauty heart	Yes	Yes	2 wks	Round; white to pale green skin, rosy red interior
Tomato	No	No	<1 wk	

Beauty Heart Radish is one of our favorite vegetables! This is a delicacy, not at all to be confused with regular red radishes. The pale green outer layer is very hot and slightly bitter, but the rosy inner flesh is slightly sweet and slightly hot. We peel off the outer layer and only eat the colorful inner flesh; some folks like to eat the radish with the outer layer still on for extra heat. The radishes are wonderful sliced in salads and sandwiches.

Kale – This is Lacinato (or “Dinosaur”) kale—narrow, very dark bluish-green leaves with bumpy surfaces.

Kale is generally cooked, either steamed or sautéed. Typically you will chop the leaves and discard the tough midrib before cooking. 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.

Lettuce – more oakleaf lettuce this week. One of our favorite parts of autumn!

Cauliflower will not be in most boxes this week as our second planting winds down. We have a third planting of cauliflower which will bear in October if the weather does not turn cold too quickly.

Broccoli yields will be in a lull this week after several weeks of large harvests. We expect lots more broccoli later in the fall as later plantings mature.

Recipes from past newsletters available on our website:

Gingery Kale and Soy Sauce ([9/5/2005](#))

Kale with Onions, Garlic, and Tomato ([10/5/2008](#))

Kale with Apples & Mustard

1 Tbsp olive oil

Small bunch of kale, ribs removed and coarsely chopped

1/3 cup water

1 apple, sliced. A firm, tart cooking apple works well.

2 tsp cider vinegar

2 tsp prepared mustard

1/2 tsp brown sugar (optional)

Pinch of salt, or to taste

Heat oil in a large pot over medium heat. Add kale and cook, stirring frequently, until color turns bright, about 1 minute. Add water, cover and cook, stirring occasionally, for 3 minutes. Stir in apples, cover and cook, stirring occasionally, until kale is tender, about 8-10 minutes. Meanwhile, whisk together vinegar, mustard, sugar and salt in a small bowl. When the kale is tender, add the mustard mixture to the kale, increase heat to high and boil, uncovered, until most of the liquid evaporates, about 3 or 4 minutes.