

Two Onion Farm

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Week of September 2nd, 2007

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Acorn Squash	No	No	2-3 wks	
Cabbage	Yes	Yes	1-2 wks	Not in all boxes
Carrots	Yes	Yes	3-4 wks	
Celeriac	Yes	Yes	3-4 wks	
Cucumber	Yes	Yes	1 wk	Not in all boxes
Garlic	No	No	2-3 wks	
Lettuce	Yes	Yes	1 wk	
Onions	Yes or No	No	2-3 wks	
Pepper	Yes	Yes	1 wk	
Potatoes	No	No	2-3 wks	

Celeriac. This is the light brown, globular gnarly vegetable. Celeriac is closely related to celery and has a similar flavor. While the leaf stalks (petioles) are the edible part of the celery plant, from the celeriac plant we eat the swollen mass of stem and root at the base of the plant. Compared to celery, celeriac is much better suited to our climate than celery.

You can use celeriac in place of celery in any recipe. Add grated or finely minced raw celeriac to salads, or eat celeriac sticks with dip. In our house we generally eat celeriac cooked, in soups, sauces, stir-fries, or other dishes. We find celeriac very easy to use. It has a pleasant but not overwhelming taste and we've added it to many cookbook recipes which did not otherwise call for it. If you start a recipe by sautéing onions, you can usually add celeriac as well. Celeriac is included in this week's chili recipe. On our website, you can find a dozen recipes with celeriac in previous year's newsletters.

You should peel the rough skin off the root before eating it. An easy way to peel celeriac root (and other roundish vegetables) is to trim off the top and bottom ends, slice the celeriac in half horizontally, place each half with the cut end down on a cutting board, and trim off the skin by slicing down with a knife.

Store celeriac bagged in the fridge. Note that if you cut open the celeriac root, use part of it, and return the rest in a bag to the fridge, then the cut surface will darken with exposure to air, just like a cut apple. Lemon juice on the celeriac will slow the darkening. (In a similar way, lemon juice will also prevent browning of sliced apples. It's the Vitamin C that prevents the darkening).

Acorn Squash. This is a nice early Acorn squash variety with nutty flesh. The squash is not very sweet, so it may benefit from a little added sweetener if you're so inclined. We

enjoy it roasted and served with butter and maple syrup.

To roast a squash, cut it in half from top to bottom and use a spoon to scoop out the seeds and stringy pulp from the center. Place the two half face down on a dish and cook in a 350 degree oven or microwave until the flesh is very tender.

Acorn squash is also ideal for stuffing. The Sept 19, 2005 newsletter on our website has a recipe for Acorn squash stuffed with a celeriac bread crumb stuffing.

Peppers. This week we will harvest red and yellow bell peppers and an Italian frying type pepper (red, 5-6 inches long, tapering triangular shape). All of the peppers are fairly interchangeable for eating fresh and cooking. All of our peppers are sweet, not hot.

Onion. This week's onion is a yellow, pungent variety, excellent for cooking in sauces, soups, stews, etc.

Chili

1 large onion, chopped
1 bell pepper, chopped
1/2 celeriac, peeled and minced
1-2 cloves garlic, minced
2 Tblsp olive oil
1/2 cup chopped carrots
2 15 oz cans pinto or kidney beans
15 oz canned tomatoes
2 cups vegetable stock
1 1/2 - 2 Tblsp chili powder
1 tsp salt
Black pepper
2 bay leaves
1 1/2 tsp cumin
4 oz of elbow macaroni, optional

Sauté garlic, pepper, celeriac, and onion until onion is golden. Add carrots and continue cooking until they are tender. Combine with remaining ingredients except macaroni. Add extra water or stock if desired. Cover and simmer 1 hour. Add optional macaroni 15 before end of cooking.