

Two Onion Farm

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Week of September 2, 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	
Cucumber	Yes	Yes	1 wk	
Garlic	No	No	2 wks	
Leek	Yes	Yes	2 wks	
Lettuce	Yes	Yes	1 wk	Summercrisp
Onion	No	No	2 wks	
Pepper	Yes	Yes	1 wk	Red Italian, sweet, pepper
Squash, Acorn	No	No	2 wks	Not in all boxes
Tomato	No	No	<1 wk	Refrigeration prolongs life but decreases flavor

Leeks are one of our favorite fall vegetables. They have a mild, onion-like flavor. You can substitute leeks for onions in many recipes and appreciate the change in taste. Leeks can be eaten raw, but are usually cooked. Generally the white portion of the leeks and the lowest portion of the green leaves are eaten. Cleaning leeks can be tricky, because soil is often trapped in the bases of the leaves. We do our best to clean them here at the farm but you may find more dirt inside as you peel and chop. Here's what we recommend for washing them: start by chopping off the green tops, if any, to within 2 inches of the white portion. Then peel off the outer layer if it has turned slimy or brown, which happens naturally as the leeks age. Now slice the leeks and place them in a colander. Rinse the leeks under running water to wash the dirt away.

Welcome to autumn season members! We hope you will enjoy sharing in our fall harvests.

Electronic newsletters. We email our newsletter to reduce paper waste. Paper newsletters are available on the clipboard at each delivery site. Anyone who receives email newsletters can opt out by contacting us at farmer@twoonionfarm.com; 608-762-5335.

Return your boxes. Please break down your box carefully and remember to return it to the pickup location when you pick up your next box. Instructions for breaking down your box (without tearing it!) are online at: <http://www.twoonionfarm.com/index.php/current-members/csa-deliveries/break-down-your-box>.

Farm tee shirts. We have farm tee shirts available – you can order one or receive one for free if you submit a recipe for our newsletter. See <http://www.twoonionfarm.com/index.php/current-members/farmteeshirts> for details

Paste tomatoes. We are currently offering paste (Roma) tomatoes for sale. These are suitable for canning or freezing. You can order tomatoes to receive next week – see <http://www.twoonionfarm.com/index.php/current-members/pastetomatoes> for details and information on how to order.

Broccoli Pasta

Recipe submitted by a member. "A go-to quick, easy dinner."

1/2 pound penne (or other pasta)
1 large head broccoli, cut into florets
4 tablespoons olive oil
3 cloves garlic, chopped
1/2 teaspoon red chile flakes
1/2 cup freshly grated Parmesan cheese

Bring a large pot of water to boil and add the broccoli florets. Cook until tender, about 5 minutes, then remove from the water. (A slotted spoon works well for this.)

Add the pasta to the pot and cook until done. Drain, reserving some of cooking water.

While the pasta is cooking, heat the olive oil over medium heat in a large frying pan.

Cook the garlic and red chile flakes in the oil for about a minute, then add the broccoli. Cook the broccoli for 2-3 minutes, coating the broccoli in the oil, and gently mashing the florets.

When the pasta is cooked, drain and add to the frying pan with the broccoli.

Stir together pasta, broccoli and olive oil. When well mixed, add half the cheese, and a little of the cooking water. It should start to come together as a sauce. Top with the remaining cheese and serve.



Recipes from past newsletters using this week's vegetables:

Chicken and broccoli stir-fry ([10/10/2010](#))

Broccoli and rice pilaf ([9/12/2005](#))

Leek, pepper, and tomato pasta sauce ([8/27/2006](#))

Leek and Carrots: Easy and delicious side dish; leeks and carrots with almonds ([9/13/2009](#))

Crunch Broccoli Salad

This recipe comes from one of our members.

Dressing:

1 c. vegetable oil
1/2 c. sugar (you can use less if you don't like it that sweet)
1/2 c. wine vinegar
1 T. soy sauce
1/2 t. salt
1/4 t. black pepper

Salad:

1 package (3 oz) ramen noodle soup mix
4 T. (1/2 stick) butter
1 c. coarsely chopped walnuts
1 medium head of lettuce or other green
1 3/4 pounds fresh broccoli florets
4 green onions, thinly sliced or 1 small onion, thinly sliced

Combine oil, sugar, vinegar, soy sauce, salt and pepper in a container with a tight fitting lid. Cover and shake vigorously. Set aside.

Break up ramen noodles (discard seasoning packet). Melt butter in a small saucepan; add noodles and walnuts. Heat until browned, stirring frequently to avoid burning. Remove from heat and drain on paper towels. Cool.

Tear romaine (or whatever greens you want) into bite-sized pieces. In a large serving bowl, combine greens, broccoli, walnut-noodle mixture, and green onions. Toss with dressing and serve.

If you will be delayed in serving, toss all the green stuff together and wait just until serving to add walnut/ramen noodle mixture and dressing.