

Two Onion Farm

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Week of September 23rd, 2007

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Ailsa Craig Onion	Yes or No	No	1-2 wks	A juicy, mild onion. Great for light cooking. Not a long keeper – so don't store it for long.
Beauty Heart Radish	Yes	Yes	2-3 wks	Pale green smooth root with watermelon colored interior.
Broccoli	Yes	Yes	1 wk	
Carrots	Yes	Yes	2-3 wks	
Celeriac	Yes	Yes	3+ wks	Gnarly tan colored root
Garlic	No	No	2-3 wks	
Lettuce	Yes	Yes	1 wk	Romaine or oakleaf
Peppers	Yes	Yes	1 wk	Red or yellow sweet peppers
Winter Squash	No	No	2-3 wks	Buttercup squash

Ailsa Craig Onions. These are juicy, fairly mild onions which do not store well. Plan to use them in the next week or two.

Peppers. These are likely to be the last peppers of the season. The plants are still fairly healthy, and they have not been damaged by cold. However, almost all the fruits on the plants have ripened, and we won't be able to pick more this year.

Buttercup Winter Squash has deep orange, sweet flesh. Early in the autumn, the texture of the flesh is very dry; it becomes increasingly moist and creamy as the squash is stored.

Prior to roasting, when you cut the squash in half and scoop out the seeds, be very careful to remove all traces of the stringy material around the seeds; in buttercup squash the strings have an unpleasant taste.

Buttercup squash are well suited for soups and other cooked recipes. See this week's soup recipe. We also use the flesh of roasted

buttercup squash in “pumpkin” pie, bread, or muffin recipes, in place of canned pumpkin puree. You may want to puree the flesh before mixing it into the batter, and you may also need to adjust the amount of liquid in the batter slightly.

Store all squash in a dry place, outside the refrigerator. The ideal temperature for storing squash is cool: 50-55 degrees. But don't store uncooked squash where they could freeze. Once roasted, squash meat can be stored in the fridge and it also freezes well.

Celeriac. Biweekly and autumn members are receiving this for the first time. It is the light brown, globular gnarly vegetable. Celeriac is closely related to celery and has a similar flavor.

You can use celeriac in place of celery in most recipes. 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, and stir-fries. 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 often add celeriac as well. 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: 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. It's not a problem. Just trim off the darkened edge.

Beauty Heart Radish. This is the round root with white and pale green skin. The flesh inside is pinkish red, similar to the color of watermelon flesh. The sliced radishes are a great addition to salads and sandwiches. Beauty hearts have an alluring, slightly sweet taste, and they are much milder than conventional radishes.

We suggest that you peel the pale green outer layer, which is hotter and can be bitter. The watermelon colored interior is the good stuff.

Squash Soup in the Shell

You may need to adjust the amounts in the recipe if your squash is smaller or larger than normal. The milk and other ingredients should be enough to almost fill the hollowed out interior of the squash.

1 buttercup squash (or any large, roundish squash)
2 ½ cups milk
2 garlic cloves, slivered
1 to 1½ tsp salt
Black Pepper
10-12 fresh sage leaves, or 1 ½ tsp dry sage

Cut off the bottom of the squash to make a hole just large enough for you to reach in and scoop out the seeds. Turn the squash upside down, so the stem is on the bottom and the cut end is on the top. Reach inside and scoop out the seeds and strings. The hollowed out squash will be your pot, and the cut-off end will be the lid. Place the squash cut-end up on a large roasting pan.

Heat the milk together with the other ingredients and pour the hot liquid into the hollowed out squash. Lay a piece of foil over the top and place the lid on top of that.

Bake in the oven at 375° until the flesh at the sides of the squash is smooth and creamy. This can take 2 hours or even longer, depending on the size of your squash. Beware lest the squash becomes overcooked and collapses in your oven... Once cooked, take off the lid, and carefully mix the flesh with the liquid in the center. Serve.

Recipes from previous newsletters, available on www.twoonionfarm.com:

Cranberry Walnut Squash Muffin
(10/24/2005).

Indian Squash Pea Soup (10/17/2005)
Broccoli and Rice Pilaf – includes onion, celeriac, and garlic (9/12/2005).

Split Pea Soup with onions, garlic, carrots, and celeriac (11/28/2005).