

# Two Onion Farm

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## Week of September 24<sup>th</sup>, 2006

Our cherry tomato season has ended. If you've saved the plastic containers which we used to distribute the cherry tomatoes, you can return them. Please stack them neatly at the pickup site and we will take them and reuse them.

These are the vegetables we're distributing this week. You'll receive a selection of them in your box, but not all of them.

**Cauliflower.** We have only enough for some of you; we'll try to give some to everyone over the coming weeks.

There are many ways to enjoy cauliflower. Steaming and boiling are basic ways to cook it. Avoid overcooking, which will impart a bad taste. Serve cooked cauliflower topped with cheese or butter, salt and pepper. You can also steam or boil it until just tender, lay the florets in a baking pan, cover them with a white sauce and bake for 10-15 minutes at 350 degrees. Cauliflower is also a key ingredient in many curries and pasta sauces. We've included an excellent cauliflower pasta sauce recipe.

**Kohlrabi.** See this week's recipe for sautéed kohlrabi and leeks. If you receive biweekly deliveries, there's also an excellent recipe which you haven't seen for grated kohlrabi with parmesan cheese in the July 9<sup>th</sup> 2006 newsletter, available on our website.

**Swiss Chard.** We've included a recipe for a stew of chicken, chickpeas, and Swiss chard. Chard also makes a good substitute for cooked spinach in many recipes (although we don't recommend raw chard as a substitute for spinach in spinach salad).

**Chinese (Napa) Cabbage.** This is the large leafy head vegetable with pale green leaves and wide white midveins. It is

related to cabbage and other vegetables in the Brassica family, but it has more tender, juicier leaves than regular cabbage.

Chinese Cabbage can be eaten raw or cooked. For raw eating, the leaves are generally thinly sliced. It's common to dress the leaves with a dressing based on sesame oil, rice vinegar, and soy sauce. Last week's newsletter contains a recipe for such a salad. If your dressing contains salt (including soy sauce), we recommend that you dress it immediately before eating. Chinese cabbage has a lot of water in the leaves, and if you let the sliced leaves sit in a salty dressing, the salt will leach the water from the leaves and you will be left with a very watery dressing.

The leaves are generally sliced before cooking. They cook quickly, we suggest that you only cook them for a few minutes, until the leaves are wilted but maintain some texture and crispness. They're well suited to stir frying. For a simple side dish of stir-fried Chinese cabbage, begin by sautéing minced onion in peanut oil over medium heat. Then add sliced Chinese cabbage and crushed garlic, raise heat to high, and stir-fry until the leaves are cooked. Add salt and/or soy sauce, and rice vinegar; serve immediately.

**Lettuce.** Small heads of Romaine and/or Oakleaf lettuce.

**Peppers, Onions, Leeks, Cabbage.**

## Storage

Vegetable	Refrigerate?	Approximate Storage Life	Comments
Cabbage	Yes	1-2 wks	Keep bagged.
Cauliflower	Yes	1-2 wks	Keep bagged.
Chinese Cabbage	Yes	1-2 wks	Keep bagged.
Kohlrabi	Yes	1-2 wks	Keep bagged.
Leeks	Yes	2 weeks	Keep bagged.
Lettuce	Yes	1 week	Keep bagged.
Onions	No	Long	Yellow onions store longer than red.
Pepper	Yes	1 week	Keep bagged.
Swiss chard	Yes	1 week	Keep bagged.

## Cauliflower, Tomatoes, & Cream Pasta Sauce

Makes enough for 2-4 servings. There's only a small amount of cream; this sauce is not heavy.

About 2 lb cauliflower, cut or broken into small bite sized florets

1/4 cup olive oil

4 cloves garlic, crushed

1 1/2 cups canned whole tomatoes, juice discarded and chopped (you can also use frozen or fresh Roma tomatoes)

1 tsp salt

1/4 cup half and half or heavy cream

Grated parmesan cheese

Boil cauliflower florets until tender but crisp, about 4 minutes. Sauté garlic in olive oil over medium heat until garlic is golden. Add tomatoes, cooked cauliflower, and salt and continue cooking until tomatoes are soft, about three minutes. Add cream or half and half. If using half and half, also add 2 Tbsp to 1/4 cup grated parmesan cheese at this point to thicken the sauce. Simmer about 3 minutes. Serve warm over pasta.

## Chicken and Chickpeas with Swiss Chard

Serve this stew over rice or couscous.

2 Tbsp oil

1 1/2 lbs chicken pieces, with skins and bones

1 onion, minced

About 10 chard leaves, stems and leaves separated, stems sliced thinly, leaves sliced into 1/2" strips 2 cloves garlic, crushed or minced

1 Tbsp cumin seeds

1/2 tsp salt

1/4 tsp pepper

2 cups chicken broth

1 tsp grated lemon zest

2 Tbsp lemon juice

1 can chickpeas, drained

Heat oil in a large pot over medium-high heat. Add chicken and brown. Set chicken aside. Reduce heat to medium. Add onions and sliced chard stems and sauté until they are softened. Add garlic, cumin, salt, and pepper. Cook one more minute. Add back chicken pieces, along with lemon zest, lemon juice, chickpeas, and broth. Bring to a boil and simmer for 1 hour. Stir in chard leaves and cook for 2 minutes more or until chard wilts.

## Sauteed Kohlrabi and Leeks

Leeks and kohlrabi are an excellent combination, but you can also substitute onions for the leeks.

2 kohlrabi

2 leeks

1 Tbsp butter

Salt and pepper to taste

Wash the leeks and slice thinly. Peel and slice the kohlrabi thinly. Melt butter in a big frypan. Sautee kohlrabi for 2-3 minutes. Add leeks and sauté, stirring occasionally, until kohlrabi has begun to soften and leeks are light brown.