

# Two Onion Farm

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## Week of September 26<sup>th</sup>, 2005

**Delicata Squash.** Like its relative Acorn squash, Delicata is an excellent squash for baking and eating plain or with butter, sugar, honey, or syrup. Its delicate flavor is less well suited for soups, breads, and so forth. For biweekly folks, we've reprinted instructions on baking a squash on the next page. Store your squash in a dry place outside the refrigerator. Delicata is not a long storing type of squash; we recommend that you eat it in the next several weeks.

**Leek.** These are the first leeks for biweekly shareholders. Leeks resemble onions in flavor, but have a subtler, more refined taste. Leeks can be eaten raw or cooked. Like onions, they will sweeten when cooked. You can substitute leeks for onions in most recipes for a slight change in the taste.

Generally the white portion of the leeks and the lower portion of the green leaves is eaten. Cleaning leeks can be tricky, because soil particles are often trapped within the bases of the leaves. Here's how we handle a particularly dirty leek: start by chopping off the green tops to within 2 inches of the white portion (in most cases we've already done this for you so that the leeks will fit in the boxes). Then peel off the outer layer if it has turned slimy or brown, which happens naturally as the leeks mature. Now slice the leeks and place them in a colander. Rinse the leeks under running water to wash the dirt away.

We've included a recipe for Potato Leek soup which we relish.

**Beauty Heart Radish.** This is the round item with white and pale green skin and no leaves attached. The flesh inside is pinkish red, similar to the color of watermelon flesh. This radish has a slightly hot, sweet flavor

with buttery tones. Try slicing Beauty Heart Radish into salads or laying thin slices on a sandwich. Store your radishes bagged in the fridge.

**Potato.** Both of the recipes in this week's newsletter use potato.

**Kale or Turnip.** The turnips are either red or white, and have the leaves attached. These turnip varieties are soft, sweet, and mild enough to be eaten raw in salads or as a finger food. The turnips are also pleasant when thinly sliced, seasoned with salt and pepper, and sautéed in butter until they start to turn brown and crispy.

Some people enjoy turnip greens, which tend to be hot. They can be included in a stir-fry, or they can be steamed and seasoned with salt and pepper and dressed with either butter or oil and vinegar. If you won't eat the greens, you should cut them off and discard them to prolong the storage life of the roots. Both roots and greens should be stored bagged in the fridge.

Kale recipients, we've included a nice recipe for a potato-kale hash. We enjoyed this with scrambled eggs. Turnip recipients, save the recipe - you'll probably receive kale later in the season.

**Lettuce.** One or two heads of Winter Density lettuce.

Heavy rains have continued to splash dirt onto our lettuce. We're doing our best to wash the lettuce and extract the earthworms who live between the bottom leaves.

**Tomato.** If possible, we'll try to give everyone a tomato or two.

**Peppers.** Absence of frost permitting, we'll include a sweet pepper or two in everyone's box. Note that last week's newsletter included an error – we wrote that you would receive “sweet bell peppers”, but we actually distributed sweet peppers of various types, most of which were not bell peppers. Bell peppers are the large, blocky peppers which you typically see in supermarkets. Most of the peppers which we distributed last week and this are smaller roasting, frying, or stuffing peppers. All are sweet, i.e., not hot.

## **Broccoli or Cauliflower.**

## **Onion.**

**Special offers.** You may order extra onions. The prices are: \$3.75 for a 5 lb bag of yellow, pungent, cooking onions, and \$2.25 for a 3 lb bag of Ailsa Craig onions or a 3 lb bag of red onions. The yellow cooking onions will store for several months; the red and Ailsa Craig onions should store for at least several weeks. Call 608-762-5335 or email [farmer@twoonionfarm.com](mailto:farmer@twoonionfarm.com) to place an order.

## **Squash Baking**

Wash the squash and cut it in half from top to bottom. Then scoop out the seeds and stringy pulp from the center of the squash. Try to scrape out all traces of the stringy pulp because in some squash it has an unpleasant flavor. Place the squash halves face down on a dish or tray and cook in a microwave or 350 degree oven until the flesh is very tender but not dried or charred. Our antique microwave takes 8-12 minutes to cook a small squash; the oven will usually take at least 20-30 minutes. Ovens easily dry or char squash, so if you're baking in an oven, you may want to pour a little water in the bottom of the dish to keep the squash from drying out. Baked squash can be eaten straight from the shell with a fork.

## **Potato Kale Hash**

3 medium potatoes  
5 kale leaved, with thick stems and midveins removed and chopped into fine strips  
1 small yellow onion, minced OR 1 small leek sliced  
1 Tbsp prepared horseradish (optional)  
¼ tsp salt  
black pepper  
3 Tbsp olive oil or butter

Boil potatoes until you can just pierce them with a fork but they are not soft enough to eat. It's important not to overcook the potatoes or the hash will be gummy. Allow the potatoes to cool and then grate them. Steam kale until wilted. Mix potatoes, kale, onions or leeks, horseradish, salt and pepper.

Heat oil or butter in a skillet. Add potato-kale mixture, spread it out in an even layer. Cook, occasionally stirring and then returning to an even layer, until the potatoes turn golden brown and crisp.

## **Potato Leek Soup**

butter  
3 cups cleaned, sliced leeks  
¼ of a celeriac root, minced (optional)  
1 ½ tsp salt  
black pepper  
a few sprinkles each of marjoram and thyme  
3 medium potatoes, cut in ½ inch cubes  
4 cups water  
¼ cup half and half

Sauté leeks, celeriac, salt and pepper in butter until leeks are tender. Add herbs and potatoes and sauté a few minutes more. Add water and simmer until potatoes are soft. Puree the soup in a food processor to desired texture – we prefer to leave it a little chunky. Return soup to pot, add half and half, and warm up. Adjust salt and pepper if needed. Serve with crackers or croutons.

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