

# Two Onion Farm

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## In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Beauty heart radish	Yes	Yes	2+ wks	Round; white to pale green skin, rosy red interior
Broccoli	Yes	Yes	1 wk	Not in all boxes
Carrots	Yes	Yes	4+ wks	
Cauliflower	Yes	Yes	1 wk	Not in all boxes
Garlic	No	No	4+ wks	Cured; store at room temperature
Kale or Collards	Yes	Yes	1 wk	Kale leaves are narrow, very dark green, with blistered appearance. Collard leaves are flat, waxy, round to oval shaped.
Lettuce	Yes	Yes	1 wk	Red or green oakleaf
Onions	No	No	2+ wks	Cured; store at room temperature or in fridge
Potatoes	No	No	2+ wks	Store in dark, cool place. Light turns potatoes green
Squash, winter	No	No	1-2 wks	

**Winter squash.** Each box this week will contain a butternut squash. Butternut squash can be roasted and eaten plain but they are also very well suited for soups, muffins and other cooked dishes.

Large boxes may also receive an acorn, sugar dumpling (shaped like an acorn squash with a flat end; yellow skin with dark green stripes), or delicata (long oblong squash, cream-yellow skin with dark green stripes). These three types are all good roasted and eaten either plain or with butter and syrup.

**Kale and Collards.** Each box will receive kale or collard greens.

The kale this week is Lacinato or Dinosaur kale – narrow, very dark bluish-green leaves with bumpy surfaces. The collard greens are smooth, waxy, rounded green leaves.

In both kale and collards, the stalk and midvein of the leaves are quite tough, so we

recommend that you cut them away and discard them before cooking.

Kale is generally cooked, either steamed or sautéed. Aim to cook the kale until it is limp but still retains some texture. Steamed kale can be dressed with olive oil, lemon juice or vinegar, salt and pepper. Or sauté kale in oil or butter with onions and garlic. Garlic generally accompanies kale nicely.

Collards are quite tough, and you will probably want to cook them a bit longer than kale. Also, collards do not reduce in volume during cooking as much as kale does. A simple way to cook collard greens is to sauté onions and garlic, then add chopped collards with a small amount of water and braise covered for about 15-20 minutes, until the greens have almost reached the desired texture. Remove the cover and continue cooking to boil away the water until greens reach desired consistency. Season

with salt, pepper and/or fried bacon pieces, and serve.

Both kale and collards can also be added to soups or stews towards the end of the cooking time.

Our website has a lentil soup recipe with either kale or collards – see the July 29, 2007 newsletter.

**Beauty Heart Radish.** One of our favorite vegetables! This is a delicacy, not at all to be confused with regular red radishes. Peel the pale green skin from these beauties (the skin is bitter) and then enjoy the deliciously flavored and beautifully colored inner flesh sliced in salads and sandwiches. The taste is slightly sweet and slightly hot.

**Potatoes.** The potatoes in your box are organic potatoes raised at the Driftless Organics vegetable farm in Crawford County, Wisconsin. The good people at Driftless Organics raise a large amount of potatoes and they have invested in specialized equipment and facilities for growing, harvesting, and storing potatoes. It does not make financial sense for us to purchase these items at our scale of production and we have decided to purchase our potatoes instead from another local farm. Potatoes are the only vegetable which we plan to include in your boxes that we do not raise ourselves.

## Sweet and Sour Kale

Olive oil  
1 bunch of kale  
1/3 cup water  
1 tart apple, sliced  
1 – 1 1/2 Tbsp cider vinegar  
2-3 tsp brown mustard  
1 tsp brown sugar (optional)  
salt to taste – you don't need much at all

Heat oil in a deep pot. Add kale and cook, tossing frequently with two spoons, until kale is bright green (about 1 minute). Add water, cover and cook, stirring occasionally, for 3 minutes. Add apples and continue cooking, stirring occasionally, until kale is tender, about 8-10 minutes more. While kale is cooking, whisk vinegar, mustard, sugar, and salt in a small bowl. Add it to kale, boil on high heat, uncovered until most of the liquid evaporates.

## Roasted squash with garlic and parsley

2.5 lbs butternut or buttercup winter squash,  
peeled, seeded, and cut into 1" chunks  
1 Tbsp olive oil, divided  
3/4 tsp salt  
Black pepper to taste  
1 or 2 cloves garlic, minced  
1 Tbsp chopped parsley

Preheat oven to 375 degrees. Toss squash cubes with 2 tsp olive oil, salt, and pepper. Spread evenly on a baking sheet. Roast, stirring occasionally, until tender and just slightly browned, usually 25-45 minutes. Heat the remaining 2 tsp oil in a small skillet. Add garlic and cook, stirring, until fragrant but not brown, less than a minute. Toss squash with garlic and parsley. Serve warm.