

# Two Onion Farm

Chris & Juli McGuire • 19638 Cottage Inn Road, Belmont, WI 53510  
[farmer@twoonionfarm.com](mailto:farmer@twoonionfarm.com) • (608) 762-5335

---

Week of September 27, 2009

Blustery cold autumn weather has descended at last. Yesterday we finished harvesting our winter squash – the fruits would be damaged if they remained outside during the frost which is predicted for Tuesday night. Throughout October we will be harvesting the hardiest vegetables – carrots, lettuce, broccoli, beets, radish, rutabaga, spinach, leeks, and Brussels sprouts. In another week or two we'll start gearing up for the garlic planting, one of our largest and most time consuming plantings of the year. We'll plant garlic cloves in mid October; the cloves will grow roots and overwinter belowground; in March and April they'll emerge from the soil; and in July we'll harvest garlic bulbs.

Several of our employees have unexpectedly had to leave or reduce their hours, and we would like some extra help in the next month. Therefore we have opened several member workshifts on upcoming Wednesday afternoons and Saturday mornings. Our complete current schedule of shifts is at: <http://www.twoonionfarm.com/WorkSchedule.pdf>. If you haven't worked on the farm before, there is a description of our member work program on the member service page of our website: [www.twoonionfarm.com/WorkerInformation.pdf](http://www.twoonionfarm.com/WorkerInformation.pdf). As with all of our member workshifts, members will receive a \$25 rebate on the price of their membership for each shift worked. Please call or email if you would like to work any of these shifts; we will reply to confirm.

We deliver vegetables until the end of October. If you'd like to continue eating our produce after that, you can order extra winter storage vegetables such as onions, winter squash, carrots, cabbage, beets, celeriac, beauty heart radish, and rutabagas. We'll deliver these extra vegetables along with your last regular scheduled delivery of the season. Details including prices and minimum order amounts are available on the member services page of our website at [www.twoonionfarm.com/WinterStorageVegetableOffer.pdf](http://www.twoonionfarm.com/WinterStorageVegetableOffer.pdf).

## In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	
Carrot	Yes	Yes	2+ wks	
Celeriac	Yes	Yes	2+ wks	Round gnarly root
Garlic	Yes or No	No	2+ wks	Cured garlic. Store dry, in or out of fridge
Kale	Yes	Yes	1 wk	Dark leafy vegetable
Onion, Yellow	Yes or No	No	2+ wks	Cured onion with dryish papery outer layer – store dry, in or out of fridge
Lettuce	Yes	Yes	1 wk	Oakleaf, Red Romaine
Pepper	Yes	Yes	1 wk	Red sweet Italian or sweet pimento
Potato	No	No	2+ wks	
Squash, Acorn	No	No	2 wks	

**Kale.** We are raising two kale varieties which can be used more or less interchangeably – some of you will receive 'Red Russian' kale – large leaves with reddish midveins. Others will receive Lacinato or Dinosaur kale – narrow, very dark bluish-green leaves with bumpy surfaces.

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. Kale can also be added to soups or stews towards the end of cooking time.

**Potato.** The potatoes in your box are organic potatoes raised at Vermont Valley Community Farm west of Madison. The folks at Vermont Valley raise several acres of excellent 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.

**Celeriac (Celery root).** This is the vegetable with a gnarly, swollen root. Celeriac is closely related to celery and has a similar flavor. However, the plant is much better suited to our climate than celery.

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, stir-fries, or other dishes. It's really very easy to use – the flavor is not overwhelming and blends in easily with many cooked dishes. Here are some celeriac recipes from past newsletters, all available on our website:

[9/12/2005](#) Broccoli and Rice Pilaf

[11/12/2006](#) Carrot Celeriac Soup

[9/2/2007](#) Chili

[11/28/2005](#) Hungarian Gulyas Soup

[9/16/2007](#) Pea Soup with Carrots and Leeks

[9/26/2005](#) Potato Leek Soup

[9/14/2008](#) Southwestern Stuffed Squash

[10/28/2007](#) Spaghetti Sauce

[9/13/2009](#) Stuffed Acorn Squash

You should peel the rough skin off the root before eating it. An easy way to peel celeriac root (and other roundish vegetables) is to 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. It keeps very well and you can use a little at a time. Note that if you cut open the celeriac root, use part of it, and return the rest to the fridge, then the cut surface will darken with exposure to air, just like a cut apple. Spreading a little lemon juice on the celeriac will slow the darkening.

## Spiced Carrot Soup

1 lb carrots, cut into 1 inch pieces

1 and 1/2 tsp butter

3/4 cups chopped onion

1 clove garlic, crushed or minced

1 Tblsp grated fresh, or 1 tsp dry ginger

3/4 tsp salt

1/8 tsp each: cumin, cinnamon, allspice, ground fennel seed

2 Tblsp lemon juice

1/2 cup lightly toasted almonds

Place carrots in a medium covered saucepan with 2 cups water, and bring to a boil. Simmer on low heat until very tender. Meanwhile, heat butter in a small skillet. Add onions and sauté over medium heat for about 5 minutes; then add garlic, ginger, salt, and spices. Lower heat and continue sautéing until onions are very soft. Stir in lemon juice. Then blend all the ingredients, including the carrots, water, onion mixture, and almonds, in a food processor. Return to saucepan and warm gently before serving.