

# Two Onion Farm

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## Week of September 3<sup>rd</sup>, 2006

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

**Cabbage.** Tendersweet Cabbage, which is excellent raw or lightly cooked. This is a good cabbage for cabbage salads and coleslaws. You can make a basic cabbage salad by tossing thinly sliced cabbage with a vinaigrette. Like lettuce, Tendersweet cabbage should only be dressed immediately before eating, lest the leaves become soggy. We have published several cabbage salad recipes in past newsletters; see [www.twoonionfarm.com](http://www.twoonionfarm.com).

**Swiss Chard.** A nice addition to stir-fries and omelets as well as a good cooked side dish on its own. You can eat both stems and leaves; but separate them and add the stems to the pot first since they require more cooking. Chard sautéed in olive oil with salt, pepper, onion, and garlic and then dressed with lemon juice or balsamic vinegar is our favorite chard side dish.

**Tomatoes.** Slicing and/or cherry tomatoes. We're nearing the end of the tomato season. Many of you will receive 'Red Grape' cherry tomatoes – these are elongated, slightly pear shaped cherry tomatoes. They are quite meaty and well suited for cooking.

**Leek.** The flavor of leeks is similar to that of onions. Leeks can be eaten raw or cooked. Like onions, leeks will sweeten and lose their pungency when cooked.

The outer layers of leeks can be tough and stringy. If sautéing or braising the leeks, we recommend that you slice them thinly and allow an adequate cooking time (perhaps a little longer than you would cook onions) to soften them up. Well sautéed leeks are a

delicious base for soups or sauces. If you're eating leeks raw, we suggest removing the outer, stringy layers, and/or slicing the leeks very thinly.

Cleaning leeks can be tricky, because grit is trapped within the bases of the leaves. One way to clean: start by chopping off the green tops and rooty bottoms. Then peel off the outer layers if they are slimy or brown. Now slice the leeks and place them in a colander. Rinse under running water to wash dirt away. Another method: trim the tops and bottoms and then slice the leeks in half lengthwise. Hold each half under running water and gently spread the layers apart to wash.

**Onions.** Ailsa Craig. These can be stored in or out of the refrigerator and used within a few weeks. Excellent lightly cooked or fresh.

**Basil.** Most of you will receive a standard basil, and a few of you may receive a lemon flavored basil variety. Leaves can be minced and added to salads and cooked dishes. Basil is an excellent accompaniment to tomatoes.

**Lettuce.** Some of you will receive Winter Density, which looks something like a short, dark green Romaine. Others will receive a baby Boston lettuce, with a core of soft light green leaves.

**Peppers.** We're distributing sweet red and yellow bell peppers as well as red roasting peppers. The latter are small, narrow, red peppers with a vaguely conical shape. The roasting peppers are sweet and fruity flavored – excellent for eating fresh or cooked anywhere you would use bell peppers. However, they are especially well suited for roasting.

**Cucumbers.** We're nearing the season's end for these summer vegetables. This is probably the last week.

## Broccoli, Radish. Special Offers

We have a bountiful crop of peppers, and we are offering peppers in bulk for preservation.

**Green Bell Peppers:** \$4.50 / 2 lbs

**Red or Yellow Bell Peppers:** \$6.00 / 2 lbs

Please order bell peppers in 2 lb increments. Two pounds contains about 5-6 bell peppers.

**Roasting peppers:** These are small, sweet red peppers especially well suited for roasting. Roasted peppers store well in the freezer. The price is \$7.00 / 2 lbs; please order in 2 lb increments. Two pounds contains about 16 roasting peppers. Peppers shrink a lot when roasted, so 16 peppers makes a modest amount – approximately two cups or a little less.

Our tomato season is ending. We are offering **green tomatoes** in bulk for pickling or other uses. The price is \$6 for 5 lb, please order in 5 lb increments. Sorry, but we don't have any recipes or preserving instructions for green tomatoes – we've never used them ourselves, but we're offering them since some folks have requested them.

## Recipes from the past

Here are two great recipes from past newsletters, available at [www.twoonionfarm.com](http://www.twoonionfarm.com): Cabbage Salad (with cabbage, peppers, onion, and basil) - Aug 22 2005 newsletter, and Potato Leek Soup – Sept 26 2005.

Biweekly members, check out these recipes from recent newsletters which you did not receive: Leek, Pepper, and Tomato Pasta Sauce (Aug 27, 2006), Roasted Pepper Sauce (Aug 27, 2006), and Marinated Peppers (Aug 13, 2006).

## Storage

Vegetable	Refrigerate?	Approximate Storage Life	Comments
Basil	Yes	Several days	Wrap in a slightly damp towel and bag.
Broccoli	Yes	1 week	Keep bagged.
Cabbage	Yes	2 weeks	Keep bagged.
Cucumbers	Yes	1 week	Keep bagged.
Leeks	Yes	2-3 wks	Keep bagged.
Lettuce	Yes	1 week	Keep bagged.
Onions	Maybe	2-3 wks	Don't bag.
Pepper	Yes	1 week	Keep bagged.
Swiss Chard	Yes	1 week	Keep in a sealed bag.
Radish	Yes	1 week	Remove greens before refrigerating.
Tomatoes	No	Up to 1 week	Store at room temperature.

## Leeks in White Wine Pasta Sauce

Very pleasant, winey-tasting pasta sauce. Makes 3-4 servings.

4 medium leeks, washed and thinly sliced.

(See discussion of leeks, above, for washing suggestions.)

1/4 cup olive oil

1 tsp salt

1/2 tsp ground black pepper

1/2 cup dry white wine

2 Tblsp minced fresh basil leaves

Sautee leeks in olive oil over low-medium heat until they are completely wilted and soft. Add salt, pepper, and wine. Simmer over low heat for about 5 minutes, until sauce thickens somewhat. Stir in basil. Serve immediately over pasta with grated parmesan or pecorino romano cheese.