

# Two Onion Farm

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## Week of September 30<sup>th</sup>, 2007

### In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	
Carrots	Yes	Yes	2-3 wks	
Cauliflower	Yes	Yes	1 wk	
Kale	Yes	Yes	1 wk	
Leeks	Yes	Yes	1-2 wks	
Lettuce	Yes	Yes	1 wk	Romaine or oakleaf
Parsley	Yes	Yes	1 wk	
Pepper	Yes	Yes	1 wk	Not in all boxes
Yellow Onion	Yes or No	No	2-3 wks	

**Cauliflower.** Our last planting of cauliflower is maturing. Cauliflower which matures slowly in the mild weather of autumn is generally the tastiest, largest, and handsomest. Enjoy! We've included two recipes which call for cauliflower.

**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.

Remove the tough stems and midveins from the leaves before cooking. An easy way to do this is to fold the leaf in half lengthwise along the midvein, lay it on a cutting board, and then slice away the midvein with a small knife.

We've previously printed two recipes for lentil soup with kale – look in the 10/1/2006 newsletter and the 7/29/2007 newsletter.

**Leeks and carrots:** Try slicing one large leek with 2-4 carrots. Cook them in butter, salt, and pepper until tender; then add ¼ cup sliced or slivered almonds. Delicious.

**Stir-fries:** Several of this week's vegetables are well suited for stir-fries: kale, broccoli, cauliflower, leeks, onions, carrots, and peppers. Last week's celeriac will also go well in a stir-fry. The 9/10/2006 newsletter has a nice recipe for a stir-fry sauce and some general suggestions for preparing and cooking the veggies.

The 9/5/2005 newsletter also has a very tasty recipe for ground lamb (or beef) cooked with cauliflower, broccoli, kale, carrots, onions, and/or leeks. You can use last week's celeriac here as well.

## Marinated Vegetables

This is a very nice side dish. We enjoy with brats or sausage. It can be a bit garlicky, so reduce the garlic if you are so inclined.

1 medium cauliflower, broken into florets  
1 medium bunch broccoli, broken into florets  
2 medium carrots, sliced thinly  
1/2 lb mushrooms, quartered  
1 bell pepper, thinly sliced (optional)  
1/2 cup olive oil  
2-3 medium cloves garlic, minced  
1 tsp salt  
Black pepper  
3/4 tsp each dry oregano and dill  
1 tsp dry basil  
1/2 onion, sliced thin  
1/3 cup red wine vinegar  
2 tblsp chopped fresh parsley  
Olives  
Hard boiled egg slices

Steam the cauliflower, broccoli, and carrots together until just tender. Set aside and steam the mushrooms until just tender. Set them aside, and steam the bell pepper until just tender.

Combine oil, garlic, salt, pepper, herbs, onions, vinegar, and steamed veggies in a large bowl. Mix well. Garnish with olives and egg. Serve warm or at room temperature.

## Baked Cauliflower and Macaroni

This recipe makes a lot of food. Halve the recipe, or refrigerate the leftovers.

Béchamel sauce:

1/2 cup butter  
1/2 cup white flour  
1 quart milk, heated  
1 1/2 Tblsp Dijon mustard  
Pinch of nutmeg  
Black pepper  
3/4-1 tsp salt

1/4 cup vegetable oil  
1 tsp salt  
3 garlic cloves, crushed  
2 tsp dry basil  
1 large head of cauliflower, cut into florets  
3 cups canned tomatoes, drained and chopped  
3 Tblsp lemon juice

1 lb macaroni, penne, or pasta shells, cooked and drained

1 cup grated parmesan cheese  
1 1/2 cups grated mozzarella cheese

To prepare the sauce: Melt the butter in a sauce pan. Sprinkle in the flour while whisking constantly until a smooth paste forms. Add milk slowly, one cup at a time, continuing to whisk, until sauce begins to thicken. Add the mustard, nutmeg, salt and pepper and let sauce thicken further on low heat. Remove from heat and cover.

Saute the onions, garlic, basil and 1 tsp salt in oil. When onions are translucent, add cauliflower and sauté for five minutes more. Add tomatoes, cover and simmer until cauliflower is tender.

Combine pasta, sautéed vegetables, and lemon juice in a large bowl. Mix in Béchamel sauce. Put half of the pasta mixture in one or more oiled baking dishes. Sprinkle on half of each of the cheeses. Add rest of pasta mixture and then the rest of the cheese. Bake covered at 375 degrees for about 30 minutes and then uncovered for 10 minutes more, until bubbling and golden at top.