

Two Onion Farm

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Week of September 6, 2011

Welcome to our autumn season members who are picking up their first box this week! You're beginning at a bountiful time of year, as our summer vegetables are winding down and fall vegetables are just beginning to kick in. Our tomato and pepper plants thrived in this year's summer heat. We expect lots of our magnificent red peppers this week and we're still picking lots of tomatoes. This will be the last week when most boxes will contain cherry tomatoes. Our first fall broccoli plantings should yield heavily this week and we expect much more broccoli over the next 6-8 weeks.

Some logistical notes for autumn members:

Newsletters: We email this newsletter instead of including paper copies in each box in order to reduce waste. Anyone who wants a paper newsletter can take one from the clipboard at their delivery site. Anyone who receives email newsletters can opt out now or at any time by contacting us at farmer@twoonionfarm.com; 608-762-5335.

Please return your boxes: We would like to reuse the waxed produce boxes which your vegetables come in. Break them down and return them to your delivery site. And while you're breaking them down, please don't tear them. The two flaps on the bottom of the box have creases. Gently fold the flaps along the crease and the flaps will slide out of the holes into which they are tucked. Don't yank and tear the box flaps. Pictures and instructions are at www.twoonionfarm.com/BoxBreakdown.pdf.

Organic produce in this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Acorn squash	No	No	2 wks	
Broccoli	Yes	Yes	1 wk	
Carrot	Yes	Yes	2 wks	
Cauliflower	Yes	Yes	1 wk	Not in all boxes
Cucumber	Yes	Yes	1 wk	Not in all boxes
Garlic	No	No	2+ wks	
Green onion	Yes	Yes	1 wk	
Kohlrabi	Yes	Yes	1 wk	
Leek	Yes	Yes	1 wk	
Lettuce	Yes	Yes	1 wk	Boston or Oakleaf
Pepper	Yes	Yes	1 wk	Red sweet pepper
Tomato	No	No	<1 wk	Cherry and/or slicing tomatoes

Kohlrabi. This is the white, round vegetable with protruding stalks. It has a crisp, juicy texture and a slightly mustardy, slightly fruity taste. Before eating, peel off the tough skin.

You can eat kohlrabi raw and unaccompanied, or you can add grated or thinly sliced kohlrabi

to a salad or coleslaw. Or sauté kohlrabi in butter or oil with salt and pepper. We regularly eat grated kohlrabi cooked with parmesan cheese – the recipe is in our [7/9/2006](#) newsletter.

Cauliflower – we won't have enough for every box this week. Several more plantings are maturing in the field and we expect to harvest much more during September.

Leek. Our second week in a row to distribute leeks. We'll skip several weeks and then give them again towards the end of autumn when we harvest our later varieties.

This is one of our favorite fall vegetables. Leeks have a mild, subtle onion-like flavor. You can substitute leeks for onions in many recipes and appreciate the change in taste. Leeks can be eaten raw, but are usually cooked. Like onions, they will sweeten when cooked. Generally the white portion of the leeks and the lowest portion of the green leaves are eaten.

Cleaning leeks can be tricky, because soil particles are often trapped within the bases of the leaves. We do our best to clean them here at the farm but you may find more dirt inside as you peel and chop. Here's what we recommend for washing them: start by chopping off the green tops, if any, to within 2 inches of the white portion. Then peel off the outer layer if it has turned slimy or brown, which happens naturally as the leeks age. Now slice the leeks and place them in a colander. Rinse the leeks under running water to wash the dirt away.

Leek and Carrots

Quick and delicious side dish.

1 large leek, sliced
2-4 carrots, sliced
Butter, salt and black pepper
1/4 cup sliced or slivered almonds

Cook leek and carrots in a skillet with small amount of butter, salt, and pepper, stirring occasionally, until vegetables are soft. Stir in almonds and serve.

Sauteed Kohlrabi and Leeks

Leeks and kohlrabi are an excellent combination, but you can also substitute onions for the leeks.

2 kohlrabi
2 leeks
1 Tbsp butter
Salt and pepper to taste

Wash the leeks and slice thinly. Peel and slice the kohlrabi thinly. Melt butter in a big frypan. Sautee kohlrabi for 2-3 minutes. Add leeks and sauté, stirring occasionally, until kohlrabi has begun to soften and leeks are light brown.

Other recipes available on our website:

Stuffed Acorn Squash (Winter squash with a sweet and savory bread crumb stuffing)
[9/13/2009](#)

Leeks in White Wine Pasta Sauce (Sauteed leeks in a reduced white wine sauce) [9/5/2010](#)

Chicken and Broccoli Stir-Fry ([10/10/2010](#))