

Two Onion Farm

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Week of September 5th, 2005

Kale. These are the large, dark green leaves with pinkish or red midveins. 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.

Kale is very cold hardy and it is often one of the last survivors on the late fall garden, along with Brussels sprouts, leeks, and spinach. We expect to include kale in your boxes several more times. It's very rich nutritionally, with particularly high amounts of Vitamin A, Vitamin C, and calcium.

Leek. The flavor of leeks is similar but distinctly different from that of onions: leeks have a subtler, more refined taste than onions.

Leeks can be eaten raw or cooked. Like onions, leeks will sweeten when cooked. You can substitute leeks for onions in most recipes and appreciate the subtle changes in taste. Try thin slices of raw leek in a sandwich with sliced tomatoes and melted cheese.

Generally the white portion of the leeks and the lower portion of the green leaves is eaten. Cleaning leeks can be tricky, because soil particles are often trapped within the bases of the leaves. Here's what we recommend: start by chopping off the green tops 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 mature. Now slice the leeks and place them in a colander. Rinse the leeks under running water to wash the dirt away.

Beets. This week you receive a small bunch of beets, either Golden or Chioggia beets. The Golden beets have bright yellow roots and the Chioggia have concentric pink and white rings when sliced crosswise. Both of these types, and especially the Chioggia, have a mild flavor without the strong beet taste of red beets.

We know three basic ways to cook beet roots. You can slice them about ¼ or ½ inch thick and steam them, you can boil them whole or sliced, or you can roast them covered in a 350 degree oven until they are tender, usually over an hour. We've also included a recipe this week for fried beet chips. The greens can be eaten steamed or sautéed. Golden and Chioggia beets both have somewhat milder, less bitter greens than red beets.

Tomatoes. Your box includes cherry tomatoes, red slicing tomatoes, and Roma (paste) tomatoes.

The Roma tomatoes have an oblong shape, unlike the more spherical slicing tomatoes. Romas are meatier and less juicy than the slicing tomatoes. While slicers are classic sandwich tomatoes and are generally eaten fresh, the Romas are usually cooked in sauces, stir-fries, or sautés. Try sautéing the Romas together with onions, peppers, broccoli, and/or cauliflower and serving over spaghetti with cheese.

Peppers. You may receive any of several peppers this week: a green, yellow, or green

bell pepper, a Hungarian stuffing pepper (flattish with deeply convoluted skin), an Italian frying pepper (long and gradually tapering), and a roasting pepper (short and cone shaped). All of these peppers are sweet and can be eaten raw or cooked.

Broccoli, Cauliflower, or Cabbage.

Potato. You do not need to refrigerate.

Carrots or Green Beans.

Onion. A mild, sweet white onion for fresh eating. You do not need to refrigerate it.

Special offers. We have **drying peppers** available. These thin fleshed peppers with moderately hot flavor are used to make the Hungarian Paprika spice. To dry them, use a sewing needle to run a strong thread through the stems of the peppers and then hang the entire string in your kitchen or other dry, well-ventilated place. To use the dried peppers, remove one from the string, pull off its dry stem, and crumble the rest in your hands, seeds and all. The price is \$4.00 / lb; one pound contains about 10-12 peppers. You can also order **basil** (\$6.50 per lb), **garlic** (\$2.50 for three heads), and **roasting peppers** (\$3.00 per lb.). Call 608-762-5335 or email farmer@twoonionfarm.com to place an order.

Galena Garlic Festival. On September 17 and 18 this festival will be held in Galena, IL to celebrate garlic with music, art, dance, and good food. You can learn more about the festival at www.GalenaGarlic.com. We can provide free tickets to if you wish to attend. Let us know if you want tickets.

Lamb and Mixed Vegetables

We enjoy this recipe with ground lamb, but you can substitute another ground meat or cubed chicken breast.

1 lb ground lamb
1-2 cups minced onions or leek
1 ½ tsp dry mint (accompanies lamb well, but you can omit it if not using lamb)
½ tsp thyme (plus 1 tsp basil if not using lamb)
salt and pepper to taste
3-4 cups of any of these chopped vegetables:
pepper, carrot, broccoli, cauliflower, cabbage, paste tomato, green bean, kale, etc.
In a large pan, fry the ground lamb, breaking it into small pieces. Add onions, pepper, herbs, salt, and pepper. Sauté for 5 minutes. Add remaining vegetables, cover pan, and steam until veggies are barely cooked. If using kale, add it later than the other vegetables since it requires less time to cook. Serve over rice.

Gingery Kale and Soy Sauce

1 bunch of kale (about 5-6 leaves)
olive oil
2 garlic cloves, minced
¼ tsp dry ginger
2 tsp sesame seeds
1 ½ Tbsp soy sauce
2 Tbsp rice wine vinegar
Remove stems and midveins from kale and chop it coarsely. Steam kale until tender but not mushy, about 5 minutes. Set kale aside. Sauté garlic and ginger about 2 minutes in olive oil. Add sesame seeds, sauté for another 2 minutes. Remove from heat, add soy sauce and rice wine vinegar. Mix, and pour dressing over kale. Serve cold or warm.

Beet Chips

Beet chips are crunchy, sweet snack, great for kids. Slice beets very thinly – about 1/8". Deep fry in vegetable oil until beets are crispy. Drain on paper towel. Salt beets lightly if you wish. Eat warm

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