

# Two Onion Farm

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

Week of September 5, 2010

**Welcome to our autumn season members!** We hope you will enjoy your vegetables from us this fall. Successive plantings of lettuce, broccoli, spinach, carrots and other fall root crops are growing towards harvest in the next two months. We are in the midst of our winter squash harvest. Large crops of dried onions and garlic are stocked up in our packing shed. We are nearing the end of our season for several summer vegetables – this is the last week for our cucumbers; we may have one or two more weeks of peppers and tomatoes.

## In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	Only in some Friday boxes this week – more to come
Carrots	Yes	Yes	4+ wks	
Cauliflower	Yes	Yes	1 wk	Not in all boxes
Cucumber	Yes	Yes	1 wk	Not in all boxes – last week for cucumbers
Garlic	No	No	4+ wks	Cured; store at room temperature
Kale / Collards	Yes	Yes	1 wk	Green leaves
Kohlrabi	Yes	Yes	1 wk	White or very pale green; flattened round shape
Leeks	Yes	Yes	1-2 wks	Long, cylindrical; white at the bottom and green at the top
Lettuce	Yes	Yes	1 wk	Summercrisp, red or green
Onions	No	No	2+ wks	Cured; store at room temperature or in fridge
Pepper	Yes	Yes	1 wk	Red peppers - sweet, not hot
Squash, Acorn	No	No	1-2 wks	Not in all boxes
Tomatoes	No	No	1 wk	

**Please return your boxes.** Our supply of boxes has gradually been diminishing over the past several weeks. If you have boxes at home, please return them when you pick up your next delivery. Thank you for helping us to keep costs down!

**Kale.** Each box will receive kale or collard greens. We had hoped to include kale in all boxes, but we have a weak kale harvest this week and we are substituting collards in some of the Friday boxes.

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 toothed edges and reddish midveins. Others will receive Lacinato or Dinosaur kale – narrow, very dark bluish-green leaves with bumpy surfaces. The collard greens are smooth, waxy, rounded green leaves.

In both kale and collards, the stalk and midvein of the leaves are quite tough, so we

recommend that you cut them away and discard them before cooking.

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.

Collards are quite tough, and you will probably want to cook them a bit longer than kale. Also, collards do not reduce in volume during cooking as much as kale does. A simple way to cook collard greens is to sauté onions and garlic, then add chopped collards with a small amount of water and braise covered for about 15-20 minutes, until the greens have almost reached the desired texture. Remove the cover and continue cooking to boil away the water until greens reach desired consistency. Season with salt, pepper and/or fried bacon pieces, and serve.

Both kale and collards can also be added to soups or stews towards the end of the cooking time.

**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.

Several kohlrabi recipes from past newsletters are available on our website. From [www.twoonionfarm.com](http://www.twoonionfarm.com), click on the Recipe Search link to view all the recipes from past newsletters using kohlrabi (or any other vegetable). Here are some favorite kohlrabi recipes:

- Kohlrabi with Sauteed Kale (9/6/2009 newsletter)
- Grated Kohlrabi with Parmesan Cheese (7/9/2006)
- Sauteed Kohlrabi and Leeks (9/24/2006)

**Leek.** The flavor of leeks is similar to, but subtler than, that of onions. 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, leeks will sweeten when cooked. Generally the white portion of the leeks and the lower portion of the green leaves are 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, 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 mature. Now slice the leeks and place them in a colander. Rinse the leeks under running water to wash the dirt away.

## Leeks in White Wine Pasta Sauce

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

- 4 medium leeks, washed and thinly sliced.  
(See discussion of leeks, above, for washing suggestions.)
- ¼ cup olive oil
- 1 tsp salt
- ½ tsp ground black pepper
- ½ cup dry white wine
- 2 Tbsp minced fresh basil leaves or 2 tsp dry 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.