

# Two Onion Farm

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Week of September 6, 2009

**Welcome to our autumn season members!** We hope you will enjoy your vegetables from us this fall. The beautiful weather in the last week and this has brought on vigorous growth in our fall crops. Our fall broccoli is looking vibrant and beginning to bear mature heads. We harvested our first winter squash last week. Successive plantings of fall carrots and other root crops are growing towards harvest in the next two months. Dried onions and garlic are stocked up in our packing shed. We are nearly picking the last of our summer tomatoes; and we hope to continue picking peppers for one or two more weeks.

The weather this summer was sometimes challenging - wet and cool with several fierce windstorms. We're hoping autumn will be kinder to us. We're particularly concerned about our winter squash - the cool summer had delayed their maturity and we need more warm weather to mature many of our squash fruits before frost kills the squash vines.

**Acorn Squash.** This is the first of our winter squash. We plan to include several varieties in your boxes this fall.

This simplest way to prepare Acorn, or any other squash is baking (or roasting). Baking condenses and conserves flavor and yields a tastier squash than boiling or steaming. To bake: wash the squash and cut it in half from top to bottom. Then scoop out the seeds and stringy pulp from the center of the squash. Try to scrape out all traces of the stringy pulp because in some squash it has an unpleasant flavor. Place the squash halves face down on a dish or tray and cook in a microwave or 350 degree oven until the flesh is very tender but not dried or charred. If baking in an oven, you can pour a little water in the bottom of the dish to keep the squash from drying out. Baked squash can be eaten straight from the shell with a fork.

In addition to being baked face down, Acorn squash is sometimes baked face up in an oven with butter and brown sugar or maple syrup on top.

Squash are often used in soups, casseroles, breads, muffins, and pies. Acorn Squash, however, has a fairly mild flavor which is easily overwhelmed and we don't think it does well when mixed into these dishes. We'll have other squash, with stronger flavor, which do well mixed into soups, pies, and so forth.

Squash should be stored in a dry place outside the refrigerator. The ideal temperature for squash storage is 50-55 degrees. However, room temperature is okay. Acorn squash only stores well for short periods. We suggest you eat it in the next week or two.

**Kohlrabi.** This is the alien looking vegetable: white and round 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.

**Kale.** 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 reddish midveins. Others will receive Lacinato or Dinosaur kale - narrow, very dark bluish-green leaves with bumpy surfaces.

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.

## In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	
Carrot	Yes	Yes	2+ wks	
Cucumber	Yes	Yes	1 wk	
Garlic	Yes or No	No	2+ wks	Cured garlic. Store dry, in or out of fridge
Kale	Yes	Yes	1 wk	
Kohlrabi	Yes	Yes	1 wk	
Onion, Yellow	Yes or No	No	2+ wks	Cured onion with dryish papery outer layer – store dry, in or out of fridge
Lettuce	Yes	Yes	1 wk	Summercrisp
Pepper, red	Yes	Yes	1 wk	Sweet, not hot
Squash, Acorn	No	No	2 wks	Do not store in fridge
Tomato, Slicing	No	No	1 wk	Tomatoes may keep slightly longer in the fridge but fridge temperatures damage the flavor a bit.

### Kale Kohlrabi Sauté

1 kohlrabi, peeled and very thinly sliced  
 1/4 tsp grated lemon or lime zest  
 1 Tbsp fresh lemon or lime juice  
 2 Tbsp olive oil, divided  
 1/2 tsp salt, divided  
 Black pepper to taste  
 4-5 leaves kale, stems and midribs discarded,  
 finely chopped  
 2 garlic cloves, crushed  
 3 Tbsp pumpkin seeds

Roast pumpkin seeds in warm skillet, stirring, for several minutes, until color begins to change; then set them aside. Whisk together lemon zest, juice, 1 Tbsp oil, 1/4 tsp salt, and black pepper. Toss sliced kohlrabi with dressing. Heat remaining oil in a large skillet; sauté garlic for 30 seconds; add kale in handfuls, stirring – as each handful of kale wilts it will make room in the skillet for more. When all the kale is in the pan and wilted, add 1/4 tsp salt and sauté about 3 minutes, until tender. Transfer kale to a bowl and let cool to room temperature. Combine kale, kohlrabi, and pumpkin seeds and serve.

### Please take the correct box when you pick up your

**vegetables.** Each of our vegetable boxes has a label – "Weekly Large", "Biweekly Small", etc. If you are not sure which box you signed up for, look at the sheet of paper on the clipboard at the pickup location. Your box type is listed next to your name. If you send someone else to pick up your box for you, please tell them to take the right box. If one member takes the wrong box, then another member who arrives later will not be able to pick up the vegetables they signed up for, which is frustrating and unfair to them. Thank you very much for your cooperation!