

Two Onion Farm

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

Week of September 7th, 2008

Welcome to our autumn season members. We hope you will enjoy receiving vegetables from us this fall!

Summer has definitely ended and cooler fall weather begun. Plantings which were growing rapidly a week ago have slowed down their growth. That's not a bad thing – the cool weather gives us more time to harvest crops such as carrots and cabbage before they overmature. Our tomato and cucumber harvests have ended for the year; this is likely to be the last week of peppers. The recent rain was welcome and allowed us to stop irrigating for the first time in many weeks.

This week we finished our planting for the year, as we seeded several beds of fall spinach for late October harvest and we transplanted one last bed of fall oakleaf lettuce. The last lettuce transplanting is a relief and an annual milestone here. We've transplanted lettuce seedlings every week since early May.

We've been harvesting winter squash for the past several weeks, and we're including it in this week's box for the first time. Our fall broccoli plantings look fantastic and we hope we can include broccoli in most of your boxes for the remainder of the season. Other fall crops also look good, and we're hoping for a long, gentle, sunny autumn.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Acorn squash	No	No	2-3 wks	Dry and cool (50-55 degrees) is ideal for storage
Broccoli	Yes	Yes	1 wk	Not in all boxes
Carrot	Yes	Yes	2-3 wks	
Cauliflower	Yes	Yes	1-2 wks	Not in all boxes
Garlic	No	No	3-4 wks	
Kale	Yes	Yes	1 wk	
Kohlrabi	Yes	Yes	1 wk	White veggie with flattened round shape
Leek	Yes	Yes	1-2 wks	
Lettuce	Yes	Yes	1 wk	Oakleaf or Red Romaine/Bibb type
Onion	Yes or No	No	3-4 wks	Dry and cold is ideal, but will store well at room temperature.
Pepper	Yes	Yes	1 wk	Sweet peppers, not hot

Acorn Squash. Our first squash of the season. Acorn squash are excellent baked and served with butter and sweetener. Or try the stuffed squash recipe in this newsletter.

To bake a squash: 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 to the fork but not dried or charred. Cooking time varies greatly depending on the size of the squash. Our

microwave takes 8-12 minutes to cook a small squash; the oven will usually take at least 30 minutes, and possible well over an hour.

Ovens easily dry or char squash, so if you're baking in an oven, you may want to pour a little water in the bottom of the dish to keep the squash from drying out.

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.

Kohlrabi. Some of you may not have received this before. Peel before eating. Fresh, kohlrabi can be eaten in salads or as a snack. It can also be cooked. Our favorite recipe is a dish of cooked grated kohlrabi with parmesan cheese – look on our website in the July 9, 2006 newsletter.

Leek. Leeks resemble onions in flavor, but have a gentler, more refined taste. Leeks can be eaten raw but are usually cooked. Like onions, they will sweeten when cooked. You can substitute leeks for onions in most recipes for a slight change in the taste.

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 how we handle a particularly dirty leek: start by chopping off the green tops to within 2 inches of the white portion (in most cases we've already done this for you so that the leeks will fit in the boxes). 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.

Stuffed Squash

1 Acorn squash
1 Tbsp butter
½ cup minced onion
¼ lb mushrooms, minced
1 clove garlic, minced
¼ cup minced celeriac (optional)
¼ tsp salt
black pepper to taste
¼ tsp each sage and thyme
1 Tbsp lemon juice
2 Tbsp chopped pecans or walnuts
2 Tbsp sunflower seeds
2 Tbsp each raisins and slivered dry apricots
1 cup bread crumbs - you can make excellent bread crumbs by cubing cinnamon raisin bread or any good bread
½ cup packed grated cheddar cheese

Cut squash in half, scoop out seeds, place cut side down on a tray and microwave or roast in a 350 degree oven until the squash flesh is tender when forked.

Sauté onions in butter until translucent. Add mushrooms, garlic, celeriac and seasonings and sauté until all are tender.

Stir in remaining ingredients. Fill the roasted squash with the stuffing. Lay the stuffed squash, cut side up, in a covered dish. Bake in a 350 degree oven until heated through (about 20-30 minutes).

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 Tblsp butter
Salt and pepper to taste

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