

Two Onion Farm

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Week of September 9th, 2007

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Kale	Yes	Yes	1 wk	Green leaf with red tones.
Kohlrabi	Yes	Yes	1-2 wks	White or pale green, with flattened round shape and small protuberances on the sides. Peel skin, and eat raw or lightly cooked.
Leek	Yes	Yes	1 wk	
Fennel	Yes	Yes	1 wk	White flattened, bulbous vegetable with overlapping layers. Anise-licorice flavor
Broccoli	Yes	Yes	1 wk	Not in all boxes
Winter Squash	No	No	2-3 wks	Acorn or Sugarloaf (beige and green striped)
Garlic	No	No	2-3 wks	
Red onion	Yes or No	No	2-3 wks	
Peppers	Yes	Yes	1 wk	Red / yellow bell peppers, and/or long red Italian frying pepper. All are sweet, not hot.
Potatoes	No	No	2-3 wks	Russet baking potato or yellow fleshed 'Carola'
Cucumber	Yes	Yes	1 wk	Not in all boxes

Winter Squash. The Acorn and Sugarloaf squash we are distributing this week are both excellent when roasted and eaten plain or with butter and maple syrup.

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. Leeks resemble onions in flavor, but have a subtler, more refined taste. Leeks can be eaten raw or 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. Start by peeling 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.

Fennel. Fennel can be eaten raw in salads, where it contributes a pronounced flavor. If you're eating it raw, we recommend that you slice it very thinly so the fennel's stringiness won't be objectionable. When cooked, fennel's flavor moderates to a gentle sweetness. We've included a recipe for a fennel pasta sauce.

To cut up a fennel bulb, wash it, then slice in half lengthwise. Slice each half in half again lengthwise. With a small sharp knife, remove the triangular core from the base of each of quarter-bulb piece. Then lay the quarters down flat and slice into thin strips.

Lettuce. There is no lettuce in your box this week. We have a good deal of Boston, Oakleaf, and Romaine lettuce in the field for autumn harvest. However, none of the lettuces were quite big enough to harvest this week. We expect to have more next week.

Broccoli. We're just beginning to harvest from our fall broccoli plantings. There will not be a lot to pick this week, so we may not include it in every box, or you may receive only a small portion.

Recipes from previous newsletters:

All are available on www.twoonionfarm.com.

Sauteed Kohlrabi and Leeks (9/24/2006 newsletter)

Grated Kohlrabi with parmesan cheese (7/9/2006).

Leeks in White Wine Pasta Sauce (9/3/2006)

Roasted Fennel and Red Onions (6/25/2006)

Potato Kale Hash (9/26/2005) – hashed potatoes cooked with sliced kale.

Lentil Kale Soup (10/1/2006)

Fennel Sauce for Pasta

Simple but delicious. Makes enough for 8-12 oz of pasta.

2-3 fennel bulbs

1 Tblsp each olive oil and butter

Salt

Juice and grated zest of 1 lemon; or 2 Tblsp

lemon juice and a dash of dry lemon zest

1 clove garlic, crushed

Black pepper

Wash the fennel, quarter and slice it thinly (you don't have to cut the core out in this recipe, because it will soften through the cooking process). Melt the olive oil and butter in a skillet. Add the fennel and sauté over medium-high heat, stirring occasionally, until fennel is beginning to brown. Add salt, lemon juice, and 1 cup water. Reduce heat, and cook, partly covered, until fennel is very soft and deep gold color. During cooking, you can add extra water as needed if water evaporates before fennel is soft; but try to have all liquid evaporated when fennel is done cooking. Add garlic, lemon zest, and black pepper. Serve over pasta topped with cheese.

Potato Leek Soup

Butter

3 cups cleaned, sliced leeks

1/4 of a celeriac root, minced (optional)

1 1/2 tsp salt

black pepper

a few sprinkles each of marjoram and thyme

3 medium potatoes, cut in 1/2 inch cubes

4 cups water

1/4 cup half and half

Sauté leeks, celeriac, salt and pepper in butter until leeks are tender. Add herbs and potatoes and sauté a few minutes more. Add water and simmer until potatoes are soft. Puree the soup in a food processor to desired texture – we prefer to leave it a little chunky. Return soup to pot, add half and half, and warm up. Adjust salt and pepper if needed. Serve with crackers or croutons.