

Two Onion Farm

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Week of September 9, 2012

We're expecting a nice harvest of fall broccoli this week, and we're glad to be including some robust and healthy kohlrabi in your boxes. All of our fall crops in the Brassica family (broccoli, cauliflower, kohlrabi, cabbage, and Brussels sprouts) are extremely vigorous and healthy this year. We're hoping that we will have excellent harvests of these vegetables into early November.

Pepper and cucumber harvests are slowly winding down as the weather gradually cools. This will probably be our last week for harvesting cucumbers.

This is our first week of delivering oakleaf lettuce, a tender sweet type of lettuce which does well in the fall and is a mainstay of our autumn boxes. We suffered a hailstorm last Wednesday morning which severely damaged much our lettuce. We're doing our best to harvest relatively undamaged heads for you, but please understand if you find some torn or cut leaves in your lettuce. Our younger lettuce plants should outgrow the hail damage and we hope to have beautiful heads for many weeks to come.

Organic produce in this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	
Cauliflower	Yes	Yes	1 wk	Not in all boxes
Carrot	Yes	Yes	2 wks	
Cucumber	Yes	Yes	1 wk	
Garlic	No	No	2 wks	
Kohlrabi	Yes	Yes	1-2 wks	
Leek	Yes	Yes	2 wks	
Lettuce	Yes	Yes	1 wk	Oakleaf
Onion	No	No	2 wks	
Pepper	Yes	Yes	1 wk	Red Italian, sweet, pepper
Tomato	No	No	<1 wk	Refrigeration prolongs life but decreases flavor

Kohlrabi. This is the white, flattish-round shaped vegetable. 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. We regularly eat grated kohlrabi cooked with parmesan cheese – the recipe is in our [7/9/2006](#) newsletter.

Leeks are one of our favorite fall vegetables. They have a mild, onion-like flavor. You can substitute leeks for onions in many recipes and appreciate the change in taste. Leeks can be eaten raw, but are usually cooked. Generally the white portion of the leeks and the lowest portion of the green leaves are eaten. Cleaning leeks can be tricky, because soil is often trapped in the bases of the leaves. We do our best to clean them here at the farm but you may find more dirt inside as you peel and chop.

Here's what we recommend for washing them: 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 age. Now slice the leeks and place them in a colander. Rinse the leeks under running water to wash the dirt away.

Welcome to autumn season members who are receiving their first box this week! We hope you will enjoy sharing in our fall harvests.

Electronic newsletters. We email our newsletter to reduce paper waste. Paper newsletters are available on the clipboard at each delivery site. Anyone who receives email newsletters can opt out by contacting us at farmer@tweenionfarm.com; 608-762-5335.

Return your boxes. Please break down your box carefully and remember to return it to the pickup location when you pick up your next box. Instructions for breaking down your box (without tearing it!) are online at: <http://www.tweenionfarm.com/index.php/current-members/csa-deliveries/break-down-your-box>.

Farm tee shirts. We have farm tee shirts available – you can order one or receive one for free if you submit a recipe for our newsletter. See <http://www.tweenionfarm.com/index.php/current-members/farmteeshirts> for details.

Indian-spiced potatoes and cauliflower (Aloo Gobi)

Recipe submitted by a member.

1 lb potatoes, peeled and cut into 1 inch cubes
2 tbsp vegetable oil
1 tsp cumin seeds
1 lb cauliflower, broken into florets (or broccoli)
1 tsp ground coriander
1 tsp ground cumin
1/4 tsp red pepper powder (powdered red chili)
1/2 tsp ground turmeric
1/2 tsp salt (or to taste)
chopped fresh coriander

Par-boil potatoes for 10 minutes. Heat the oil in a wok or large pan over medium heat and fry the cumin seeds for 2 minutes, until they begin to splutter. Add the cauliflower florets to the pan and fry, stirring for 5 minutes. Add the potatoes, the spices and salt and cook for a further 7-10 minutes, or until both vegetables are tender. Garnish with chopped coriander. Goes well with naan (an Indian flatbread similar to a pita) and plain yogurt.



Recipes from past newsletters using this week's vegetables:

Chicken and broccoli stir-fry ([10/10/2010](#))

Broccoli and rice pilaf ([9/12/2005](#))

Leek, pepper, and tomato pasta sauce
([8/27/2006](#))

Leek and Carrots: Easy and delicious side dish;
leeks and carrots with almonds ([9/13/2009](#))

Broccoli Sunflower Salad

This recipe comes from one of our members.

Salad ingredients:

2 big stalks raw broccoli washed and broken into small florets
1/2 medium red onion, chopped
1/2 cup sunflower seeds (can substitute favorite nuts)
6 oz. tri-color rotini (white works)
Optional: crumbled bacon and 1 cup raisins or dried cherries

Combine above ingredients in bowl.

Dressing Ingredients:

1 cup mayo
1/4 cup vinegar
1/4 cup sugar

Whip together dressing ingredients and combine with salad.