

Two Onion Farm

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Cookbooks

We do our best to print good recipes in our newsletters. We try out and approve every recipe which we print here. However, we can only try a limited number of recipes ourselves.

We are always very happy to print recipes from members in our newsletters. Please send us your favorite vegetable recipes.

If you're looking for more ideas on how to prepare the vegetables in your box, here are some cookbooks that we and others have found useful.

The Madison Area Community Supported Agriculture Coalition (MACSAC) has published From Asparagus to Zucchini, now in its third edition. The book is organized by vegetable; for each veggie there is a description, preparation and storage tips, and several recipes. The recipes span a range of styles and cuisines, and everyone will find something they like, as well as something they don't like. Many of the recipes are simple and easy to prepare. This cookbook is specifically intended for people like you, who are members of upper Midwest community supported agriculture (CSA) farms like ours. In general, the recipes contain seasonal combinations of ingredients, so you won't find recipes that combine vegetables which are never ripe in the same season. We, and many of our members, highly recommend this book. It's available at bookstores as well as directly from www.mascac.org.

We also highly recommend three cookbooks by Jack Bishop. Vegetables Every Day has one chapter for each common vegetable; each chapter discusses basic cooking and storage tips for the vegetable and includes several recipes. This is a great cookbook full of simple, delicious recipes. Almost every recipe in this

cookbook is a real winner. A Year in a Vegetarian Kitchen is a nice seasonal cookbook with vegetable based recipes for every season, and Pasta e Verdura is a book of great pasta sauce recipes using every imaginable vegetable. Beware that although Bishop's recipes are generally quite healthy, he tends to go a little heavy on the salt: we recommend using only half to two-thirds the salt in almost all of his recipes.

Mollie Katzen has written two excellent cookbooks, Moosewood Cookbook and The New Enchanted Broccoli Forest. Both books are vegetarian (although the recipes use a lot of dairy and eggs). Katzen's books can be frustrating for us because many of the recipes can combine ingredients in very unseasonable ways (e.g., contain vegetables that are only ripe in the spring together with ones that are only ripe in the fall). However the two books contain a number of classic vegetable recipes which shouldn't be missed.

Deborah Madison has published a number of cookbooks which feature fresh vegetables and other produce. One of our members recommends her Local Flavors: Cooking and Eating from America's Farmers' Markets and also The Greens Cookbook.

Another member recommends Vegetables On The Side, by Sallie Williams. This is another book organized by vegetable, with a discussion of how to store and prepare each vegetable followed by a few recipes using it.

On the internet, we've found a lot of good recipes at fooddownunder.com. It has over 200,000 recipes, and some of them are actually good, but it can be a lot of work to separate the gold from the dross.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Lettuce	Yes	Yes	1 wk	Red oakleaf or Romaine lettuce
Cauliflower	Yes	Yes	1 wk	
Broccoli (Full boxes only)	Yes	Yes	1 wk	
Yukina savoy	Yes	Yes	1 wk	Loose head of dark-green leaves. Mustardy flavor.
Snap Peas	Yes	Yes	1 wk	Excellent raw or lightly cooked. Eat pod and seeds both.
Radishes	Yes	Yes	1-2 wks	Long, pinkish-red
Kohlrabi (Monday only)	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.
Onions	Yes	Yes	1-2 wks	
Baby Leeks	Yes	Yes	1-2 wks	
Cucumbers	Yes	Yes	1 wk	
Summer squash	Yes	Yes	<1 wk	Yellow-green bicolor summer squash or zucchini.

Our **cucumber** and **summer squash** are just beginning and we hope to have many for you in the coming weeks.

The **snap pea** planting is at its peak; and we expect yields will diminish rapidly after this week. Peas are a cool weather crop. We are now harvesting from our spring planting. We hope to pick from a second, fall planting in mid-late September.

Cauliflower is another crop which prefers cool weather and is generally grown early and late in the season. The ideal weather for cauliflower is moderately warm weather early in the plant's growth followed by slightly cooler weather as the actual white head of cauliflower matures. So the best cauliflower is planted in the late spring, makes it vegetative growth over the summer, and then forms its head in early fall as the weather cools. You're eating spring cauliflower, transplanted into the field in late April for harvest now in late June or early July. The spring cauliflower plantings experience weather which is cool early in the plant's growth and hot as the head matures – which is the reverse of what the plant likes best. Although it's still possible to grow good tasting cauliflower early in the season, the hot weather tends to produce deformities: loose heads, purplish discoloration, and heads that are hairy on the surface. You may notice some of these symptoms in your cauliflower.

Baby Leeks - We enjoy the baby leeks lightly cooked. If eating raw, we recommend that you slice them very thinly. You can use them in recipes in place of standard, larger leeks, but you should substitute 3 or 4 baby leeks for each regular leek in the recipe.

Yukina savoy – This is an Asian leafy green vegetable similar to Tatsoi or Bok Choy. We recommend that you cook it. It is excellent in stir-fries. It cooks quickly and should be added near the end of a stir-fry.

Yukina Savoy Sauté

1 Tblsp sesame oil
2-4 baby leeks, sliced (or 1-2 cloves garlic, crushed)
1 head Yukina Savoy, destemmed, with midveins cut out, and coarsely chopped (about 4 oz of leaves should remain).
1/2 Tblsp vinegar
1 Tblsp tamari sauce
Black pepper

Sauté leeks (or garlic) in oil for 2-3 minutes. Add greens and sauté until just wilted. Remove from heat and stir in vinegar, tamari, and pepper. Serve hot, as a side dish or with rice.

Stir-Fries

You can stir-fry almost any vegetables. From this week's box we recommend broccoli, cauliflower, onion, leek, kohlrabi, radish, summer squash, and Yukina savoy. It's best to use a wok, but a deep skillet will suffice.

Before you begin, start your rice or noodles cooking. Then cut each of the vegetables and place them in separate bowls next to the stove. We recommend that you cut the broccoli and cauliflower into small florets; coarsely chop the Yukina Savoy; thinly slice the kohlrabi, radish, and leeks; and dice the onion. If you're using a sauce (see below), have that prepared as well before you begin cooking.

Overall, the key is to cook the vegetables over high heat, stirring constantly. To begin, heat the wok for a minute or so over medium heat. Then add a modest amount of peanut oil (or canola oil), together with the chopped onion, leek, and some salt. Stir-fry for a minute or so. Turn up the heat, and add long-to-cook vegetables such as broccoli, cauliflower, and kohlrabi. Stir-fry until the veggies begin to get tender, then add medium-long-cooking vegetables such as radish and summer squash. Continue stir-frying until these veggies are beginning to soften. Then add any greens, such as the Yukina savoy. If you're using the sauce below, whisk the corn starch into the sauce and add it to the wok. Stir-fry a few minutes until the greens are tender and the sauce thickens. Serve over rice or noodles.

Stir-fry Sauce

1/4 cup soy sauce
1 1/4 cup water
1 tsp dry ginger
2 large cloves garlic, minced
1 tsp sesame oil
4 tsp cider vinegar
2 Tbsp dry wine (optional)
3 Tbsp cornstarch

Mix all ingredients except corn starch. Whisk in corn starch just before adding sauce to the wok.