

Two Onion Farm

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Week of October 12th, 2008

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Beauty Heart Radish	Yes	Yes	2+ wks	
Beets	Yes	Yes	2+ wks	
Broccoli	Yes	Yes	1 wk	
Brussels Sprouts	Yes	Yes	1 wk	
Carrot	Yes	Yes	2+ wks	
Lettuce	Yes	Yes	1 wk	Green/red oakleaf
Onion	Yes or No	No	2+ wks	Dry and cold is ideal, but will store well at room temperature.
Potatoes	No	No	2+ wks	Baking potatoes. Keep in a dry, dark place
Winter squash	No	No	2+ wks	Acorn and/or Buttercup squash

Vegetables for winter storage. You can order extra of several winter storage vegetables. See the table below for pricing, minimum order, and storage advice for each vegetable. You can pick up your order at any of your remaining regular deliveries. Call or email to order; we will reply to confirm your order. Please order at least 3 days before your pickup.

Vegetable	Price	Order by the:	Minimum Order	Notes
Acorn Squash	\$1.25/lb	Squash	4 squash	Each squash typically weighs a little more than 1 lb. Ideal conditions are dry and 50-55 degrees. These are not long storing squash and you should plan to eat them within a month at the most.
Yellow Onions	\$1.25/lb	Lb	5 lbs	Store dry. Ideal temperature is 32 degrees, but onions will store moderately well at room temperature. Will store for 1-5 months, depending on conditions.
Cabbage, green	\$0.80/lb	Cabbage	1 cabbage	Large cabbages weighing 5-8 lbs each. Will store for months bagged in the fridge.
Cabbage, red	\$1.00/lb	Lb	5 lbs	Will store for months bagged in the fridge.
Celeriac	\$1.75/lb	Lb	5 lbs	Most celeriac roots weigh about 1 lb each. Will store for months bagged in the fridge.
Carrots	\$1.25/lb	Lb	5 lbs	Will store for months bagged in the fridge.
Beets	\$1.25/lb	Lb	5 lbs	Will store for months bagged in the fridge.

Brussels sprouts. We hope to include these in each of your remaining deliveries. Sprouts have a poor reputation, but they deserve better. In addition to the recipe in this newsletter, you can also look on our website for several excellent Brussels sprouts recipes from past newsletters:

Brussels Sprout and Pine Nut Pasta Sauce
(10/21/2007 newsletter)

Shredded Brussels Sprouts with Bacon
(10/15/2006)

Brussels Sprouts with Mustard (10/17/2005).

Squash. We're distributing buttercup squash for the first time this week. These are larger squash with dark green skin and a grey protuberance at the bottom. Their dark orange flesh is generally dense and sweet. You can roast and eat them plain like any squash. Buttercups are also very well suited for breads, pies, and muffins – roast the squash, then scoop out the cooked flesh and use it in place of canned pumpkin pie filling.

If you're scooping the seeds out of the buttercup squash before cooking, be sure to remove all traces of the stringy material around the seeds – it has a bitter taste.

Brussels Sprouts with Pine Nuts and Balsamic Vinegar

1 lb Brussels sprouts
3 Tbsp pine nuts
3 Tbsp olive oil
1 onion, minced
2 garlic cloves, minced
1½ Tbsp Balsamic vinegar
Salt and black pepper

Bring a few quart of salted water to boil in a saucepan. Meanwhile, trim and discard any loose or discolored outer leaves from your sprouts. If your sprouts vary in size, slice the larger ones in half. Add the sprouts to the boiling water and cook until they are tender but not mushy. Drain and cool the sprouts, and slice them across into thin strips.

Toast the pine nuts in a skillet over medium heat until they are fragrant and golden brown. Remove the nuts from the skillet. Add the oil to the skillet and heat it briefly. Then add the onions and sauté until they are becoming golden. Add garlic and sauté one minute more. Add Brussels sprouts and salt to taste. Cook, stirring occasionally, until the sprouts have begun to brown. Add vinegar and cook about a minute more. Stir in nuts, adjust salt and pepper if desired, and serve hot.

End of the delivery season: After this week, we will deliver for two more weeks, October 19-25, and October 26-November 1.