

Two Onion Farm

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Week of August 21, 2011

Organic produce in this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Acorn squash	No	No	2 wks	
Bean	Yes	Yes	1 wk	Bean: green or yellow, Romano or round
Beet	Yes	Yes	2 wks	
Carrot	Yes	Yes	2 wks	
Cauliflower	Yes	Yes	1 wk	Not in all boxes
Cucumber	Yes	Yes	1 wk	
Garlic	No	No	2+ wks	
Green onion	Yes	Yes	1 wk	
Lettuce	Yes	Yes	1 wk	Summercrisp
Pepper	Yes	Yes	1 wk	Red sweet pepper
Summer squash	Yes	Yes	1 wk	Not in all boxes
Tomato	No	No	<1 wk	Cherry and slicing tomatoes

Bean. Most of our beans this week will be flat Romano beans, either green or yellow. Some boxes may also contain round green beans. The Romano beans can be used similarly to the green beans, but require slightly longer cooking time. We enjoy their rich beany flavor.

Pepper. Our red Italian-type peppers are beginning to mature. These are deliciously sweet, thin fleshed peppers excellent for cooking or eating raw.

Summer squash. The last week for zucchini. We have picked from three successive plantings of summer squash this year, and now the third and last is succumbing to the viral diseases to which all summer squash are susceptible. Small aphids transmit the viruses from plant to plant as they feed on the plant sap. We try to slow the spread of disease but nothing completely protects the plants or makes them immune.

Acorn Squash. This is the first of our winter squash. We plan to include several varieties in your boxes this fall.

The simplest way to prepare Acorn, or any other squash, is baking (or roasting). Baking condenses and conserves flavor and yields a tastier squash than boiling or steaming. To bake: 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 but not dried or charred. If baking in an oven, you can pour a little water in the bottom of the dish to keep the squash from drying out. Baked squash can be eaten straight from the shell with a fork, plain or with butter and syrup.

Squash should be stored in a dry place outside the refrigerator. The ideal temperature for squash storage is 50-55 degrees. However, room temperature is okay. Acorn squash only stores well for short periods; this is especially true for squash (such as those in this week's box) which ripen in late summer. We suggest you eat it in the next week or two.

Southwestern Stuffed Squash

Note that this recipe makes enough stuffing for two squash – halve if you only have one squash.

2 Acorn or Delicata squash
5 oz bulk turkey sausage (or other sausage)
1 onion or 5-6 green onions, chopped
1 red Italian pepper, chopped
1 clove garlic, minced (optional)
1 Tbsp chili powder
1 tsp ground cumin
2 cups diced fresh, frozen, or canned tomatoes
1 15 oz can black or pinto beans, drained and rinsed
½ tsp salt
1 cup grated cheddar cheese

Preheat oven to 350 degrees. Cut squash in half, scoop out seeds, place cut side down on a tray and roast in the oven until the squash flesh is tender when forked. When squash are done, reduce oven temperature to 325 degrees.

While squash are roasting: Lightly oil a large skillet and cook sausage until lightly browned. Add onions and pepper, and cook, stirring often, until softened. Stir in garlic, chili powder, and cumin; cook for 30 seconds more. Stir in tomatoes, beans, and salt and cook until tomatoes are broken down, about 10-12 minutes.

Fill squash halves with the stuffing and top with grated cheese. Place upright on a baking sheet and roast until heated through and cheese has melted, about 8-10 minutes.

Beet Chocolate Cake

An old favorite – halve to make just one cake.

1 ½ cups sugar
2 cups flour
½ tsp salt
2 tsp baking powder
1 tsp baking soda
3 to 4 oz unsweetened chocolate
4 eggs
¼ cup oil
3 cups shredded raw beets

Heat oven to 325 degrees. Mix dry ingredients. Melt chocolate slowly over low heat. Cool chocolate and blend with eggs and oil. Combine dry ingredients, chocolate mixture, and beets. Pour into 2 greased 9” cake pans. Bake about 40-50 minutes until a fork can be removed from the center cleanly.

Recipe adapted from From Asparagus to Zucchini, 3rd edition.

Paste tomatoes for sale. We are offering paste (Roma) tomatoes for sale for canning or freezing. You can order these and receive them together with a vegetable delivery in August or early September. Read instructions on how to order online at: <http://www.twoonionfarm.com/PasteTomatoOffer.pdf>.