

Two Onion Farm

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Week of August 23, 2015



Last Thursday we picked through our acorn squash planting and harvested the first flush of ripe acorn squash. Acorn squash is the first winter squash to mature in late summer. We expect to include some kind of winter squash in your boxes regularly starting next week. Our cauliflower planting started to mature. The first harvest is often small because of uneven maturing. You will receive either cabbage or cauliflower this week, but we will have more cauliflower in coming weeks.

Last week we also had our first big apple harvest! This was a very exciting day for us. Our dream and plan to offer a regular supply of apples to our members in the near future just got a bit more realistic. We are proudly sharing these apples with you this week. You will receive some of the four varieties discussed below. Enjoy them!

This week we will use every free moment on the farm to work on our new greenhouse. We will pour concrete in the first section of our greenhouse to make the floor. Look for pictures on our [Facebook](#) page later today!

Have a great week,

Juli

Paste Tomatoes – Every year we offer paste tomatoes for sale. These tomatoes are suitable for canning or freezing. You can order them to receive in addition to your regular deliveries. For more information and to order, see our [website](#).

Party Time!



We invite you all to the annual **Member Event!** It will be held on Saturday, September 12 from 3:30pm to 6:30pm.

Walk our fields with Chris, pull some carrots and fall radishes with your children, talk to fellow Two Onion Farm members and visit with your farmers! We'll have some kids' activities for all ages, then there will be live music at 5pm along with an optional dinner at the farm. Our friends from Driftless Market in Platteville will have a simple and delicious meal (gluten-free and vegetarian options, too) prepared

from Two Onion Farm vegetables at a very reasonable price, \$5.00.

For meal planning purposes, please [RSVP](#) us if you are planning to come! Hope to see you here!

In this week's box:

| Vegetable | Refrigerate? | Store In Plastic Bag To Retain Moisture? | Approx. Storage Life | Comments |
|---------------|--------------|--|----------------------|--|
| Apple | Yes | Yes | 2 wks | |
| Cabbage | Yes | Yes | 1 wk | Not in every box. |
| Carrot | Yes | Yes | 2 wks | |
| Cauliflower | Yes | Yes | 1 wk | Not in every box. |
| Cherry tomato | No | No | <1 wk | |
| Cucumber | Yes | Yes | 1 wk | |
| Garlic | No | No | 2+ wks | |
| Kale | Yes | Yes | 1 wk | In some boxes every week. |
| Leek | Yes | Yes | 2+ wks | |
| Lettuce | Yes | Yes | 1 wk | Summercrisp. |
| Onion | Yes | Yes | 2+ wks | |
| Pepper | Yes | Yes | 1 wk | White Bianca, and/or sweet red Carmen. |
| Tomato | No | No | <1 wk | |

Leek – The flavor of leeks is similar to, but subtler than, that of onions. You can substitute leeks for onions in many recipes and appreciate the change in taste. Leeks can be eaten raw, but are usually cooked. Like onions, leeks will sweeten when cooked. 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. Here's what we recommend: 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 mature. Now slice the leeks and place them in a colander. Rinse the leeks under running water to wash the dirt away.

Akane - Crisp and tart summer apple. This variety was bred in Japan. Like all varieties we grow on the farm, Akane is scab resistant which makes it easier to grow using organic practices.

Redfree – Crisp, juicy, low acid and mild summer apple. Bred in Indiana at Purdue University.

Sansa – Another summer apple from Japan. A sweeter and aromatic variety, the skin is pale yellow with orange blush. We love this apple.

William's Pride – A beautiful, fairly large apple with red-purple skin tones. Crisp and tart at harvest time with a rich aroma, William's Pride sweetens and softens in storage.

Leek and Carrots

(Quick and delicious side dish)

1 large leek, sliced
 2-4 carrots, sliced
 1 Tbsp butter
 Salt and pepper to taste
 1/4 cup slivered almonds

1. Heat butter in large skillet. Add leek, carrots, salt and pepper, and saute for a couple minutes, stirring occasionally.
2. Cover, and cook on low heat for 5 minutes. Uncover pan, raise heat and saute vegetables until soft. Stir in almonds and serve.