

Two Onion Farm

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Week of August 24, 2014

This is the last delivery week for our **summer season** members. We thank you for eating through the season with us! We hope you enjoyed your vegetables. Don't forget to come to our Member Event on October 4th!

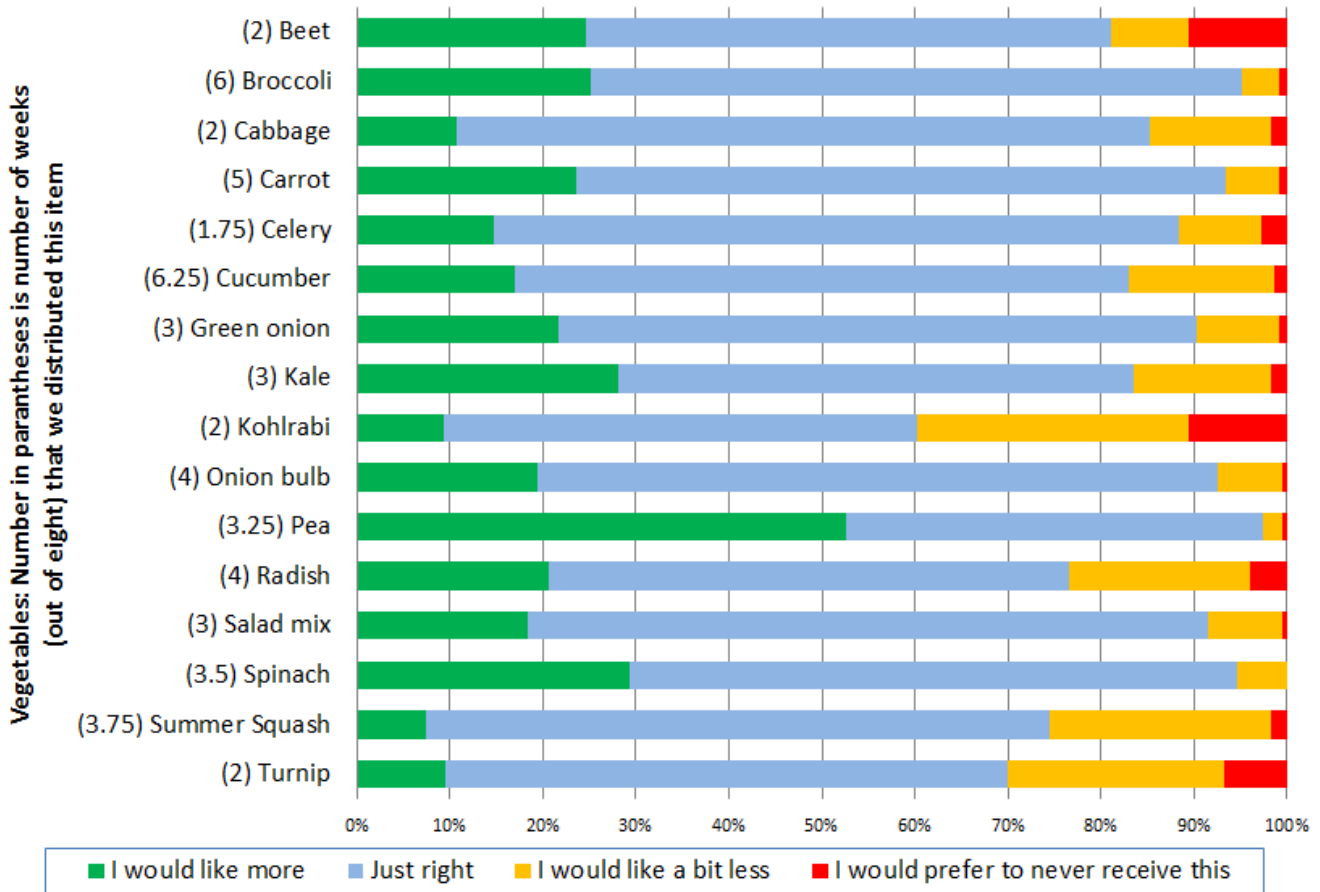
In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Cauliflower	Yes	Yes	1 wk	
Cucumber	Yes	Yes	1 wk	
Garlic	No	No	2+ wks	
Leek	Yes	Yes	2 wks	
Lettuce	Yes	Yes	1 wk	Summercrisp
Onion, yellow	No	No	2 wks	Ailsa Craig variety, sweet
Pepper	Yes	Yes	1 wk	White or red
Tomato, cherry	No	No	1 wk	
Tomato, slicing	No	No	1 wk	
Winter Squash	No	No	2 wks	Acorn squash

Member Surveys. We've learned a lot over the years from the feedback that you, our members, have given us. In past years we have always surveyed members once, at the end of the delivery season. This year we decided to survey members three times during the year to get a more detailed view of what you do and don't like. We will send out our second survey of the year at the end of this week. Each survey is intended to come at a turning point in the year, when seasonal changes dictate a shift in our box contents. We're about to start a change now from summer vegetables such as tomatoes and cucumbers and peppers to autumn staples such as broccoli and winter squash. We'd like to learn what you thought about the summer boxes now that they are drawing to a close.

This would be a good time to share what we learned from the first round of surveys this year. We sent that out on July 19th, at the end of the 8th week of deliveries. At that time we had finished distributing spring vegetables such as broccoli, peas, radishes, and spinach, and we were switching in earnest to the summer produce. We received 231 surveys, which means that 54% of you responded. We appreciate the responses! (And we'd love to hear from 100% of you with this week's survey!). Often the most important part of the survey from our perspective is to learn whether members would like more or less of specific vegetables. We summarized those results in the chart below:

Survey Results: Would you like more or less of these vegetables?



The key lessons for us were: (1) Overall, most people were pleased with the amount they received of each vegetable (the chart is mostly blue). (2) People would like more peas. We'll attempt this for next year. Peas have a limited season because they don't thrive in summer heat. This year's pea yield was actually a bit higher than average. We will increase the size of the pea planting next year to try to give out more peas each week when they are in season. (3) People would like a bit more spinach, broccoli and carrot. Each of these veggies has a seasonal limit - spinach is only available in the cooler weather at the very beginning of the delivery season, and carrots and broccoli only become available a few weeks into the season. We gave out each of those items every week when they were available, and we felt that portions were reasonable. (4) Less kohlrabi. We only gave out kohlrabi two times this spring, but unfortunately it was two weeks apart, so half of the biweekly members received it twice, and the other half never received it. We certainly did not plan it that way, but weather threw us a curveball. Sorry to overwhelm the people who got it twice! Thanks for sharing! Keep the feedback coming.

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.

Pasta Sauce with White Beans & Olives

We received this excellent pasta sauce recipe from Chris' mom. She cooks gluten free pasta with it. A guaranteed low fat recipe.

2 Tbsp olive oil
1 large leek, sliced
8 oz mushroom, sliced
2 cans (15 oz) cannelloni beans, rinsed
2 large cloves garlic, minced
4 medium tomatoes, diced
1 cup chicken broth
1/4 cup green olives, sliced
1/2 cup fresh basil, sliced
Salt and pepper to taste

1. Heat oil in a large, deep skillet over medium heat. Add leeks and mushroom, and cook until the juice from the mushroom almost evaporates, 3-4 minutes.
2. Add the beans, tomatoes, broth and garlic. Bring to a boil and cook, stirring frequently, for 3-4 minutes.
3. Add the basil, olives, salt and pepper, and cook 1-2 minutes.
4. Serve it over pasta, sprinkle cheese on top if desired. Serves 4-6 people.

Baked Cauliflower and Macaroni

This recipe makes a lot of food. Halve the recipe, or refrigerate the leftovers.

Béchamel sauce:

1/2 cup butter
1/2 cup white flour
1 quart milk, heated
1 1/2 Tbsp Dijon mustard
Pinch of nutmeg
Black pepper
3/4-1 tsp salt

1/4 cup vegetable oil
1 tsp salt
3 garlic cloves, crushed
2 tsp dry basil
1 large head of cauliflower, cut into florets
3 cups chopped tomatoes
3 Tbsp lemon juice

1 lb macaroni, penne, or pasta shells, cooked and drained

1 cup grated parmesan cheese
1 1/2 cups grated mozzarella cheese (or cheddar)

To prepare the sauce: Melt the butter in a sauce pan. Sprinkle in the flour while whisking constantly until a smooth paste forms. Add milk slowly, one cup at a time, continuing to whisk, until sauce begins to thicken. Add the mustard, nutmeg, salt and pepper and let sauce thicken further on low heat. Remove from heat and cover.

Sautee the onions, garlic, basil and 1 tsp salt in oil. When onions are translucent, add cauliflower and sauté for five minutes more. Add tomatoes, cover and simmer until cauliflower is tender.

Combine pasta, sautéed vegetables, and lemon juice in a large bowl. Mix in Béchamel sauce. Put half of the pasta mixture in one or more oiled baking dishes (we use two 9x9 casserole dishes). Sprinkle on half of each of the cheeses. Add rest of pasta mixture and then the rest of the cheese. Bake covered at 375 degrees for about 30 minutes and then uncovered for 10 minutes more, until bubbling and golden at top.