

Two Onion Farm

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Week of August 28, 2016

Field news



Welcome to our autumn season members! We hope you will enjoy the produce from our farm this fall.

Last Thursday we harvested a great number of buttercup squash. Chris checked harvest data later and found that this was the most bountiful buttercup squash harvest ever on our farm. We start with a couple people walking down the squash beds, looking for ripe squash. A buttercup squash is ready for harvest when the stem is half dry. We cut the squash with a pruner and make neat piles of them. The majority of the crew follows the harvesters. They pick each squash up and look it over for bad spots.

They remove as much dirt as possible from the squash and place it in a box. We bring the boxes into a building for curing. Buttercup squash has to cure for a couple weeks before they develop their wonderfully sweet taste. We can't wait to eat them! Hands down, they are the best winter squash ever. Just ask our daughter, Panka.

The cherry tomatoes had enough of this rainy summer. Tomatoes split easily when their roots have to soak up a lot of water; cherry tomatoes, due to their smaller size are especially prone to it. Their yield decreased considerably since last week, and we cannot include them in every box this week. The slicing tomatoes are still yielding well, but the wet conditions accelerate early Blight, a fungal disease, causing spotting on the tomatoes along with foliage loss.

On a brighter note, Chris is telling me that Carmen, the sweet red pepper variety we grow is peaking this week and next. Many members tell us how much they like this pepper. We agree! Have a great week! ~ Juli



Who's Who at Two Onion Farm? Robynn Schwarzmann –

I grew up down the road from the farm, and I'm Rachel's sister. I graduated from UW Madison with a degree in horticulture. I came to Two Onion Farm, because I wanted to work with fruits and vegetables, and I see benefits of organic for the workers, eaters and environment. I work part time; I harvest and help with field work. I like to work in my family's garden, go on nature hikes and do art work (drawing and painting) in my free time.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Carrot	Yes	Yes	>2 wks	
Cherry tomato	No	No	1 wk	Not in all boxes
Cucumber	Yes	Yes	1 wk	
Garlic	No	No	>2 wks	
Leek	Yes	Yes	>2 wks	
Lettuce	Yes	Yes	1 wk	Summercrisp or oakleaf
Onion	No	No	>2 wks	
Pepper	Yes	Yes	1 wk	Carmen (a red, sweet pepper)
Tomato	No	No	1 wk	
Squash, Winter	No	No	>2 wks	Acorn squash

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.

Acorn Squash - 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. We suggest you eat it in the next week or two. We have some superb stuffed squash recipes on our website.

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](#).

Apples

Members with apple shares will receive most or all of these varieties in this week's box:

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. It is red with a greenish yellow background.

Initial - A good eating, early season red apple with high aroma, low acid and high sugar. Bred in France, it is a cross between Gala and Redfree.

Redfree - Crisp, juicy, low acid and mild summer apple. Bred in Indiana at Purdue University. Redfree is red on one side, pale, greenish yellow on the other.

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

Apples for Processing

We are offering #2 grade apples for sale. These apples have small defects but they are well suited for processing into applesauce, apple butter, cider, etc. If you are interested in ordering, please [read more details here](#).

Kids Corner



Monitoring Pests at Two Onion Farm - Part I.

There are many insect pests that attack apples in our area. To monitor their numbers we use a number of traps. This summer it's been my job to check the traps every day and record how many, and what kind of insect got caught.

Most of the pests are moths whose caterpillars eat the fruit or the leaves of the trees. To catch these moths we use white plastic traps that look like small tents. These traps have a lure hung inside - a small rubber tube with pheromones in it. On the bottom of the trap is a removable sheet of thick paper with a layer of glue on top. Since different pheromones attract different kinds of moths, a separate trap is required for each kind of moth we want to monitor. The moths attracted by the pheromones, fly into the trap, and stick to the glue sheet. Then, when I come around checking the traps, I simply remove the glue sheet, count how many moths got stuck, and remove them with a pair of needle-nose pliers (so I won't count the same ones again the next day). ~Panka

Picadillo

(4 servings)

- 2 Tbsp olive oil
- 2 medium onions or 2 large leeks, chopped
- 1 green or red pepper, chopped
- 4 cloves of garlic, minced
- 1 lb ground meat
- 2 tsp cumin
- 1 1/2 tsp oregano
- 1 tsp cinnamon
- 1 tsp salt
- 1/4 tsp allspice
- Black pepper, to taste
- 28 oz diced tomatoes
- 2 bay leaves
- 1/3 cup green olives, chopped
- 1 Tbsp red-wine vinegar
- 1/2 cup raisins

1. Heat olive oil in large skillet on medium-high heat. Add onions, pepper and garlic, and saute for a few minutes, or until onion turns translucent. Add ground meat and saute until brown.
2. Add next 8 ingredients, and simmer on low heat, cover for 30 minutes.
3. Add olives, red wine vinegar and raisins, and cook for 10 minutes. Taste, and adjust seasoning. Serve over rice.

Maple Glazed Acorn Squash

- 2 acorn squash
- 2 Tbsp olive oil
- 2 Tbsp brown sugar
- 2 Tbsp maple syrup
- Salt and pepper to taste
- Butter

1. Heat oven to 425 degrees.
2. Cut squash in half, scoop seeds out and place them, cut-side up, on a large baking sheet.
3. Mix olive oil, brown sugar and maple syrup together in a small bowl. Pour it over squash halves, dividing it evenly between them. Brush the glaze on the flesh of the squash and season with salt and pepper, to taste.
4. Roast squash for 40-45 minutes, or until fork tender. Top each squash with butter and serve.