

# Two Onion Farm

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## Week of August 30, 2015



Fall is approaching, though September is starting with very warm weather. One sure sign of fall on our farm is our summer help, Tristan, Kelsey and Rachel going back to school, decreasing our crew to Emily W. and Emily B. working full time, and Angie part-time. Rachel will be back on Monday afternoons to help with harvesting, and Kevin is back on Mondays throughout the fall. He's been helping on the farm on and off for the last 5 years, and we're always happy when he returns.

Last week while most of us were pouring concrete at the new greenhouse site, Emily B. seeded the first spinach planting into two hoophouses. The seeds are germinating, and soon there will be young spinach seedlings in the field again.

Lettuce in your boxes is a Two Onion Farm staple. Lettuce seeds are one of the first ones we sow indoors in the spring, and they are the last ones in late August. Last week Emily W. made the last batch of soilmix, made the last trays of soilblocks and sowed the last lettuce seeds this year. We will harvest that lettuce the first week of November to put into the last CSA boxes of the season.

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](#).

## Welcome!

Welcome to autumn season members! Many of our autumn season members are receiving their first delivery this week. We hope you will enjoy sharing in our fall harvests.

**Return your boxes.** – Please break down your box carefully and remember to return it to the pickup location when you pick up your next box. Instructions for breaking down your box (without tearing it!) are [online](#).

**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](#).

## In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Carrot	Yes	Yes	2 wks	
Cauliflower	Yes	Yes	1 wk	Not in every box.
Cucumber	Yes	Yes	1 wk	Not in every box.
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	Sweet red Carmen.
Tomato	No	No	<1 wk	
Winter Squash	No	No	2+ wks	Acorn squash.

**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.

**Pepper** - Carmen is the red pepper variety we've been growing for many years. It is very sweet. We like to eat it raw - as a finger food or sliced into salads and sandwiches. It is a favorite pizza topping in our house, and we also like to cook into the pasta sauce featured in this newsletter.

**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.

## Orange Spiced Squash

- 1 acorn squash
- 2 Tbsp unsalted butter
- 4 Tbsp orange juice
- ½ tsp grated orange zest
- ¼ tsp ground allspice

1. Cut the squash in half, scoop out strings and seeds, place halves face down on a baking sheet with a bit of water in the bottom and roast at 350 degrees until the flesh is very tender.

2. Scoop out the squash and place in a food processor. Add the butter in thin slivers along with orange juice, orange zest, and allspice. Puree until smooth and serve warm. If the squash is dry textured you may need to add water while pureeing to achieve a smooth consistency.

## Leek, Pepper and Tomato Pasta Sauce

*(The recipe makes enough for 4 servings.)*

- 4 medium leeks, washed and thinly sliced
- ¼ cup olive oil
- 2 red peppers, cut into short, thin slices
- 1 tsp thyme
- 1 tsp salt
- 1 large (or 2 small) tomatoes, diced

1. Heat the oil in a large frying pan. Add the leeks along with ¼ cup water and cook covered over medium heat until leeks are tender, about 8 minutes.

2. Uncover and stir in peppers, thyme, and salt. Cook until peppers are just tender and then add tomatoes. Cook another two minutes or so and then serve over pasta with grated Parmesan or Pecorino Romano cheese on top.

## Kids' Corner



Hi!

I'm back.

1. Q: What is greenish/brownish when you throw it up and orange when it comes down?

A: Cantaloupe from my garden.

2. Q: How do monkeys come down the steps?

A: They slide down the bananaster.

-Andrew