

Two Onion Farm

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Week of August 31, 2014

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.

Electronic newsletters. We email our newsletter to reduce paper waste. Paper newsletters are available on the clipboard at each delivery site. Anyone who receives email newsletters can opt out by contacting us at farmer@twoonionfarm.com; 608-762-5335.

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 at: <http://www.twoonionfarm.com/index.php/current-members/csa-deliveries/break-down-your-box>.

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Field Update: Frequent rain and thunderstorms in the past few weeks splashed a lot of dirt on our lettuce heads. We wash them carefully and as thoroughly as possible without tearing the tender leaves. Nevertheless, some dirt remains on the leaves. Make sure you wash your lettuce well before eating it. This week's planting also suffered from bottom rot. No vegetable likes to sit in mud for too long. Lettuce leaves lie close to the ground, making them vulnerable to rotting. We had to peel many leaves away from each head, and you will find smaller heads in your box this week.

The first fall broccoli planting will mature by mid week. The plants are looking robust and healthy, we expect good harvests in the upcoming weeks. This might be the last week for cucumbers. We had an excellent, long harvest season for them – we've been picking cucumbers 6 days a week since early June. We've replaced the hoop house cucumber planting with fall spinach. Another cucumber planting still remains in the field, but yields are declining.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	Friday only
Cucumber	Yes	Yes	1 wk	
Garlic	No	No	2+ wks	
Kale	Yes	Yes	1 wk	Tuesday only
Leek	Yes	Yes	1 wk	
Lettuce	Yes	Yes	1 wk	Oakleaf and/or Boston
Onion, yellow	No	No	2 wks	Ailsa Craig variety, sweet – good for raw eating or cooking
Parsley	Yes	Yes	1 wk	
Pepper	Yes	Yes	1 wk	Red Italian
Tomato, slicing	No	No	1 wk	
Winter Squash	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. 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.

Squash are often used in soups, casseroles, breads, muffins, and pies. **Acorn Squash**, however, has a fairly mild flavor which is easily overwhelmed and we don't think it does well when mixed into these dishes. We'll have other squash, with stronger flavor, which do well mixed into soups, pies, and so forth.

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.

Leek, Pepper, and Tomato Pasta Sauce

The recipe makes enough for 4 servings.

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

Heat the oil in a large frying pan. Add the leeks along with 1/4 cup water and cook covered over medium heat until leeks are tender, about 8 minutes. 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.

Stuffed Acorn Squash

1 Acorn squash
1 Tbsp butter
1/2 cup minced onion
1/4 lb mushrooms, minced
1 clove garlic, minced
1/4 cup minced celeriac (optional)
1/4 tsp salt
Black pepper to taste
1/4 tsp each sage and thyme
1 Tbsp lemon juice
2 Tbsp chopped pecans or walnuts
2 Tbsp sunflower seeds
2 Tbsp each raisins and slivered dry apricots
1 cup bread crumbs - you can make excellent bread crumbs by cubing cinnamon raisin bread or any good bread
1/2 cup packed grated cheddar cheese

Cut squash in half, scoop out seeds, place cut side down on a tray and roast in a 350 degree oven until the squash flesh is tender when forked. Sauté onions in butter until translucent. Add mushrooms, garlic, celeriac and seasonings and sauté until all are tender. Stir in remaining ingredients. Fill the roasted squash with the stuffing. Lay the stuffed squash, cut side up, in a covered dish. Bake in a 350 degree oven until heated through (about 20-30 minutes).