

Two Onion Farm

Chris & Juli McGuire • 19638 Cottage Inn Road, Belmont, WI 53510
farmer@twoonionfarm.com • (608) 762-5335 (home office) • (608) 726-2550 (cell)

Week of November 1, 2015

End of Season



Our heartfelt gratitude to you, Dear Member! Thank you for joining Two Onion Farm this spring! It was a pleasure to grow good food for you again this year. Our season went well, especially with the help of a great crew. Our returning employees (all pictured on the left) make the season's start and end smooth and easy. We also hired some great summer help, an energetic and enthusiastic group of college students. We thank them for their help!

Last fall we installed solar panels on our farm. To this date the panels produced around 20,000 kW electricity and powered our greenhouses, coolers and irrigation.

We are proud to generate much of the electricity we need for our farm and reduce our carbon footprint.

Though our delivery season ends, we have many projects to keep us busy for the rest of the year. This spring we started building a new greenhouse to bring seeding, germinating and seedling growing all under one roof. We hope to put the plastic on the frame next week. Chris will then work during the rest of the fall and winter to install doors, heat and electricity.

We are considering some changes in our CSA offerings in the future, starting next year. We would like to hear from you! We will email everybody a member survey after the season ends. Please take the time to fill it out! We take member comments very seriously and we strive to improve your CSA experience with us every year. We hope to see you back next year! We will contact you in early January when we begin accepting members for 2016.

See you in 2016!

Warmly,

Juli and Chris

Please return your boxes – If you have boxes at home, please return them to your delivery site today. Thank you for helping us to reuse boxes, reduce waste, and keep costs down.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Beet	Yes	Yes	2+ wks	
Cabbage, red	Yes	Yes	2+ wks	
Carrot	Yes	Yes	2+ wks	
Garlic	Yes	Yes	2+ wks	
Lettuce	Yes	Yes	1 wk	Red or green oakleaf.
Onion	Yes	Yes	2+ wks	
Spinach	Yes	Yes	<1 wk	
Winter Squash	No	No	2+ wks	Butternut

Spinach – One of our fall staples in the box, spinach is the ultimate fresh green to eat when everything else freezes. This fall didn't present that challenge, though. Juli just found this week's recipe for spinach a couple of days ago. It's delicious!

Carrot Beet Soup

2 tsp ground coriander
 2 Tbsp olive oil
 1/2 cup onion, sliced
 1 tsp thyme
 1 bay leaf
 1 - 1/2 lb carrots, peeled and thinly sliced
 1/2 lb beets, peeled and cut into 1/2 inch pieces
 2 tsp salt
 Black pepper to taste
 4 cups water
 1 Tbsp red wine vinegar (optional)

1. Heat the ground coriander in a small dry skillet, stirring constantly, until fragrant; set aside.
2. In a soup pot, sauté onions, thyme, and bay leaf in olive oil until onions are tender. Add carrots, beets, coriander, salt, pepper, and water. Bring to a boil and simmer, covered, until vegetables are very tender.
3. Stir in optional vinegar. Discard bay leaves and puree soup in batches until smooth.

Red cabbage - Most vegetables in your last box stores well for a long time in your fridge, including red cabbage. We usually eat red cabbage cooked, and over the years found a good many excellent recipes with it. [Click here to view them all!](#)

Warm Spinach Salad with Apple and Maple-Bacon Vinaigrette

(Makes 2 large servings, or 4 small side dishes)

6 oz fresh spinach, tough stems removed
 Half an apple, thinly sliced
 1/4 cup slivered onion
 2 slices bacon, chopped
 Olive oil
 2 Tbsp cider vinegar
 1 Tbsp maple syrup
 Salt and black pepper
 1/2 cup toasted walnut

1. Combine spinach, apple and onion in a large bowl.
2. Cook bacon in a skillet over medium heat until crisp. Transfer to a plate with a slotted spoon.
3. Add enough oil to the pan drippings to make 2 tablespoons total. Add vinegar, maple syrup, salt and pepper; bring to a simmer. Pour dressing over the salad and gently toss to coat. Serve sprinkled with bacon and walnuts.

Kids' Corner



Panka, Andrew and Katie enjoyed contributing to the newsletter this year. They hope you liked their little messages. They will take a break from farm work and visit their cousins in Hungary. They hope some of you will come and watch Seussical Jr. this week. Finally, they can't wait for the snow, so they can go downhill skiing!