

# Two Onion Farm

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## Week of November 2, 2014

**Our delivery season is coming to an end this week.** We humbly thank all of you for supporting our farm, family and employees through your membership! Thank you very much for eating through the season with us! We hope that you enjoyed your vegetables and that you found the newsletter interesting and the recipes helpful. Two thousand fourteen is the 10th year of our CSA. In 2005 our first child was a toddler, Chris quit his full time job in Madison, and the two of us grew produce for 2 farmers' markets and 51 members in Madison, Platteville, Dubuque and another small town. We were inexperienced, very enthusiastic and nearly broke. We learned so much in these past 10 years! Apart from the obvious – how to grow superb quality vegetables efficiently, we also learned the importance of receiving regular feedback from our members and responding to them, to appreciate working along our employees to get a job done well, and to make long term plans for the farm, reconsider those plans regularly, and not to be afraid to change them. We hope you will stay with us to witness the next 10 years and come to our farm each year to visit, celebrate and walk our lovingly tended fields!

Your farmers, Chris and Juli

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 2015.

**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.

Last week we finished harvesting the carrots. Friday brought the first killing frost to our farm – temperatures dipped to the low 20's. We were concerned about our last planting of lettuce inside a hoop house, and so we covered those plants with frost protection fabric. It worked well, and this week you are receiving beautiful, very large heads of oakleaf lettuce. The spinach was not at all bothered by the frost: on the contrary, the leaves became sweeter.

### In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Beauty heart radish	Yes	Yes	2+ wks	
Brussels sprouts	Yes	Yes	1 wk	
Carrot	Yes	Yes	2+ wks	
Cabbage, red	Yes	Yes	2+ wks	
Garlic	No	No	2+ wks	
Lettuce	Yes	Yes	1 wk	Oakleaf
Onion, yellow	No	No	2+ wks	
Spinach	Yes	Yes	1 wk	
Winter squash	No	No	2+ wks	Butternut

## Beef and Cabbage Wrap

You can use either Chinese or regular cabbage in this dish.

- 2 Tbsp peanut oil
- 1 medium yellow onion, thinly sliced
- 2 carrots, shredded
- About 1 to 1 1/4 lbs cabbage or Chinese cabbage, sliced into thin strips
- 1 lb ground beef (or pork or turkey)
- 2 cloves garlic, minced or crushed
- 2 Tbsp rice vinegar
- 2 Tbsp soy sauce
- 4 large tortillas, warmed one by one in a skillet

Brown the meat well in a pan and set aside.

Heat the peanut oil in a wok or large fry pan over medium heat. Add onion and cook until translucent. Add garlic and sauté for 20 seconds. Then add carrots, cabbage, and meat and stir-fry until cabbage is slightly wilted, about two minutes. Add vinegar and soy sauce, cover, and cook until cabbage is just tender, about 5 minutes, but varying with the type of cabbage. Remove from heat and allow the mixture to cool slightly so you can handle it.

One by one, lay the warm tortillas out, spoon a generous amount of filling into the center, and roll them up, tucking in the ends. Slice the wraps in half if they're too floppy.

## Yogurt Cilantro Salad Dressing

This recipe was submitted by one of our members, who enjoys it on lettuce salads.

- 1 cup plain yogurt
- 1/3 cup cilantro, finely chopped
- 2 Tbsp minced green onion
- 2 tsp fresh lime juice
- Salt to taste

Mix all the ingredients and let stand for at least an hour for flavors to blend. Keeps 3-4 days in the refrigerator.

## Cabbage with Walnuts and Apples

- 1 small head green or red cabbage, thinly sliced
- 10 bacon strips, sliced, OR 2 Tbsp vegetable oil
- 1 apple, unpeeled and cubed
- 2 Tbsp apple cider vinegar
- 1/2 cup walnuts, chopped
- 2 Tbsp vegetable oil (in addition to that above)
- 1/2 tsp cinnamon
- 1 tsp marjoram
- Salt and black pepper to taste

Drizzle cubed apple with vinegar. Roast walnut in a large skillet on medium-high heat until lightly brown; set aside. Add bacon pieces to skillet and fry; set them aside. Pour off excess bacon fat. If not using bacon, add 2 Tbsp oil to skillet. Add cabbage to skillet and cook on medium-high until it begins to soften, but is still crispy, about 5 minutes or less depending on the cabbage. Add apple, bacon, 2 Tbsp vegetable oil, and spices. Mix well, cover, and cook for one minute. Add walnut and serve warm.

## Roasted Squash with Garlic and Parsley

- 2.5 lbs butternut or buttercup winter squash, peeled, seeded, and cut into 1" chunks
- 4 tsp olive oil, divided
- 3/4 tsp salt
- Black pepper to taste
- 1 or 2 cloves garlic, minced
- 1 Tbsp chopped parsley

Preheat oven to 375 degrees. Toss squash cubes with 2 tsp olive oil, salt, and pepper. Spread evenly on a baking sheet. Roast, stirring occasionally, until tender and just slightly browned, usually 25-45 minutes. Heat the remaining 2 tsp oil in a small skillet. Add garlic and cook, stirring, until fragrant but not brown, less than a minute. Toss squash with garlic and parsley. Serve warm.