

# Two Onion Farm

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## Week of November 3, 2013

This is the last week of the delivery season. We extend to you our deep gratitude and appreciation: thank you for eating the produce of our farm this year! It is satisfying but sad to harvest the last carrots, Brussels sprouts, lettuce, and spinach from our field this week.

The growing season began in March and April with unseasonably cold and wet weather. At the time that weather seemed daunting and interminable. I itched to till and plant, but inclement weather kept us out the field, and every morning I had to dream up more indoor tasks for our crew of employees. Then the weather cleared suddenly in late April and we were plunged into a flurry of fieldwork which is only now subsiding.

The growing season is a beautiful and demanding dance which requires a detailed series of steps – sow these seeds, till here, spread compost there, and so on. We planted, tended, and harvested 283 separate plantings over the course of the season. The vegetable rows from this year's field totaled 19 miles in length. It's a lot to take care of. Inattention on any day can mean that a critical window of opportunity was missed – a crop not harvested at the ideal stage, a plot not tilled before rain, or weeds not removed before they developed seeds and reproduced. It can be stressful to keep on top of the barrage of tasks and to-do lists, and I must admit that I am ready for it to end! But it is also deeply rewarding work. By January I will miss the growing season. I have not lost the sense of delight I feel when I see trays of tomato seedlings ready to transplant, a squash vine in blossom, or a field of newly emerged winter rye. Every crate of harvested produce still delights and amazes me.

And finally: our work this year would have been impossible to accomplish, and also much less fun, without the help of our farm crew. Their patient hands and ready laughter graced every vegetable which you ate from our farm. We thank Amy Delyea-Petska, Angie Wright, Emily Butteris, Emily Whalen, Kayla Doan, Kevin Bergstrom, Nicole Padgett, Panka McGuire, Phoebe Moore, Rachel Miller, and Rebecca Harkness.

-Chris

### 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	Round root with cream or pale green skin and purple-red interior
Beet	Yes	Yes	2+ wks	
Brussels sprouts	Yes	Yes	1 wk	
Carrot	Yes	Yes	2+ wks	
Lettuce	Yes	Yes	1 wk	Oakleaf
Onion, yellow	No	No	2+ wks	
Potato, raised at Driftless Organics	No	No	2+ wks	Store in dark, dry place!
Spinach	Yes	Yes	1 wk	
Squash	No	No	2+ wks	Butternut

## This week's recipes from Local Thyme:



### Braised Butternut Squash, Carrots and Spinach with Chicken

- 2 Tbsp Olive Oil, divided use
- 1 Chicken, cut in 8 pieces
- 1 cup Onion, diced
- 1/2 pound Carrot, peeled and cut into bite sized pieces (about 3 medium)
- 2 Tbsp Flour
- 1 cup Dry White Wine
- 2 pounds Butternut Squash, peeled, seeded and cut into 1 inch cubes
- 2 tsp Dried Sage
- 1 tsp Dried Thyme
- 2 cups Chicken Stock
- 1/2 pound Spinach, chopped

1. Heat 1 Tbsp oil in a sturdy dutch oven. Pat chicken parts dry and sprinkle generously with salt and pepper. Working in batches so as not to crowd the pan, sear each piece of chicken until skin is nicely browned. Remove chicken to a plate while you proceed to brown remaining chicken.

2. Add remaining oil to pot and sauté onion with a sprinkle of salt and pepper until wilted, about 6 minutes. Add flour or potato starch and stir to absorb oil. Deglaze pot with white wine, scraping up any browned tidbits in bottom of pan. Boil wine until smell of alcohol cooks off, about 3 minutes. Stir in squash, carrots, sage, thyme and chicken stock. Nestle pieces of chicken, skin side up, among the squash mixture. Bring to a boil, then reduce to a simmer, cover and cook until chicken reaches an internal temperature of 165° and squash is tender, about 25 minutes. Stir in spinach and simmer until wilted, taste and adjust seasonings.

### Butternut Pancakes

- 2-1/2 cups Flour
- 1/3 cup Light Brown Sugar, packed
- 2-1/4 tsp Baking Powder
- 1 tsp Baking Soda
- 1/2 tsp Salt
- 2 tsp Cinnamon, ground

- 1 tsp Ginger, ground
- 1/2 tsp Nutmeg, ground
- 2 Egg, lightly beaten
- 1 cup Whole Milk
- 1 cup Buttermilk
- 1 cup Butternut Squash Puree
- 3 Tbsp Butter, melted
- Vegetable Oil

1. Preheat oven to lowest temperature, or if you have a warming drawer, turn warming drawer to high.

2. In one bowl, mix together all the dry ingredients.

3. In separate bowl, whisk together eggs, milk, buttermilk, butternut squash puree and melted butter. Combine wet and dry ingredients to make batter.

4. Preheat a griddle or large skillet, and brush or spray with oil. Pour pancake batter into small rounds, and cook until small air bubbles begin to break. Turn over and cook until toasty brown. Transfer to plate and keep warm in oven until ready to serve.

### Catalan Spinach

- 1/4 cup Raisin
- Hot Water
- 3 Tbsp Olive Oil
- 3 cloves Garlic, crushed
- 1 pound Spinach, large stems removed
- 3 Tbsp Pine Nut, toasted
- Salt and Pepper

1. Hydrate raisins in a bowl of hot water for about 10 minutes. Drain.

2. Heat oil in large skillet or wok over medium heat. Add garlic and cook until golden, about 1 minute. Discard garlic, reserving oil.

3. Increase heat to high and add spinach. Cover and cook until wilted, stirring occasionally, about 5 minutes. If your skillet isn't large enough to fit all the spinach, do this step in 2 phases.

4. Uncover, add raisins and pine nuts and stir until liquid evaporates, about 2 minutes. Season with salt and pepper, and serve immediately.