

# Two Onion Farm

Chris & Juli McGuire • 19638 Cottage Inn Road, Belmont, WI 53510  
[farmer@twoonionfarm.com](mailto:farmer@twoonionfarm.com) • (608) 762-5335

---

Week of October 11, 2009

Saturday night was very cold. In preparation we covered our remaining lettuce with several layers of fabric row cover to protect them, and we harvested our last winter squash from the field. Besides the lettuce, only the hardiest fall crops remain alive now: spinach, Brussels sprouts, leeks. We're looking ahead to the warmer sunnier weather forecast for the coming weekend and preparing to plant our garlic for next year.

Mostly cold is what we think about: remembering to drain the hoses and water lines in the packing sheds each night so that they don't freeze and crack; keeping our stored supply of winter squash covered and heated; and obsessing about the overlap of our gloves and rainjacket sleeves while we wash leeks so that our arms don't become wet to the elbow. We walk and work with hats on, hoods up, our outer layer of rain gear bulging from our inner layers of long underwear and sweat shirts.



**Please return your boxes.** We have many fewer boxes than we did a few weeks ago. If you have a stockpile of boxes at home, please return them with your next delivery.

**End of delivery season.** Our delivery season runs through the end of October; our final delivery week is October 25-31st. Some members with biweekly deliveries have their last delivery in the week of October 18-24.

**Winter storage vegetables.** If you'd like to continue eating our produce after the regular delivery season ends, you can order extra winter storage vegetables such as onions, winter squash, carrots, cabbage, beets, celeriac, beauty heart radish, and rutabagas. We'll deliver these extra vegetables along with your last regular scheduled delivery of the season. Details including prices and minimum order amounts are available on the member services page of our website at [www.twoonionfarm.com/WinterStorageVegetableOffer.pdf](http://www.twoonionfarm.com/WinterStorageVegetableOffer.pdf).

## In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	Not in all boxes
Cabbage	Yes	Yes	2+ wks	Not in all boxes
Carrot	Yes	Yes	2+ wks	
Leek	Yes	Yes	1 wk	
Onion, Yellow	Yes or No	No	2+ wks	Store dry, in or out of fridge
Lettuce	Yes	Yes	1 wk	
Potato	No	No	2+ wks	Store in dark.
Radish, Beauty Heart	Yes	Yes	2+ wks	Root with pale skin, rosy red interior
Squash, Winter	No	No	2+ wks	Buttercup (large dark green squash with grey button on bottom) or butternut (tan, bulge at one end).

**Winter squash.** We are giving out a mix of buttercup and butternut squash this week. Both have dark orange flesh which is excellent in soups and baked dishes.

**Beauty Heart Radish.** Peel the pale colored skin before you eat it, the interior is sweet and pungent, delicious raw or lightly cooked.

**Potato.** The potatoes in your box are organic potatoes raised at Vermont Valley Community Farm west of Madison. The folks at Vermont Valley raise several acres of excellent potatoes and they have invested in specialized equipment and facilities for growing, harvesting, and storing potatoes. It does not make financial sense for us to purchase these items at our scale of production and we have decided to purchase our potatoes instead from another local farm. Potatoes are the only vegetable which we plan to include in your boxes that we do not raise ourselves.

## Carrot-Pear Muffins

1-1/2 cups flour  
2 tsp baking powder  
1 tsp baking soda  
1/2 tsp salt  
1/2 tsp ground ginger  
1/2 tsp cinnamon  
6 Tbsp brown sugar  
1-1/2 cup grated carrots  
1 cup peeled and chopped pears  
2 eggs  
4 Tbsp vegetable oil  
1/4 tsp vanilla  
1/4 cup orange juice  
1 tsp grated fresh ginger (optional)

Preheat oven to 350 degrees. In a large bowl, combine and thoroughly stir together flour, baking powder, baking soda, salt, ground ginger, cinnamon, and sugar. Stir in carrots and pears. In a separate small bowl, combine eggs, oil, vanilla, orange juice, and optional fresh ginger. Pour liquid mixture into dry mixture and stir together until just combined. Place batter into muffin pan, filling cups half full. Bake 20-25 minutes, or until a toothpick inserted into a muffin comes out clean.

## Indian Squash Pea Soup

You may not have star anise in your cupboard, but it's worth buying some for this soup.

1 cup dry yellow split peas  
pinch turmeric  
3 bay leaves  
1 yellow onion, minced  
4 star anise sections  
2 pounds sunshine, buttercup, or butternut squash, peeled and cut into 1" cubes  
1 1/2 tsp salt  
4 Tbsp unsalted butter  
1 1/2 tsp whole cumin seeds  
2 tsp dry ginger  
1/3 cup packed basil leaves, cut into thin strips  
OR 4 tsp dry basil

To soften the peas and keep the rest of the cooking time short, we like to pre boil the peas: place them in about a quart of water, bring to a rolling boil, and remove from heat for a few hours. Then continue with the rest of the recipe. You can skip this pre-boiling but the actual cooking time will then be a bit longer.

Add turmeric, bay leaves, onion, and star anise to the pot of water and peas. Bring to a boil, reduce heat, and simmer 20-30 minutes. Add squash and salt and cook until peas and squash are both soft. During cooking add water as needed to prevent sticking. Set soup aside.

Heat butter in a small frying pan until it is hot. Add cumin seeds and cook until seeds turn a darker brown (about 20 seconds). Add ginger and basil, reduce heat, and cook for 30-45 seconds. Pour butter and spice mixture over soup and stir once or twice to streak spice mixture into soup. Serve warm.