

Two Onion Farm

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Week of October 11, 2015

Garlic and Member Workers



On Saturday morning we had the last member work shift this year. With the help of 6 members we got the garlic ready for planting. We separated garlic bulbs into individual cloves for 3.5 hrs straight, generating 290 lbs of garlic cloves (app. 10,500 cloves). Apart from getting sore thumbs, we had a great time talking and working together.

We have several member work shifts during our growing season. We pot on tomato and pepper seedlings on one day in May, then transplant them out to the field a few weeks later. In July we get together again on a Saturday morning to harvest garlic. Finally, we pop garlic in October. We enjoy working

together with our members on those days. Many of them are veteran member workers whom we got to know well over the years. Every year there are also some who come for the first time to get a taste of farm work. It is always a pleasure to meet them. Thank you for all the help we received this year from our member workers! It is not always an easy task to help us, and we appreciate everybody's enthusiasm and eagerness. We look forward to next year's member work days!

Have a great week,

Juli

Winter Storage Vegetables – We are offering carrots, onions, squash, and other winter storage vegetables for sale to our members. You can order these vegetables and pick them up at your usual delivery site near the end of the delivery season. For a list of available vegetables and instructions on how to order [click here](#).

Apples for Processing – We are offering #2 grade apples for sale. These apples have small defects but they are well suited for processing into applesauce, apple butter, cider, etc. If you are interested in ordering, please read more details [here](#).

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Apple	Yes	Yes	2+ wks	Enterprise, Galarina and Winecrisp
Broccoli	Yes	Yes	1 wk	
Carrot	Yes	Yes	2+ wks	
Celeriac	Yes	Yes	2+ wks	
Garlic	Yes	Yes	2+ wks	
Lettuce	Yes	Yes	1 wk	Red or green oakleaf.
Onion	Yes	Yes	2+ wk	
Potato	Yes	Yes	2+ wks	Store in dry, dark place.
Salad mix	Yes	Yes	<1 wk	
Winter Squash	No	No	2+ wks	Buttercup.

Buttercup squash – Our favorite winter squash variety! Buttercup tastes better after a period of curing which is why we haven't put this winter squash in your boxes until this week. Most often we simply roast buttercup in the oven after we halved it and scooped all the seeds out. Then we just eat it as is, or use the pureed squash in muffins, 'pumpkin' pies, etc.

Celeriac - Celeriac is one of our favorite fall root vegetables. Its flavor is very similar to celery, and you can generally use celeriac in place of celery in any recipe. You should peel the rough skin off the root before eating it. If you use only part of celeriac in a recipe, you can return the unpeeled remainder to its bag in

Cranberry Walnut Squash Muffin

3 ½ cups flour
 2 tsp baking soda
 ½ tsp baking powder
 ½ tsp salt
 1 tsp cinnamon
 1 tsp nutmeg
 ¼ tsp ginger
 ¾ cup sugar (or maple syrup)
 1 cup oil
 4 eggs
 2/3 cup water
 2 cups baked squash
 ¾ cup chopped walnuts
 1 cup cranberries, chopped

the fridge. It will keep quite well for a long time. Discoloration of the cut side is natural. Slice it off and discard that part when you use the rest of your celeriac.

Enterprise – A smooth, glossy, mostly red apple with some yellow-green skin tones. Flavor is spicy and rich, and it sweetens in storage. The skin is a bit thick, so you might want to peel this apple before eating (we don't).

Galarina – This apple variety was developed in France. This small apple is similar to Gala, and has an aromatic and slightly tart flavor.

1. Preheat oven to 350 degrees. Mix first 8 ingredients in a large bowl.
2. Mix oil, eggs, water and squash in a separate bowl. Add wet ingredients to dry ingredients, and stir together. Add walnuts and cranberries, and mix.
3. Spoon batter into muffin tins and bake at 350 degrees until a toothpick inserted into center comes out dry, about 25-30 minutes. Makes about 16-18 large muffins.

Leftover Vegetable Soup

(One of our wonderful members contributed this recipe. It is a great way to rid the refrigerator of the vegetables at the end of the week.)

1. Start with any or all of the following: chopped onions, leeks, shallot, garlic. Sautee them for about five minutes in oil.
2. Add any or all of the following: carrots, cut into rounds; diced celeriac; diced kohlrabi; green beans, cut into one inch pieces; cubed potatoes. Sautee about five more minutes, add up to 8 cups of water or broth depending on how much vegetables you have and how dense you like your soup, some red or white wine, and a bay leaf or two. Cover while you chop the rest of the vegetables.
3. Add any or all of the following diced or broken as appropriate: tomatoes, broccoli, cauliflower, cabbage, zucchini, summer squash, corn, bell pepper. Toss them into the pot and add about a teaspoon of salt or a generous squirt of tamari. Add fresh or dried basil or parsley if you like. Simmer.
4. Decide what you'd like to fill out the soup. Some options are: small pasta, rice, barley, dried lentils, or split peas. Depending on what you choose, cook separately as follows while the vegetables simmer:
 - For pasta, boil water and cook pasta 2 minutes less than package instructions say to

do. Add the drained pasta after the vegetables have simmered for at least half an hour.

- For rice, add equal amount of rice and water to a saucepan. Bring to a boil. Lower heat and cook until water is completely absorbed. Add to vegetables after they have simmered for a least half an hour.
 - For barley, add $\frac{1}{4}$ cup of dry barley to $1\frac{1}{2}$ cups of water. Cook for half an hour on medium heat. Add water and barley to the veggies in the soup.
 - For dried lentils or split peas, cook $\frac{1}{2}$ cup of dried beans in 2 cups of water (after you've rinsed the beans thoroughly). Add the water and the beans to the soup pot after they've simmered for half an hour.
 - Or try this combination: $\frac{1}{2}$ cup each of rice and lentils and $\frac{1}{4}$ cup of barley. Cook them all together in three cups of water for about half an hour, then add the water, rice, lentils, and barley to the soup.
5. Now cook everything together for another half hour, stirring to keep the pasta or rice or barley from sticking to the bottom. Taste it. See if you want to add cumin, coriander, curry powder, chili powder, or dill. Add chopped spinach at the very end.

Kids' Corner



Hi,

1. "Knock, knock!"
"Who's there?"
"Lettuce."
"Lettuce who?"
"Lettuce in and you'll find out!"
2. What is small, red and whispers?
Answer: A hoarse radish!

3. Why don't eggs tell jokes?

Answer: Because they crack each other up!

~ Andrew