

Two Onion Farm

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Week of October 12, 2014

The final **member workshift** of the year was last Saturday. Along with 8 helpful and merry members we prepared to plant next year's garlic crop. We separated a few thousand garlic bulbs into roughly 12,000 individual cloves which will be planted once the soil dries out after this week's rain. Each garlic clove will yield a whole new garlic bulb we will harvest sometime next July. Our thumbs got a bit sore, but we had a wonderful morning working along and chatting away with some of you. Thank you for all your help! Once the garlic cloves are in the ground we will not plant any seeds until next March.

Last week we continued cleaning out the field and getting it ready for winter. We pulled up the stakes we tie pepper plants to, mowed down those beds along with harvested beds of broccoli, lettuce, winter squash and radish; and incorporated the plant residue into the soil. Chris spread compost on Friday afternoon to replenish our soil with nutrients. He did some fall plowing and planted more winter rye as a cover crop in some areas. Throughout the week, whenever there was time, we continued working on our barn to make it ready for the solar panels: there are four new posts inside, and one wall was reinforced as well.

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, see <http://www.twoonionfarm.com/index.php/current-members/winter-vegetables>.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	
Brussels sprout	Yes	Yes	1 wk	
Carrot	Yes	Yes	2+ wks	
Garlic	No	No	2+ wks	
Lettuce	Yes	Yes	1 wk	Oakleaf
Onion, yellow	No	No	2 wks	
Potato	No	No	2+ wks	Store in dark, dry place
Spinach	Yes	Yes	1 wk	
Winter Squash	No	No	2+ wks	Butternut

We are harvesting our first **Brussels sprouts** this week. Brussels sprouts sweeten significantly after they've been exposed to cold weather and freezing nights, and so we only harvest them in late autumn. This is one of our favorite vegetables, and members consistently rave about them in our end of year surveys. This year's crop looks excellent, and we are hoping to include them in boxes for the next three weeks after this as well.

Potatoes – Potatoes are the only vegetable which we include in your boxes that we do not raise ourselves. These certified organic potatoes were grown by the good people at Driftless Organics in Soldiers Grove, WI. We've turned to them, because they have the specialized tools (and expertise!) to efficiently and economically raise high quality spuds.

Broccoli-Cheese Chowder

We tried this recipe last week and everyone in the family approved of it. This doesn't happen often... We served it with corn bread.

2 Tbsp olive oil
1 large onion, chopped
2 medium carrots, diced
1/2 cup celeriac, diced
1 large potato, peeled and diced
2 cloves garlic, minced
1 Tbsp all-purpose flour
1/2 tsp dry mustard
1/8 tsp cayenne pepper
1 qt vegetable or chicken broth
3/4 lb broccoli, cut into 1-inch pieces, stems and florets separated
1 cup shredded Cheddar cheese
1/2 cup sour cream
Salt

1. Heat oil in large pot over medium-high heat. Add onion, carrot, celeriac and salt; cook, stirring often, until the vegetables soften, 5-6 minutes. Add potato and garlic; cook, stirring, for 2 minutes. Stir in flour, dry mustard and cayenne; cook, stirring often, for 2 minutes.
2. Add broth and broccoli stems; bring to a boil. Simmer, covered, on medium-low heat, stirring occasionally, for 10 minutes. Stir in florets; simmer, covered, for another 10

minutes. Transfer 2 cups of chowder to a bowl and mash; return to pan.

3. Stir in Cheddar and sour cream; cook over medium heat, stirring, until cheese is melted and the chowder is heated through.

Roasted Brussels Sprouts with Fish Sauce Vinaigrette and Rice Noodles

8 ounces Rice Noodle
2 Tbsp Canola or Peanut Oil
1 pound Brussels Sprout, trimmed and peeled of outer leaves and halved
1/4 cup Fish Sauce
1/4 cup Water
2 Tbsp Rice Wine Vinegar
1 Lime, juiced
1/4 cup Sugar
1 clove Garlic, minced
3 Tbsp Mint leaves, chopped
1/2 cup Cilantro leaves, and an additional 2 tablespoons finely chopped stems
1-3 Bird's Eye Chili, or other small red Thai chili, minced

1. Preheat oven to 400°. Cook rice noodles according to package directions, drain and rinse with cold water and allow to drain well while cooking Brussels sprouts.
2. Place a large, oven safe skillet over medium heat (a very large cast iron skillet is best). When the skillet is hot, add oil and allow the oil to shimmer. Place the Brussels sprouts, cut sides down in the pan, and allow them to cook, undisturbed until the edges begin to brown. Transfer the skillet to the oven to complete cooking, stir after 10 minutes, and continue cooking until tender, and at least one side of sprouts is caramelized, about 5-10 minutes more.
3. In a medium bowl, stir together all the remaining ingredients except for the 1/2 cup of cilantro leaves. Taste the dressing and adjust with more water if it's too salty, or add more vinegar or fish sauce, as desired.
4. Toss noodles and Brussels sprouts with the vinaigrette. Garnish with cilantro. Serve warm, or room temperature.