

Two Onion Farm

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Field news

If you've been our member for a few years you probably wonder what happened to fall spinach and Brussels sprouts. Every year we plan to give these vegetables out the last four weeks of our delivery season.

This summer was very wet turning our fields into breeding ground for many diseases. The young Brussels sprouts plants we set out to the field in July were quickly overcome by the same bacteria that destroyed our kale and cauliflower plants. We almost lost the entire crop, and will probably only have a small bag for each box in the last week of our season.

We sowed more spinach seeds than usual for the fall, because we knew that the brussels sprouts and some of our other fall vegetables were not going to yield well. We had heavy rain after planting, and spinach often germinates poorly in wet soil. We made a second attempt, and replanted the spinach beds in early September. We had decent germination in some of the beds, but overall, we did not succeed in replacing the first planting. We will harvest whatever we have next week, and hope to include spinach in every box.

Despite these setbacks we still strive to pack a good variety of produce into the boxes each week. We are distributing potatoes two more weeks and beets one more week than we originally planned for. We are going to put extra-large portions of carrots into the boxes in the last two weeks of the delivery season, in addition to some extra squash and garlic - what you can't use now, you can store for later. Since we will pack as much as we can into the regular CSA boxes, we will not have extra storage vegetables to offer for sale at the end of the season as we have in other years.

Weather and pests cause a lot of unexpected ups and downs in farming! This year got off to a strong start with bumper yields of peas, spring broccoli, and other early crops. Some of our autumn crops have been a bit disappointing. We're doing our best to compensate with more of other vegetables. We thank you humbly for your loyal support through good times and bad!

Have a great week! ~ Chris & Juli

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	
Carrot	Yes	Yes	>2 wks	
Celeriac	Yes	Yes	>2 wks	
Garlic	No	No	>2 wks	
Lettuce	Yes	Yes	1 wk	Oakleaf
Onion	No	No	>2 wks	
Radish	Yes	Yes	>2 wks	Beauty heart radish
Squash, Winter	No	No	>2 wks	Butternut squash

Butternut squash - This winter squash keeps the longest among the three kinds we grow. Butternut squash is a versatile vegetable: it can be roasted, puréed for soups, or mashed and used in casseroles, breads, and muffins. The skin is thin and easy to peel which makes it easy to cube this squash and use it in Thai curries, Juli's favorite way to eat butternut squash!

Celeriac - Celeriac is a wonderful 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 the fridge. It will keep 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.

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.

Apples

Members with apple shares will receive:

Florina - (Also called Querina). This modern French variety is juicy and sweet with a pronounced aroma. Florina is a medium-to-large-sized apple. Its color is dark red with a yellow background and conspicuous small

whitish spots. Its parents include Golden Delicious, Jonathan and Rome Beauty.

Winecrisp - One of the newest varieties bred at Purdue University, released in 2009. This apple is very high in both acid and sugar, giving it a mixed sweet-tart flavor. This is one of our favorite varieties, with a rich, complex flavor. Enjoy!

Sundance - A large yellow apple with a delightful sweet-tart, lemony flavor.

Kids Corner



Hi! This is the last time I will put jokes in the newsletter this year. Here they are:

1. What kind of fruit can fix your sink?
Answer: A plum-ber!
2. Why were the strawberries so upset?
Answer: Because they were all in a jam!
3. What's a dancer's favorite vegetable?
Answer: Spin-ach!

Bye until next year! ~Andrew

Broccoli and Rice Pilaf

(This is adapted from The Enchanted Broccoli Forest by Mollie Katzen. It is delicious and fairly simple.)

1/2 lb. broccoli
1/2 Tbsp butter
1/2 cup chopped onion
1/4 cup finely minced celeriac
1/3 tsp salt, or more if needed
1 clove garlic, minced
1 Tbsp fresh lemon juice
3 cups cooked rice
black pepper and cayenne to taste
1 tsp dried dill
1 1/2 tsp dried mint
2 Tbsp minced fresh parsley (optional)
1/4 cup pine nuts (optional, but very good!)
1/2 cup packed grated cheddar cheese

1. Preheat oven to 325 degrees. Slice the broccoli stalks and divide the broccoli tops into spears. Steam broccoli until just barely tender. Rinse under cold water to stop cooking.
2. Sauté onion and celeriac in butter until they begin to soften. Add garlic and lemon juice and sauté another two minutes. Stir in rice, herbs and seasonings, pine nuts, cheese, and the sliced broccoli stalks (but not the broccoli spears!).
3. Spread the rice mixture in an oiled bread baking pan (or double the recipe and use a square baking pan). Poke the broccoli spears stem-end first into the rice so that green broccoli tops are upright and you get a broccoli forest of sorts. Cover loosely and bake until heated through, about 15 minutes. Serve warm.

Roasted Squash-Apple Soup

(This soup can also be eaten as a side dish, if you omit the pureeing near the end of the recipe.)

2 lbs winter squash, peeled, seeded, and cut into 2" chunks
2 large sweet-tart apples, unpeeled, cored, and cut into chunks
2 Tbsp olive oil
1/2 plus 1/8 tsp salt, divided
Black pepper to taste
1-1/2 tsp chopped sage
3 cups chicken or vegetable broth
1/4 cup chopped hazelnuts
1 Tbsp hazelnut or walnut oil, optional

1. Preheat oven to 450 degrees. Toast hazelnuts in a moderately warm skillet on the stovetop, stirring constantly, until fragrant and lightly browned.
2. Toss squash, apples, olive oil and 1/2 tsp salt and pepper in a large bowl. Spread on large, rimmed baking sheet. Roast for 30 minutes, stirring after about 15 minutes. Stir in sage and roast until very tender and starting to brown, about 15-20 minutes more.
3. In a food processor, puree about one-third of the apples and squash with 1 cup broth until smooth. Repeat with two more batches. Season with remaining 1/8 tsp salt, and warm soup in a pot over medium-low heat until heated through. Serve topped with hazelnuts and nut oil.