

# Two Onion Farm

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## Week of October 18, 2015

### Farm News



We have three more weeks left in our delivery season. It seems like time just flew away again this year! So, what's new on the farm? We had the first frost last Friday night. We only covered the lettuce beds for protection, all other vegetables still in ground (carrots, spinach, Brussels sprouts) would not be harmed by freezing temperatures.

Last Thursday afternoon we planted the 2016 garlic crop. Chris, Angie, Emily W. and Juli pushed 10,000 garlic cloves into the ground in less than 3 hours. The wind was very strong that day, whipping dirt into our faces, so we had a great incentive to get out of there as fast as possible. We will mulch the beds with straw in a few weeks to protect the cloves over the winter.

Two vegetables appear in your boxes for the first time this season: butternut squash and Brussels sprouts. They are sure signs of late fall, though this week's temperatures rising above 70 degrees make me feel like it's still early September. We generally plan to give Brussels sprouts out 4 times in the fall. This year, however, we had severe disease problems with the planting. The yield is greatly reduced, and we only have enough Brussels sprouts for this week and the next. Thank you for your understanding! This is the last week for apples. We are very pleased to have been able to put apples into your boxes 5 times! We hope you enjoy them as much as we do.

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	Refrig- erate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Apple	Yes	Yes	2+ wks	Galarina
Beauty Heart Radish	Yes	Yes	2+ wks	
Brussels sprouts	Yes	Yes	1 wk	
Carrot	Yes	Yes	2+ wks	
Garlic	Yes	Yes	2+ wks	
Lettuce	Yes	Yes	1 wk	Red or green oakleaf.
Onion	Yes	Yes	2+ wks	
Potato	Yes	Yes	2+ wk	Store in dry, dark place. Grown by Driftless Organics by Soldiers Grove.
Spinach	Yes	Yes	<1 wk	
Winter Squash	No	No	2+ wks	Butternut

**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!

**Brussels sprout** - A member of the Brassica family, Brussels sprouts always appear in the boxes in late fall, because cold weather sweetens their taste. In general, mustardy and

sweet flavors complement Brussels sprouts well. Sometimes we steam the sprouts and marinate them in the refrigerator with a dressing of 6 Tbsp olive oil, 2 Tbsp good mustard, 4 Tbsp red wine vinegar, 2 tsp maple syrup, salt and pepper.

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

## Carrot Cake

(A dear friend and member brought this delicious cake to a baby shower last Saturday made with Two Onion Farm carrots, of course.)

1 1/2 cups oil  
2 cups sugar  
4 eggs  
2 cups flour  
2 tsp baking soda  
1 pinch salt  
3 cups grated carrots (fully packed)  
2 tsp cinnamon  
1 tsp vanilla

### Icing

1/4 cup butter  
8 oz cream cheese  
1 lb powdered sugar

1. Beat oil and sugar, then add eggs.
2. Add and mix the rest of the cake ingredients in the order given. Beat for 1 minute.
3. Pour into 9x13-inch prepared baking pan.
4. Bake at 350°F for 35 - 45 minutes, or until toothpick inserted into cake comes out clean.
5. Icing: Mix butter and cream cheese together until smooth, then add sugar a little at a time. Beat until smooth. Spread icing on cake.

## Kids' Corner



My dear, loyal and long suffering Readers,

We are now on the last stage of our journey across the season. A season, riddled with perils (What? It's my turn to write today ?!) and pitfalls (Now, how do you spell this again?). It seems so long ago now when I applied for a job as a correspondent - and was hired right away. But then again, it always helps to be the only applicant.

Sorrowful farewells aside, my job is to tell you what's going on at the farm this week, so: we finished harvesting broccoli last week (Bye-bye broccoli!). And now, Ladies and Gentlemen, - drum roll, please - on to our new vegetable: Brussels sprouts. Poor, Brussels sprouts! There are two camps regarding them. The first camp loves them; they eat them raw (O.K., maybe not. The only person I know of who does that, and enjoys it, is me) and cooked whenever they are in season. The other camp slips the Brussels sprouts to the dog when no one is looking. If anyone reading this belongs to the second camp, try the recipe in the newsletter. It's the best way to prepare sprouts I've heard of to this day. If you still don't like them blame me, and put them in the swap box next week.

Farewell,

Panka

## Shredded Brussels Sprouts with Bacon

(A very tasty side dish. Makes 6 servings.)

2 slices bacon  
1 small yellow onion, thinly sliced  
1/4 tsp salt  
3/4 cup water  
1-2 tsp mustard  
1 lb Brussels Sprouts, trimmed, halved, and thinly sliced  
1 Tbsp cider vinegar

1. Cook bacon in a large skillet over medium heat, turning once, until crisp, about 6 minutes. Drain on a paper towel and crumble.
2. Add onion and salt to the skillet (pour off excess bacon drippings if too much is left in the skillet). Cook over medium heat, stirring frequently, until tender and browned, about 3 minutes.
3. Add water and mustard and scrape any browned pieces from bottom of pan. Add Brussels sprouts and cook, stirring frequently, until tender, about 4-6 minutes. Stir in vinegar and crumbled bacon.