

Two Onion Farm

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Week of October 19, 2014

We will plant garlic this Wednesday! We love garlic. It is a staple in our diet and a reliable producer on our farm. This Wednesday we will plant 14 beds of garlic, with 3 rows in each bed, and garlic cloves planted 4" apart in each row. Before the ground freezes we will mulch the garlic planting with straw 4-5" deep. Mulch prevents freezing and thawing cycles from heaving the garlic cloves out from the ground during winter, and mulch also keeps weeds from growing during spring and summer. We only grow 'hard neck' garlic. Hard neck garlic forms the garlic scape you received earlier in the season. Hard neck garlic bulbs usually have fewer, but larger, cloves than 'soft neck' garlic. We prefer a few large cloves in our kitchen when it is time to peel the garlic cloves.

Last week we harvested our first late fall carrot planting. The carrots are very sweet and crunchy! We will have plenty of them for you to order for winter eating. (Read more about ordering winter storage vegetables below). This week we are not harvesting spinach, in order to give the plantings more time to re-grow after last week's harvest. Instead, there is a bag of tender salad mix in your boxes. Spinach will be back next week, and hopefully the week after as well. Brussels sprouts are awesome this year! This is the best, healthiest and highest yielding planting we have ever had.

[Browse our website](#) for several great recipes using this great fall vegetable.

We bid goodbye to one of our employees last Thursday. Kaila spent the past two years in Zambia with the Peace Corps before joining our farm in early June. She is heading to Washington DC to work for the USDA. We will miss her warm smile, good nature and hard work. Kevin and Angie will stay with us until the (fast approaching) end of the delivery season, while Emily B. and Emily W. will remain for an additional week to help with fall cleanup after the last box leaves the farm.

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, 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
Salad mix	Yes	Yes	< 1 wk	
Winter Squash	No	No	2+ wks	Butternut

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. "Nutritionally speaking, Brussels sprouts contain high amounts of vegetable protein and carbohydrates. They, along with some other vegetables in the cabbage family, are thought to be a digestive stimulant." – adapted from *From Asparagus to Zucchini*

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.

Spiced Winter Squash and Carrot Soup

We received this recipe from a member.

1 large squash (butternut or buttercup), halved and seeds removed
3 Tbsp olive oil
1-inch piece fresh ginger, diced
3 garlic cloves, diced
1/2 yellow onion, chopped
3-4 carrots, chopped
1 tart apple, chopped
8 fresh sage leaves
1 Tbsp turmeric
1 tsp cardamom
2 Tbsp cinnamon
Salt and pepper
2 1/2 cups vegetable broth
2 1/2 cups water
1/3 cup heavy cream

1. Preheat oven to 425. Place squash cut side down on a parchment-lined baking sheet. Drizzle with 1 Tbsp of oil, roast for 50-60 minutes, until flesh is tender. Remove from oven and let cool.

2. Meanwhile heat remaining 2 Tbsp of oil in a large pot over medium heat. Add ginger,

garlic, onions, carrots, apples, sage and seasoning, and sauté until soft, 7-10 minutes.

3. When squash is cool enough to handle, use a spoon to scoop the flesh into the saucepan. Add broth and water; mix well. Bring to a boil, then reduce heat and simmer for 15 minutes. Puree soup and mix in cream.

Brussels Sprout and Pine Nut Pasta Sauce

An A+ recipe. Simple and delicious. Serve this over spaghetti or other pasta.

2 Tbsp butter
2 Tbsp olive oil
3 Tbsp pine nuts
3/4 lb Brussels sprouts, trimmed and thinly sliced. We used the slicing blade in our food processor.
1/2 tsp salt
Black pepper

Heat butter and olive oil in a large skillet over medium heat. Add pine nuts and cook, stirring constantly, until nuts are golden brown, 1 or 2 minutes. Add Brussels sprouts, salt, and pepper and cook until tender and turning brown, about 3 or 4 minutes. Add a little water, stir for a few moments, and serve over pasta.