

Two Onion Farm

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Week of October 2, 2011

Organic produce in this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Beet	Yes	Yes	1 wk	
Broccoli	Yes	Yes	1 wk	Not in all boxes
Cabbage, red	Yes	Yes	2+ wks	Not in all boxes
Cauliflower	Yes	Yes	1 wk	Not in all boxes
Carrot	Yes	Yes	2+ wks	
Garlic	No	No	2 wks	
Green onion	Yes	Yes	1 wk	
Leek	Yes	Yes	1 wk	
Lettuce	Yes	Yes	1 wk	Oakleaf
Potato	No	No	2+ wks	
Spinach	Yes	Yes	1 wk	Not in all boxes
Squash, Winter	No	No	2 wks	Buttercup

Winter squash – All boxes will receive buttercup squash this week. The buttercup are large and dark green with a grey protuberance at the bottom. Their deep orange flesh is delicious baked plain and can also be used in soups and baking.

Broccoli, Spinach, Cauliflower, Cabbage – We're planning to give every box two of these items this week. It's an in-between week for these crops – we have moderately low yields of all. We're expecting lots of broccoli and spinach in the coming several weeks.

Potato – The organic red potatoes in your box this week were raised at the Driftless Organics farm in Crawford County, Wisconsin. The farmers at Driftless Organics raise a large amount of potatoes and they have invested in specialized equipment and facilities for growing, harvesting, and storing the crop. It does not make financial sense for us to buy these items at our scale of production and we have decided to purchase our potatoes instead from another local farm. Potatoes are the only vegetable which we plan to include in your boxes that we do not raise ourselves.

Winter Storage Vegetables: We expect to have a surplus of carrots, winter squash, and several other winter storage vegetables at the end of the season. We are offering these vegetables to our members to purchase and receive with the last delivery of the season. Read www.twoonionfarm.com/WinterVegetables.pdf for prices and information on how to order.

Oat Bran and Squash Texas Muffins

We received this recipe from a member.

2 cups unbleached all-purpose flour
1 cup Amish Oat Bran
1 ½ teaspoons baking powder
1 teaspoon baking soda
1/3 teaspoon salt
2 large eggs
¾ cup sugar
8 tablespoons unsalted butter, melted and cooled slightly
¾ cup sour cream
½ cup thick pureed squash soup*

*Pureed squash soup is made from one Buttercup Squash peeled, quartered, seeded, and cubed in 1" cubes. Toss with unsalted butter and salt and roast on cookie sheet at 350 degrees until tender and edges of cubes start to brown. Put roasted squash in food processor. Add chicken stock using just enough stock to moisten squash and puree in food processor until soup consistency adding additional broth as necessary. When pureed, add 1 Tablespoon heavy cream per cup of soup. Pulse a couple of times to blend. Heat gently, season to taste and serve. (You can eat this as a soup by itself in addition using it in this recipe).

To make muffins:

Set oven rack on middle position. Preheat oven to 400 degrees. Grease a Texas size muffin tin (6 cups) and set aside.

Whisk flour, oat bran, baking powder, baking soda and salt in large bowl. Set aside. Whisk eggs in medium bowl until well combined and light colored. About 20 seconds. Add sugar, whisk vigorously until thick about 30 seconds. Add melted butter in 3 additions, whisking to combine after each addition. Add half the sour cream and half the squash soup. Whisk to combine. Add the remaining sour cream and soup until combined. Add wet ingredients to dry ingredients and mix gently with large spoon until just combined. Fill each muffin cup

gently with batter to form mounds. Do not flatten.

Bake until muffins are tinged with brown – about 18 minutes. Turn pan front to back and lower oven temp to 325 degrees. Bake another 8 minutes until a straw comes out clean. Cool briefly in muffin tin when done and serve warm with butter and honey. If any are left over, complete cooling muffins on wire rack. When cool, store wrapped individually. Can be refrigerated or frozen.

Some more recipes from our website:

[9/13/2009](#) Leek and Carrots with almonds

[9/26/2005](#) Potato Leek Soup

[10/3/2005](#) Roasted Squash-Apple Soup

[10/24/2005](#) Cranberry Walnut Squash Muffin

[10/11/2009](#) Indian Squash Pea Soup

[7/12/2009](#) Cabbage with Walnuts and Apples