

Two Onion Farm

Chris & Juli McGuire • 19638 Cottage Inn Road, Belmont, WI 53510
farmer@twoonionfarm.com • (608) 762-5335 (home office) • (608) 726-2550 (cell)

Week of October 2, 2016

Field news

The winter rye Chris planted as cover crop at the beginning of September has grown into a lush carpet. We continue making our fields ready for winter: disassembling irrigation, mowing down vegetable plots which we finished harvesting from, and planting more winter rye in their place. Though most of the field is resting, we still have beds full of lettuce, carrots and broccoli to name a few.

This is the time of year when more and more root crops are moving into our coolers. We harvested fall radishes and beets on Monday for the weeks coming. These vegetables store well for many months, unlike lettuce and broccoli, so we can harvest them weeks before we actually want to pack them into your boxes.

I'll end this article with a bit of self promotion. 5 Minutes on the Farm podcast featured our farm last week. Follow [this link](#) to listen to it. Have a great week, 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	
Garlic	No	No	>2 wks	
Lettuce	Yes	Yes	1 wk	Oakleaf
Onion	No	No	>2 wks	
Pepper	Yes	Yes	1 wk	Carmen and/or bell peppers
Potato	No	No	2 wks	From Driftless Organics by Soldiers Grove.
Squash, Winter	No	No	>2 wks	Buttercup squash

Broccoli - When a head of broccoli is cut from the center of the plant, the plant will branch out and grow smaller heads of broccoli; we call these side shoots. They look and taste like the large, central heads of broccoli. This week we harvested some of them, so we can give out a good portion of broccoli to every box. Some members will find several side shoots in their boxes.

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 **Priscilla** - A juicy, mid-season apple with an interesting, slight licorice flavor. The bottom of this apple protrudes a bit.

Liberty - A very dark red, almost purplish apple, Liberty is juicy, crisp, and aromatic. It has a very nice sweet-tart, slightly spicy flavor.

Kids Corner



Hi! My grandma is visiting from Hungary, and she helped me and Andrew fold boxes in the morning!- Katie



Buttercup Squash Waffles

(A recipe from a member. It makes a lot of waffles.)

1 1/2 cups all purpose flour
1 cup whole wheat flour
1/3 cup packed light brown sugar
2 tsp baking powder
1 tsp baking soda
1/2 tsp salt
2 tsp ground cinnamon
1 tsp ground ginger
4 large eggs, separated
2 cups yogurt
1/4 cup milk
2 cup roasted buttercup squash puree
6 Tbsp unsalted butter, softened

1. Preheat waffle iron.
2. Beat egg whites to soft peaks and set aside. Shift together all dry ingredients in a bowl. Beat together all wet ingredients in a large bowl (except the egg whites).
3. Mix the dry goods into wet goods. Fold in the egg whites. Cook according to your waffle iron's instructions. Serve with fresh berries, cooked berries or a little maple syrup.

Broccoli-Cheese Chowder

(A family favorite, we served this soup 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.