

Two Onion Farm

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Week of October 20, 2013

It is Monday evening, and we are expecting the first hard frost this fall. We were watching the thermometer during dinner for fun. Within 30 minutes the outside temperature dipped from 37 degrees to below freezing. It's good to be inside! I have to admit that picking spinach inside the hoop house this morning was way more enjoyable than harvesting Brussels sprouts outside afterwards. In the end we don't mind the cold, because it assures that those Brussels sprouts will taste awesome in whatever dish you decide to put them. Cold autumn weather sweetens the vegetables that are still in the field, including the spinach and Brussels sprouts in your boxes this week.

Please return your boxes! If you have boxes at home, please return them to your delivery site next week. Thank you for helping us to reuse boxes, reduce waste, and keep costs down!

Please consider reading [this article](#) on the FairShare CSA Coalition website about new federal rules affecting produce growers. The Food and Drug Administration (FDA) is seeking public comment on proposed rules regulating how farms handle and store fresh produce. The rules are designed to ensure food safety by preventing produce from becoming contaminated by microbes. However the proposed rule also contains provisions which could be very harmful to organic produce growers and to smaller scale farms which sell directly to the public through community-supported agriculture or farmers markets. We encourage you to read the linked article and consider submitting a comment to the FDA.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Brussels sprouts	Yes	Yes	1 wk	
Carrot	Yes	Yes	2+ wks	
Garlic bulb	No	No	2+ wks	
Leek	Yes	Yes	1-2 wks	
Lettuce	Yes	Yes	1 wk	Oakleaf
Onion, yellow	No	No	2+ wks	
Spinach	Yes	Yes	1 wk	
Squash	No	No	2+ wks	Butternut
Turnip	Yes	Yes	1-2 wks	White and round

We are offering bulk quantities of 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>.

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. This year's crop looks excellent, and we are hoping to include them in boxes for the next two weeks after this as well.

Salad Turnip – These are the same turnips you received in your first box in late May. Turnip likes cool weather, so it's a great vegetable to grow early spring and fall. We like its mild, juicy flavor and can't wait to try them out in the Shredded Carrot and Turnip Salad recipe we received from Local Thyme this week!

This week's recipes from Local Thyme:



Maple Balsamic Roasted Brussels Sprouts

1 pound Brussels Sprout, trimmed and halved
1 Tbsp Olive Oil
Salt and Pepper
1 1/2 Tbsp Balsamic Vinegar
1 Tbsp Maple Syrup

1. Preheat oven to 450°. Toss Brussels Sprouts with olive oil and salt and pepper. Place sprouts cut sides down in a single layer on a baking sheet or two. Roast for 20 minutes, until browned and tender.

2. Meanwhile, bring balsamic and maple syrup to a boil and cook about 3 minutes, until syrupy. Season with salt and pepper. Place Brussels Sprouts on a serving platter, drizzle with maple mixture and serve.

Shredded Carrot and Turnip Salad with Carrot Ginger Dressing

1 head Red Oak Leaf Lettuce, leaves torn, washed and spun dry
2 Carrots, peeled and shredded
1 Salad Turnip, peeled and shredded
1/2 cup Almond, slivered, toasted
1 recipe Carrot Ginger Dressing
Salt and Pepper, to taste

1. Mix together the lettuce, carrot, turnip and almonds. Toss with Carrot Ginger Dressing to taste, season and serve.

Japanese Gingered Carrot Dressing

1 medium Carrot, chopped
2 Tbsp Ginger, minced
1 tsp Light Brown Sugar, packed
2 Tbsp Rice Wine Vinegar
1 tsp Lemon Juice
2 tsp Soy Sauce or Tamari
2 tsp Toasted Sesame Oil
Salt, to taste

1. Place carrot in small saucepan with 1 cup of water. Simmer until carrot is tender, about 15 minutes. Reserve 1/2 cup cooking water, then strain carrots. Place carrots in a blender, and add remaining ingredients, along with the 1/2 cup of cooking water. Puree until smooth. Taste and adjust seasoning. Keeps in refrigerator for 2 weeks.