

Two Onion Farm

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Field news

Half of our biweekly members will receive their last box of the season this week. Thank you very much for eating through the season with us! We hope that you enjoyed your vegetables and that you found the newsletter interesting and the recipes helpful. We will email everybody a member survey after the season ends. Please take the time to fill it out! We take member comments very seriously and we strive to improve

your CSA experience with us every year.

We planted garlic last Wednesday afternoon on a beautiful, warm day. We will mulch the garlic beds in November to protect the cloves from the frost heaving them out of the ground. The mulch will also keep weeds at bay next year.

Some of our autumn vegetables (spinach, Brussels sprouts, cauliflower) have been in shorter supply than usual because of disease and/or poor seed germination this year. Therefore in the next two weeks we will increase as much as possible the portions of vegetables which we have more of, such as carrots, lettuce, onions, garlic, and butternut squash. However, this means that we will not offer extra winter storage vegetables for sale as we have in past years. Whatever extra we have, we will include in the regular deliveries. If you receive more than what you can eat now, most of these items will store well in your kitchen.

This was the first season we offered our organic apples as a separate membership option. Most of our trees are still young and not producing fruit, so the portions of apples in your boxes each week have been modest. However, by the end of the year we will surpass the amounts of apples which we hoped to include in everyone's box over the year (20 lbs of apples to each weekly large box member, 12 lbs to each weekly small box member, 10 lbs to each biweekly large box member, and 6 lbs to each biweekly small box member). In future years, as our trees mature, we will increase the portions of apples in our boxes.

At the end of this year, we will have a small surplus of apples in our coolers, and we are offering extra apples for sale. This includes both #1 (unblemished) and #2 grade apples. Read more and place an order [here](#). ~ Chris & Juli

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Beet	Yes	Yes	>2 wks	
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	See notes above
Potato	No	No	2 wks	From Driftless Organics by Soldiers Grove.
Spinach	Yes	Yes	>2 wks	Beauty heart radish
Swiss chard				
Squash, Winter	No	No	>2 wks	Buttercup squash

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!

Onions - Some of the onions you are receiving in your boxes are peeled and washed, ready to use in your cooking. Keep these in a bag in your fridge, and plan to use them first.

Chard - is a close relative of beets, as you may guess from the similar appearance of the leaves. However, chard lacks the swollen root of beets. On mature plants the leaves are quite large and the stem swells to the size of a celery stalk. The most common way to eat chard is to coarsely chop the leaves into pieces about 1" large and then cook them in a little butter or olive oil until they are wilted. You can also cook sliced onions, leeks, or garlic with the chard. After cooking the chard, season it with salt and pepper. We like to dress the cooked chard with balsamic vinegar and eat it as a side dish, or serve it (without the vinegar) over spaghetti with lots of parmesan cheese.

Why it is called "Swiss" chard? It's actually native to western Asia, and has been cultivated since ancient times, when it was well known to the Greeks and Romans. However, a Swiss botanist of the 16th century, Casper Bauhin,

was the first to describe the yellow leaved variant of chard, and his nationality was thereafter prepended to the name of the plant.

Apples

Members with apple shares will receive:

Galarina - Red, juicy, sweet, low-acid, aromatic apple. Smaller sized, best for fresh eating.

Winecrisp - One of the newest varieties bred at Purdue University, released in 2009. This apple is very high in both acid and sugar, giving it a mixed sweet-tart flavor. This is one of our favorite varieties, with a rich, complex flavor. Enjoy!

Kids Corner



Hi! I have one more week to fold boxes.
~Katie

Glazed Roasted Butternut Squash

(We served this side dish to a fellow vegetable grower couple last winter. We all agreed this recipe was newsletter-worthy.)

2-1/2 lb butternut squash
1 large onion, cut into big chunks
1-2 Tbsp olive oil
1/4 tsp salt plus a pinch, divided
black pepper
1/4 cup honey
1/4 cup cider vinegar
1/4 cup chopped apple
2 Tbsp walnut, chopped and toasted

1. Preheat oven to 400 degrees.
2. Peel the squash, then halve it lengthwise and scoop out the seeds. Cut crosswise into 1/2-inch-thick slices. Toss the squash slices and onions with oil, 1/4 tsp salt and some black pepper in a large bowl. Spread it on a large, rimmed baking sheet.
3. Roast, turning each piece over halfway through, until the squash is tender and caramelized in spots, 40-50 minutes. Transfer the roasted vegetables to a serving platter.
4. A few minutes before serving, combine honey, vinegar and a pinch of salt in a small saucepan. Bring mixture to a boil over high heat. Reduce heat to a lively simmer and cook, watching closely toward the end, until reduced to half, 5-8 minutes. Immediately drizzle syrup over the squash. Serve, topped with chopped apples and walnuts.