

Two Onion Farm

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Week of October 24, 2010

This is the last week of the delivery season, completing a year of vegetable growing which began when we sowed our first onion and leek seeds on March 11th. It was a wet and warm season: the warm weather helped most of our plantings mature on time, or even ahead of schedule; the frequent rain meant less irrigation but more plant disease and greater difficulty accomplishing our work on time. Overall we were very pleased with the contents of our boxes: green beans, cucumbers, garlic, onions, and fall spinach all yielded very well; we maintained a consistent supply of lettuce even during challenging summer heat, and we harvested tomatoes over a long season. The major challenges were grueling humid weather in July when we were planting and hoeing our fall vegetables, nearly constant rain in June and early July which prevented us from tilling and cultivating our fields on schedule, and disease in our Brussels sprouts, rutabagas, kale, fall cabbage, celeriac, fennel and other crops because of the abundant summer rainfall.

A great deal of labor is required on our farm, for planting, weeding, harvesting and washing produce, and packing and delivering boxes. In 2010 we had the great good fortune to be aided by a crew of employees who worked about 3500 hours between March and October, many of them in difficult mud and heat in June and July. They were enthusiastic, dedicated, quick, hard-working, conscientious, and altogether invaluable in producing the vegetables which feed you. We enjoyed working, learning, and laughing with them.

Next week we will send you all our member survey. We hope you will complete the survey and provide feedback to us as we consider changes for next season. We will begin accepting farm members for next year in early January, and we will send you our 2011 membership package at that time.

It has been a pleasure and privilege to raise produce for you. Thank you being a farm member in 2010.

The Madison Area Community Supported Agriculture Coalition (MACSAC) has published a 2011 calendar which makes a great holiday gift. This stunning calendar takes you through a year of seasonal recipes and brings the stories of our local farms into your home. Each month you will meet a family farmer who strives to bring fresh, nutritious food direct from their farms to our tables. The back side of each calendar month features information & recipes on seasonally available vegetables from MACSAC's nationally renown cookbook, From Asparagus to Zucchini. You can purchase the calendars for \$15 from MACSAC – visit www.macsac.org for more information.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Beets	Yes	Yes	4+ wks	
Broccoli	Yes	Yes	1 wk	Not in all boxes
Brussels sprouts	Yes	Yes	1 wk	
Carrots	Yes	Yes	4+ wks	
Garlic	No	No	2+ wks	Cured; store at room temperature
Leeks	Yes	Yes	2 wks	
Lettuce	Yes	Yes	1 wk	Red or green oakleaf
Onions	No	No	4+ wks	Cured; store at room temperature or in fridge
Potatoes	No	No	2+ wks	Store in dark, cool place. Light turns potatoes green. Organic potatoes raised at the Driftless Organics vegetable farm in Crawford County, Wisconsin.
Radish, Beauty Heart	Yes	Yes	2+ wks	Pale greenish white skin with rosy red interior. Peel before eating
Spinach	Yes	Yes	1 wk	
Squash, winter	No	No	2+ wks	Butternut or buttercup

Lemon Caraway Brussels Sprouts

1-1/2 tsp unsalted butter
 1/2 small onion, quartered and sliced thinly
 1/4 tsp caraway seeds
 1/2 lb Brussels sprouts, trimmed and thinly sliced
 1-1/2 tsp water
 1/4 to 1/2 tsp salt
 Black pepper to taste
 1-1/2 tsp lemon juice

Melt butter in a medium or large sized skillet, over medium heat. Add onion and caraway seed and cook, stirring often, until onion begins to soften, about 4 minutes. Add Brussels sprouts, water, salt and pepper and cook, stirring often, until sprouts are tender and just beginning to brown, about 6-8 minutes. Remove from heat, stir in lemon juice, and serve warm.

Brussels Sprouts with Almonds and Dill

1/2 lb Brussels sprouts, trimmed and quartered
 1-1/2 tsp unsalted butter
 1-1/2 tsp olive oil
 1/8 cup slivered almonds
 1-1/2 tsp white wine vinegar or cider vinegar
 1/2 tsp dried dill
 1/4 salt
 Black pepper to taste

Toast almonds over medium heat in a small skillet, stirring constantly, until almonds are fragrant and very lightly browned, about 2-4 minutes.

Steam Brussels sprouts in a steamer basket until just tender, about 4-7 minutes. Meanwhile, melt butter in a small skillet over medium heat. Cook, swirling often, until butter turns nutty brown, 1-3 minutes. Stir in oil and scrape into a large bowl with a spatula. Add Brussels sprouts, almonds, vinegar, dill, salt, and pepper and toss to combine.