

Two Onion Farm

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Week of October 25, 2015

Farm News



This has been one of the warmest and driest Octobers on the farm I can remember of. I checked the bee hives a week and a half ago, and the bees were still raising young ones. The queen usually stops laying in September.

Last week we successfully harvested seven beds of carrots before the rain came. This week we are taking a break from them, since it will be rainy again. We will instead clean all the onions and garlic that remain in our packing shed, a favorite activity to turn to when the weather doesn't cooperate outside.

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 hope to see you back next year! We will contact you in early January when we begin accepting members for 2016.

Have a great week,

Juli

Winter Storage Vegetables – We are offering 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 [click here](#).

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

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Beauty Heart Radish	Yes	Yes	2+ wks	
Brussels sprouts	Yes	Yes	1 wk	
Carrot	Yes	Yes	2+ wks	
Garlic	Yes	Yes	2+ wks	
Lettuce	Yes	Yes	1 wk	Red or green oakleaf.
Onion	Yes	Yes	2+ wks	
Salad turnip	Yes	Yes	2+ wk	
Spinach	Yes	Yes	<1 wk	
Winter Squash	No	No	2+ wks	Butternut

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!

Brussels sprout - A member of the Brassica family, Brussels sprouts always appear in the boxes in late fall, because cold weather sweetens their taste. In general, mustardy and sweet flavors complement Brussels sprouts well. This year we had severe disease problems

with the planting which greatly reduced the yield. Thank you for your understanding!

Salad turnip – is back in your boxes! Do you remember how tender and sweet they tasted in early June? They still do! If this is the first time you receive this vegetable in your box we'd like to tell you a bit about salad turnips. This vegetable is not to be confused with the large, purple turnip that you might have grown up eating peeled, boiled and mashed with butter and salt. Salad turnips need no peeling or cooking. Wash it well, trim it, then slice it and enjoy it! We love salad turnips just plain! It is also delicious on your sandwich or salad.

Roasted Squash with Garlic and Parsley

2.5 lbs butternut or buttercup winter squash,
peeled, seeded, and cut into 1" chunks
4 tsp olive oil, divided
3/4 tsp salt
Black pepper to taste
1 or 2 cloves garlic, minced
1 Tbsp chopped parsley (optional)

1. Preheat oven to 375 degrees. Toss squash cubes with 2 tsp olive oil, salt, and pepper. Spread evenly on a baking sheet. Roast, stirring occasionally, until tender and just slightly browned, usually 25-45 minutes.
2. Heat the remaining 2 tsp oil in a small skillet. Add garlic and cook, stirring, until fragrant but not brown, less than a minute. Toss squash with garlic and parsley. Serve warm.

Kids' Corner



Hi,

Last week I helped my dad and Emily B. to clean onions.

Bye,
Katie

Brussels Sprouts and Carrots

2 Tbsp minced onion
1 Tbsp unsalted butter
1/2 lb carrots, cut into 1/2" thick pieces
1/2 lb Brussels sprouts, halved lengthwise
1/2 tsp salt
Black pepper to taste
3 Tbsp water
1/2 Tbsp cider vinegar

Cook onion in butter in a large skillet over medium high heat until softened. Add carrots, Brussels sprouts, salt, and pepper and cook, stirring occasionally, until vegetables begin to brown, about 3-4 minutes. Add water, cover, and cook over medium high heat until vegetables are tender, about 5-8 minutes. Stir in vinegar, adjust salt and pepper, and serve warm.