

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 26, 2014

It was a busy week on the farm. Chris, Emily B. and Emily W. planted next year's garlic crop last Wednesday on a beautiful, sunny day. For two afternoons Chris worked diligently to prepare our barn for the upcoming solar panel installation. On Saturday we donned rock climbing gear, and ascended to the roof of our other barn. June gales tore a steel roof panel off of this barn, where we keep tractor implements and other supplies. Consecutive storms damaged another two panels. Our friend and part-time employee, Kevin is a rock climbing guide. He came in the morning to help us replace the missing roof panel and repair the other two. The most difficult part of the operation was to throw a rope over the barn from one side to the other. Once that was accomplished the rest was pure fun. Both Chris and Juli got a chance to be on top of the barn with Kevin. We also replaced many old, loose nails with roofing screws to avoid future wind damage on other panels.

Yesterday (Monday) we started harvesting the last carrot planting after we finished picking for the Tuesday delivery. We expect to finish the carrot harvest on Wednesday. After that we will only have lettuce, spinach and Brussels sprouts in the fields; the rest of the vegetables are in storage.

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 2015.

<p>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.</p>
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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	
Beet	Yes	Yes	2+ wks	
Brussels sprout	Yes	Yes	1 wk	
Carrot	Yes	Yes	2+ wks	
Garlic	No	No	2+ wks	
Lettuce	Yes	Yes	1 wk	Oakleaf
Onion, yellow	No	No	2+ wks	
Spinach	Yes	Yes	1 wk	
Winter Squash	No	No	2+ wks	Butternut

Catalan Spinach

1/4 cup Raisin
Hot Water
3 Tbsp Olive Oil
3 cloves Garlic, crushed
1 pound Spinach, large stems removed
3 Tbsp Pine Nut, toasted
Salt and Pepper

1. Hydrate raisins in a bowl of hot water for about 10 minutes. Drain.
2. Heat oil in large skillet or wok over medium heat. Add garlic and cook until golden, about 1 minute. Discard garlic, reserving oil.
3. Increase heat to high and add spinach. Cover and cook until wilted, stirring occasionally, about 5 minutes. If your skillet isn't large enough to fit all the spinach, do this step in 2 phases.
4. Uncover, add raisins and pine nuts and stir until liquid evaporates, about 2 minutes. Season with salt and pepper, and serve immediately.

Beet Spinach Salad

2 medium beets
1/2 can chickpeas, drained and rinsed
2 scallions or baby red onions, sliced
1/8 cup balsamic vinegar
1 1/2 Tbsp olive oil
1 tsp Dijon mustard
1/8 tsp salt
1/8 tsp pepper
1/2 lb spinach leaves
Walnuts and goat cheese (optional)

Boil whole beets (or roast in a hot oven) until fork tender and slice. Mix with the drained chick peas and onions. Mix together the vinegar, oil, mustard, salt and pepper and pour over the beets and chickpeas. Marinate in the refrigerator for a few hours. Before serving, toss with the greens and garnish with optional nuts and cheese.

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.

Simple Carrot Soup

This recipe came to us from a member.

1 medium onions, sliced
Butter
1 lb carrots, chopped (about 3 cups)
3 cups vegetable broth
1/2 Tbsp dried thyme, or one sprig fresh thyme
1/2 tsp salt

Sauté the onions in butter, then add carrots and cook for five more minutes. Add vegetable broth and thyme, bring to boil and simmer for 30 minutes. Season with salt. The soup can be served as is or pureed.