

Two Onion Farm

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Week of October 27, 2013

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 are still busy in the fields. We planted next year's garlic crop last Wednesday. We dipped into the last carrot planting and we will finish harvesting it this week. The irrigation lines are almost completely disassembled and removed from the fields; only the hoses to our hoopouses remain. Chris spent the weekend on the tractor again: he spread compost, mowed, and chisel plowed to loosen the soil and help it dry out faster next spring. When we run out of things to do we settle down in the packing shed and clean onions for hours.

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!

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	Round root with cream or pale green skin and purple-red interior
Brussels sprouts	Yes	Yes	1 wk	
Cabbage, red	Yes	Yes	2+ wks	
Carrot	Yes	Yes	2+ wks	
Kale	Yes	Yes	1 wk	Lacinato (Dinosaur) kale
Lettuce	Yes	Yes	1 wk	Oakleaf
Onion, yellow	No	No	2+ wks	
Potato	No	No	2+ wks	Store in dark, dry place!
Squash	No	No	2+ wks	Butternut

Potatoes are the only vegetable which we include in your boxes that we do not raise ourselves. These certified organic potatoes were grown by the good people at Driftless Organics in Soldiers Grove, WI. We turned to them, because they have the specialized tools (and expertise!) to efficiently and economically raise high quality spuds.

Beauty Heart Radish –is another one of our favorite vegetables! This is a delicacy, not at all to be confused with regular red radishes. The pale green outer layer is very hot and slightly bitter, but the red inner flesh is slightly sweet and spicy. We peel off the outer layer and only eat the colorful inner flesh; some folks like to eat the radish with the outer layer still on for extra heat. The radishes are wonderful sliced in salads and sandwiches.

This week's recipes from Local Thyme:



Seared Cabbage

1/2 to 2/3 head Red Cabbage, core intact, sliced into 1/4-1/2 inch wedges
4 Tbsp Olive Oil
Salt and Pepper, to taste

1. Heat a large non-stick skillet to medium-high heat, and add the oil. When the oil shimmers, lay the cabbage wedges in the pan with cut sides face down. Sear the cabbage for 3 to 5 minutes, until the cabbage is nicely browned on one side. Using tongs, turn the wedges over and brown the other side, for 3-5 minutes. Transfer cabbage to a serving platter.

Garden Burritos with Cabbage, Carrots and Beauty Heart Radishes

1 Tbsp Canola or Sunflower Oil
1 cup Onion, roughly chopped
2 large Carrot, roughly chopped
1/3 head Red Cabbage, roughly chopped
1/2 Beauty Heart Radish, roughly chopped
1/2 bunch Cilantro, roughly chopped
1/2 tsp Cumin
1/2 tsp Dried Oregano
Salt and Pepper
6 to 8 large Flour Tortilla, or gluten-free wrap
2 cups Monterey Jack Cheese, shredded
1 14 ounce can Black Bean, warmed in microwave or stovetop

1. Preheat oven to 200°. Get out your food processor and fit it with the chopping disk. Place the onions, carrots, red cabbage, beauty heart radish and cilantro in the bowl, and pulse several times to reach a finely chopped mix. Scrape sides as needed.

2. Heat oil in a large skillet over high heat and sauté chopped veggies until softened, about 4-5 minutes. (Try to do this quickly--you don't want the vegetables to release their liquid. Think high-heat stir-fry.) Transfer to bowl and season with cumin, oregano and salt and pepper. Reserve.

3. Preheat a large nonstick skillet over medium high heat. Toast one tortilla at a time on each side, until light brown marks appear on each side. Usually this will take 20-30 seconds for the first side. Immediately after flipping tortilla, scatter 1/8 of the shredded cheese over the toasted side and allow the tortilla to continue toasting for another 15-20 seconds while the cheese just begins to melt.

4. Transfer tortilla to a plate and fill with a portion of beans and sautéed veggies. Wrap up and then wrap again with foil and transfer to warm oven. Repeat with remaining tortillas.

5. Serve with salsa or taco sauce of choice. These can also be frozen for later enjoyment.