

Two Onion Farm

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Week of October 28, 2012

We're looking forward to a dry sunny week. As the soil dries out, we're hoping to spread lots of compost to add fertility to our fields and support next year's crops. We will also chisel plow our fields to prepare them for early spring planting. Chisel plowing fractures the soil deeply, breaking up any hard layers in the ground and allowing water and plant roots to penetrate the soil more easily. Early spring is often a wet time of year with little time for fieldwork, and it's important to accomplish as much field preparation as possible in the fall. Most of all we're looking forward to being dry and comfortable while we work this week!

The Tuesday boxes this week will receive the last of our fall broccoli. We're pretty proud of the broccoli which we've included in every box packed from August 31 to October 30. We seeded the broccoli plants in late June and early July, raised them in soil blocks in our cold frames for two weeks, and then transplanted them into the field during the absolute hottest weather of a very hot and dry summer. The small seedlings needed lots of careful attention and nurturing.

A consistent broccoli harvest during the fall requires careful attention to planting schedule – we need to plant on five different dates and use a mix of four broccoli varieties. The varieties differ in the size of their heads, in how quickly they mature, and in their tolerance to hot weather (in early fall) and cold weather (in late fall). The table below shows how our different broccoli plantings matured at different times of the fall and yielded a steady supply of broccoli over the two month period.

Yield of broccoli plantings on fall harvest dates

Harvest Date	Broccoli Variety and Planting Date														Total Harvest	
	Green Magic 6/22	Gypsy 6/22	Green Magic 6/29	Gypsy 6/29	Green Magic 7/3	Gypsy 7/3	Arcadia 6/29	Green Magic 7/6	Gypsy 7/6	Arcadia 7/3	Arcadia 7/6	Marathon 6/29	Marathon 7/3	Marathon 7/6		Marathon 7/10
8/30	135															135
9/3	140	135	2													277
9/6	7	145	150													302
9/10		14	148	39	64											265
9/13				89	64											153
9/17			3	96	59	41	61	15								275
9/24				4	2	43	42	38	10	16						155
9/27					4	16		63	45	73						201
10/1						6	7	11	64	77	26	27				218
10/4						3	3	11	32	23	92	93	8			265
10/8								4	6	3	89	99	59	2		262
10/11									3	1	100	57	68			229
10/15											45	23	99			167
10/18											24		24	66		114
10/22														140	21	161
10/25														97	18	115
10/29														2	147	149

Organic produce in this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	Tuesday boxes only
Brussels sprouts	Yes	Yes	1 wk	
Cabbage	Yes	Yes	2 wks	Friday boxes only
Carrot	Yes	Yes	2+ wks	
Garlic	No	No	2 wks	
Leeks	Yes	Yes	1-2 wks	
Lettuce	Yes	Yes	1 wk	Oakleaf
Onion	No	No	2+ wks	
Potatoes	No	No	2+ wks	Store in the dark!
Radish, beauty heart	Yes	Yes	2+ wks	
Spinach	Yes	Yes	1 wk	
Squash, winter	No	No	2+ wks	Butternut

Roasted squash with garlic and parsley

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

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. 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.

Winter Storage Vegetables

We are offering bulk quantities of carrots, onions, and other winter storage vegetables for sale. You can order these vegetables and pick them up at your usual delivery site over the next several weeks. For a list of available vegetables and instructions on how to order, see

www.twoonionfarm.com/index.php/current-members/winter-vegetables.