

Two Onion Farm

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Week of October 3, 2010

Light frosts over the weekend did not damage our remaining field plantings of lettuce, spinach, broccoli, Brussels sprouts and other hardy crops. We're harvesting and washing our last plantings of fall root crops: carrots, beauty heart radish, beet, and rutabaga. We're also taking advantage of the continuing dry weather to prepare our field for winter and next spring by sowing winter rye cover crop and tilling with a chisel plow.

In between harvest, packing, and fieldwork, we've begun renovations on an old corncrib on our property. Before the onset of winter, we aim to pour concrete on the floor, make structural repairs, and enclose the now open walls; over the winter we'll continue to renovate the interior. In the future, this building will be a potting shed, where we plant, pot on, and germinate seedling vegetables. Our current space for those activities is cramped. The corncrib also has tall doorways and when renovated it will provide a dry winter parking space for our delivery van, which is too tall to fit inside our other available buildings.

Winter storage vegetables. We expect to have a surplus of carrots, winter squash, onions, garlic and several other winter storage vegetables at the end of the season. We are offering these vegetables to our members to purchase and receive with the last delivery of the season. Read www.twoonionfarm.com/WinterVegetables.pdf for prices and information on how to order.

In this week's box:

| Vegetable | Refrigerate? | Store In Plastic Bag To Retain Moisture? | Approx. Storage Life | Comments |
|----------------|--------------|--|----------------------|---|
| Beets | Yes | Yes | 2+ wks | |
| Broccoli | Yes | Yes | 1 wk | Not in all boxes |
| Cabbage | Yes | Yes | 2+ wks | Not in all boxes |
| Carrots | Yes | Yes | 4+ wks | |
| Cauliflower | Yes | Yes | 1 wk | Not in all boxes |
| Garlic | No | No | 4+ wks | Cured; store at room temperature |
| Leeks | Yes | Yes | 1-2 wks | |
| Lettuce | Yes | Yes | 1 wk | Red or green oakleaf |
| Onions | No | No | 2+ wks | Cured; store at room temperature or in fridge |
| Spinach | Yes | Yes | 1 wk | |
| Squash, winter | No | No | 1-2 wks | Striped green and yellow varieties (Delicata or Sugar Dumpling) should be eaten soon; buttercup (large dark green with gray bump on bottom) will store longer |

Cauliflower. We've been distributing cauliflower for several weeks now. The portion of our field where we planted this year's cauliflower is a new plot which we had not tilled in the past. Although we observed and tested the soil in this area prior to planting it this year, there were some unexpected variations in soil texture and fertility which we did not anticipate. Our cauliflower patch in particular straddles some areas of widely varying fertility. The plants matured at very different rates and consequently our harvest has been spread over many weeks. Each week we have tracked which boxes receive cauliflower in order to ensure that everyone receives it over the course of the season.

Winter squash. Each box this week will contain a buttercup squash. These are largeish dark green squash with a gray protruding knob on the bottom. They can be roasted and eaten plain but they are also very well suited for soups, muffins and other cooked dishes.

Large boxes may also receive a sugar dumpling (shaped like an acorn squash with a flat end; yellow skin with dark green stripes) or delicata (long oblong squash, cream-yellow skin with dark green stripes). These two types are both good when roasted and eaten either plain or with butter and syrup. Plan to eat the delicate or Sugar Dumpling soon as they will not store well.

Roasted Squash-Apple Soup

This soup can also be eaten as a side dish, if you omit the pureeing near the end of the recipe.

2 lbs winter squash, peeled, seeded, and cut into 2" chunks
2 large sweet-tart apples, unpeeled, cored, and cut into chunks
2 Tbsp olive oil
1/2 plus 1/8 tsp salt, divided

Black pepper to taste
1-1/2 tsp chopped sage
3 cups chicken or vegetable broth
1/4 cup chopped hazelnuts
1 Tbsp hazelnut or walnut oil, optional

Preheat oven to 450 degrees

Toast hazelnuts in a moderately warm skillet on the stovetop, stirring constantly, until fragrant and lightly browned.

Toss squash, apples, olive oil and 1/2 tsp salt and pepper in a large bowl. Spread on large, rimmed baking sheet. Roast for 30 minutes, stirring after about 15 minutes. Stir in sage and roast until very tender and starting to brown, about 15-20 minutes more.

In a food processor, puree about one-third of the apples and squash with 1 cup broth until smooth. Repeat with two more batches.

Season with remaining 1/8 tsp salt, and warm soup in a pot over medium-low heat until heated through. Serve topped with hazelnuts and nut oil.

Orange Spiced Squash

1 winter squash, about 3 lbs
2 Tbsp unsalted butter
2 Tbsp orange juice
1/2 tsp grated orange zest
1/4 tsp ground allspice

Cut the squash in half, scoop out strings and seeds, place halves face down on a baking sheet with a bit of water in the bottom and roast at 350 degrees until the flesh is very tender. Scoop out the squash and place in a food processor. Add the butter in thin slivers along with orange juice, orange zest, and allspice. Puree until smooth and serve warm. If the squash is dry textured you may need to add water while pureeing to achieve a smooth consistency.