

Two Onion Farm

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Week of October 30, 2016



Field news

This is our final delivery for 2016! We thank you sincerely for joining our CSA and eating our farm's produce this year. We hope that it was rewarding and valuable to you to receive a seasonal bounty of our farm's produce and to support a local family farm which cares for the environment using organic farming methods.

Every year brings its own rewards and challenges as weather fluctuates, we train and work with new employees, we adjust to our ageing bodies, and we maintain our buildings and machinery.

We were very fortunate this year to have a skilled and hard-working crew of farm workers, most of whom have worked for us for several years. They labor side by side with us in the field, and their skill and dedication are directly responsible for the food you eat. We cannot overemphasize the importance of their contributions to our farm.

Many of our staple crops yielded well: we had excellent harvests of lettuce, broccoli, winter squash, garlic, carrots, peas, and others. Our main challenge this year was the very wet weather. We had enough spells of dry weather that we were able to work our field and plant most of our crops in a timely fashion, but the frequent rains in June through August did reduce germination of some crops, promote disease in others, and overall reduce the yields of many of our fall-harvested vegetables.

We were very pleased by the production of our apple trees this year. It's challenging to grow organic apples in our humid climate, and you'll find few locally grown organic apples in stores and markets. We're continuing to fine tune our methods for growing apples and controlling pests and diseases, but we feel that we've done well and harvested amazing fruit. Most of our young trees have not reached their full production yet, but we did exceed the amounts of apples which we hoped to include in everyone's box over the year (our targets were 2 lbs per week large box, and 1.2 lbs per week per small box). Next year and beyond, as our trees mature, we will increase the portions of apples in our boxes. We do now have a small surplus of apples in our coolers, and we are offering extra apples for sale. This includes both #1 (unblemished) and #2 grade apples. [Read more and place an order here.](#)

At the end of the week will send a survey to all of this year's members. We hope you will take a few minutes to fill this out. We try hard to keep the survey brief and include only important questions that will inform our winter planning and decision making. We value your feedback! Many features of our CSA, such as this year's decision to offer our apples as a separate, optional membership package, were based on your survey responses.

We're already looking forward to 2017, and we will contact you in January when we begin accepting members for next year. We wish you a healthy and joyous holiday season and winter! ~ Chris and Juli

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Beet	Yes	Yes	>2 wks	
Brussels Sprouts	Yes	Yes	1 wk	
Cabbage, red	Yes	Yes	>2 wks	
Carrot	Yes	Yes	>2 wks	
Garlic	No	No	>2 wks	
Lettuce	Yes	Yes	1 wk	Oakleaf
Onion	No	No	>2 wks	See notes below
Potato	No	No	2 wks	From Driftless Organics by Soldiers Grove.
Squash, Winter	No	No	>2 wks	Butternut squash

Brussels Sprouts - 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!

Onions - Some of the onions you are receiving in your boxes are peeled and washed, ready to use in your cooking. Keep these in a bag in your fridge, and plan to use them first.

Red Cabbage - Most vegetables in your last box stores well for a long time in your fridge, including red cabbage. We usually eat red cabbage cooked, and over the years found a good many excellent recipes with it. Make sure you try the one below and [visit our website for more!](#)

Apples

Members with apple shares will receive:

Enterprise - A modern American late-season disease-resistant apple with a sweet-tart and spicy flavor and good keeping qualities.

Galarina - Red, juicy, sweet, low-acid, aromatic apple. Smaller sized, best for fresh eating.

Winecrisp - One of the newest varieties bred at Purdue University, released in 2009. This apple is very high in both acid and sugar, giving it a mixed sweet-tart flavor. This is one of our favorite varieties, with a rich, complex flavor. Enjoy!

Orange Caraway Glazed Carrots

(A wonderfully simple and delicious side dish that could grace your holiday table. Serves 6-8.)

3 lbs medium carrots, trimmed
 2 Tbsp olive oil
 3/4 tsp salt
 1 Tbsp butter
 1 tsp caraway seeds, toasted

Glaze

1/3 cup aged sherry vinegar (substitute with red wine vinegar)
 1/4 cup brown sugar
 1/4 tsp salt
 1/2 tsp orange zest

1. Place a large rimmed baking sheet in the oven, preheat to 400 degrees.
2. Cut the carrots into large (1") chunks. Toss carrots with oil and salt in a large bowl. Spread them on the hot baking sheet. Roast, stirring once, until just tender and starting to brown in spots, 35-45 minutes.
3. Meanwhile, combine vinegar, sugar and salt in a small saucepan. Bring to a simmer over medium heat, stirring to dissolve the sugar. Reduce heat to maintain a gentle simmer and cook, watching carefully to prevent burning, until the glaze is the consistency of maple syrup and the color has darkened, 5-10 minutes. Stir in orange zest, and set aside. As the glaze cools, it will thicken slightly, but when tossed

with the hot carrots, it will return to a syrupy texture.

4. To serve, melt butter in a large skillet over medium-high heat. Add carrots and caraway seeds and cook, stirring, until the carrots are coated, about 1 minute. Add the glaze and toss to coat, 30 seconds to 1 minute. Serve hot.

Apple, Carrot and Cabbage Salad

(Tasty, crunchy and refreshing. Makes 4-6 servings.)

2 1/2 Tbsp olive oil
1 Tbsp orange juice
2 tsp red wine vinegar
1/2 tsp salt
1/4 tsp ground cinnamon
1/4 tsp ground cumin
3 cups shredded carrots (3-4 medium)
1 cup chopped red cabbage
1 large crisp red apple, chopped
1/2 cup fresh cilantro (or parsley) leaves,
chopped
3 Tbsp sunflower seeds, lightly toasted
Black pepper to taste

1. Whisk oil, orange juice, vinegar, salt, cinnamon and cumin in a large bowl.

2. Add carrots, cabbage, apple, cilantro (or parsley) and sunflower seeds; toss to combine with dressing. Season with black pepper.