

# Two Onion Farm

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Week of October 4, 2009

Cold weather has greatly slowed plant growth. Most of our vegetables are in a holding pattern, waiting to be harvested before bitterly cold weather sets in. Broccoli growth and yields have declined in the cold and we're including less of that in your boxes this week – the flavor is excellent, however, as the broccoli sweetens in cold weather. We've also decided to harvest our late planting of leeks even though it has not reached ideal size. We started this planting on May 27, at the same time as in many other years. The leeks grew slowly in the unusually cool summer. At this point they have stopped growing altogether, and this particular leek variety, King Richard, does not survive well in very cold conditions. We've decided to harvest it now; the leeks you're receiving this week will be a bit smaller and fewer than usual. On the positive side, cold weather sweetens many root crops and we're expecting to harvest excellent carrots, radishes, and rutabagas in the coming weeks.

**Garlic season.** This is the last week in which we will include garlic in your boxes. We harvested our entire garlic crop in early July and we divided it up into two portions: most of it was designated for distribution in your boxes; the remainder was set aside to be used as seed garlic. You're receiving the last of the "food garlic" this week. We'll soon begin separating the seed garlic into individual cloves. Each clove will be planted in mid October and will develop into a bulb for harvest next summer. We've worked on slowly increasing the size of our garlic planting over the years and we were happy this year to have been able to include it in almost every box since harvest in early July.



**Please return your boxes.** We have many fewer boxes than we did a few weeks ago. If you have a stockpile of boxes at home, please return them with your next delivery.



**End of delivery season.** Our delivery season runs through the end of October; our final delivery week is October 25-31st. Some members with biweekly deliveries have their last delivery in the week of October 18-24.

**Winter storage vegetables.** If you'd like to continue eating our produce after the regular delivery season ends, you can order extra winter storage vegetables such as onions, winter squash, carrots, cabbage, beets, celeriac, beauty heart radish, and rutabagas. We'll deliver these extra vegetables along with your last regular scheduled delivery of the season. Details including prices and minimum order amounts are available on the member services page of our website at [www.twoonionfarm.com/WinterStorageVegetableOffer.pdf](http://www.twoonionfarm.com/WinterStorageVegetableOffer.pdf).

**Member work shifts.** Several of our employees have unexpectedly had to leave or reduce their hours, and we would like some extra help in the next month. Therefore we have opened several member workshifts on upcoming Wednesday afternoons and Saturday mornings. Our complete current schedule of shifts is at: <http://www.twoonionfarm.com/WorkSchedule.pdf>. If you haven't worked on the farm before, there is a description of our member work program on the member service page of our website: [www.twoonionfarm.com/WorkerInformation.pdf](http://www.twoonionfarm.com/WorkerInformation.pdf). As with all of our member workshifts, members will receive a \$25 rebate on the price of their membership for each shift worked. Please call or email if you would like to work any of these shifts; we will reply to confirm.

## 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	Weekly boxes only
Carrot	Yes	Yes	2+ wks	
Garlic	Yes or No	No	2+ wks	Cured garlic. Store dry, in or out of fridge
Kale	Yes	Yes	1 wk	Biweekly boxes only
Leek	Yes	Yes	1 wk	
Onion, Yellow	Yes or No	No	2+ wks	Cured onion with dryish papery outer layer – store dry, in or out of fridge
Lettuce	Yes	Yes	1 wk	
Radish, Beauty Heart	Yes	Yes	2+ wks	Root with pale skin, rosy red interior
Squash, Acorn	No	No	2 wks	
Squash, Buttercup	No	No	2+ wks	Large dark green squash with grey button on bottom. Large boxes only.

**Kale.** We are raising two kale varieties which can be used more or less interchangeably – some of you will receive 'Red Russian' kale – large leaves with reddish midveins. Others will receive Lacinato or Dinosaur kale – narrow, very dark bluish-green leaves with bumpy surfaces.

Kale is generally cooked, either steamed or sautéed. Aim to cook the kale until it is limp but still retains some texture. Steamed kale can be dressed with olive oil, lemon juice or vinegar, salt and pepper. Or sauté kale in oil or butter with onions and garlic. Garlic generally accompanies kale nicely. Kale can also be added to soups or stews towards the end of cooking time.

**Buttercup squash.** Some of you are receiving Buttercup squash this week; all should receive it in coming weeks. The dark orange flesh is delicious in soups, pies, and muffins. Many of the buttercups are dry fleshed now but will become creamier and sweeter if they are held for a few weeks before cooking.

**Beauty Heart Radish.** Peel the pale colored skin before you eat it, the interior is sweet and pungent, delicious raw or lightly cooked.

## Beets with Orange and Lemon Juice

About 1 lb beet roots  
 1 Tbsp unsalted butter  
 ¼ cup orange juice  
 1 Tbsp lemon juice  
 Salt and pepper

Roast the beets on a covered pan at 400 degrees until they are fork tender but not absolutely mushy. When the beets are cool enough to handle, rub the skins off and cube them.

Melt the butter in a pan, add the beets and cook over medium-high heat, stirring frequently, until the beets are coated with butter. Add the citrus juices and cook for several minutes until the juice thickens and reduces. Season with salt and pepper.