

Two Onion Farm

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Week of October 4, 2015

Field News



The frame of the new greenhouse is standing in our yard, looking like a whale skeleton. It is very exciting to see those arches! Slowly, as our time allows, we keep working on it: Chris and our wonderful neighbor, Lynn (71 years old and in great shape!) put up all the purlins on Sunday. Purlins are interconnecting metal pipes that connect all the arches for strengths and stability.

We dug into yet another carrot planting yesterday. We have 18 more beds to go! We planted a lot of carrots this year to supply a couple of stores in our area with our carrots through the winter.

We are distributing 5 varieties of apples this week. One of them, Florina, will only appear in some boxes, since the harvest was small. Another, Winecrisp (deep red fruit - sweet, juicy and firm), I do not have a picture of. I described the other varieties below. Enjoy the autumn bounty this week!

Have a great week,

Juli

Apples for Processing – We are offering #2 grade apples for sale. These apples have small defects but they are well suited for processing into applesauce, apple butter, cider, etc. If you are interested in ordering, please read more details here.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Apple	Yes	Yes	2+ wks	
Beauty Heart Radish	Yes	Yes	2+ wks	
Broccoli	Yes	Yes	1 wk	
Carrot	Yes	Yes	2+ wks	
Garlic	No	No	2+ wks	
Leek	Yes	Yes	2+ wks	
Lettuce	Yes	Yes	1 wk	Red or green oakleaf.
Onion	Yes	Yes	2+ wks	
Spinach	Yes	Yes	<1 wk	
Winter Squash	No	No	2+ wks	Acorn squash.

Buttercup squash – Our favorite winter squash variety! Buttercup tastes better after a period of curing which is why we haven't put this winter squash in your boxes until this week. Most often we simply roast buttercup in the oven after we halved it and scooped all the seeds out. Then we just eat it as is, or use the pureed squash in muffins, 'pumpkin' pies, etc.

Beauty Heart Radish - is 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. They keep for a long time in your fridge.

Broccoli with Onion and Mushroom

2 Tbsp butter or canola oil
1 small onion, minced
4 cups small broccoli florets and/or peeled, thinly sliced broccoli stems
1/4 lb mushrooms, sliced
1 clove garlic, minced
3/4 tsp thyme
1 Tbsp lemon juice
Salt and pepper to taste
Parmesan cheese (optional)

1. Heat butter or oil in a large skillet, add onion and saute until translucent.
2. Stir in broccoli, mushroom, garlic and thyme. Cook, over medium heat, stirring often, for about 5 minutes, or until broccoli is tender.
3. Remove from heat, stir in lemon juice, and salt and pepper. Serve warm with the optional Parmesan cheese on top.

Leftover Vegetable Soup

(One of our wonderful members contributed this recipe. It is a great way to rid the refrigerator of the vegetables at the end of the week.)

1. Start with any or all of the following: chopped onions, leeks, shallot, garlic. Sauté them for about five minutes in oil.

Enterprise – A smooth, glossy, mostly red apple with some yellow-green skin tones. Flavor is spicy and rich, and it sweetens in storage. The skin is a bit thick, so you might want to peel this apple before eating (we don't).

Liberty – A dark red apple with some stripes, Liberty is a juicy, crisp, aromatic apple. It doesn't retain its flavor for a long time in storage, though. It is a great apple for juice and cider making.

Suncrisp – The one apple you will surely recognize in your box! A juicy apple with a sweet, spicy flavor, Suncrisp stores very well.

Florina – A small to medium size, very crisp apple with a sweet flavor. It originates from France, and can also be called Querina. Not everyone will receive this apple.

2. Add any or all of the following: carrots, cut into rounds; diced celeriac; diced kohlrabi; green beans, cut into one inch pieces; cubed potatoes. Sauté about five more minutes, add up to 8 cups of water or broth depending on how much vegetables you have and how dense you like your soup, some red or white wine, and a bay leaf or two. Cover while you chop the rest of the vegetables.
3. Add any or all of the following diced or broken as appropriate: tomatoes, broccoli, cauliflower, cabbage, zucchini, summer squash, corn, bell pepper. Toss them into the pot and add about a teaspoon of salt or a generous squirt of tamari. Add fresh or dried basil or parsley if you like. Simmer.
4. Decide what you'd like to fill out the soup. Some options are: small pasta, rice, barley, dried lentils, or split peas. Depending on what you choose, cook separately as follows while the vegetables simmer:

- For pasta, boil water and cook pasta 2 minutes less than package instructions say to do. Add the drained pasta after the vegetables have simmered for at least half an hour.
- For rice, add equal amount of rice and water to a saucepan. Bring to a boil. Lower heat and cook until water is completely absorbed. Add

to vegetables after they have simmered for a least half an hour.

- For barley, add $\frac{1}{4}$ cup of dry barley to $1\frac{1}{2}$ cups of water. Cook for half an hour on medium heat. Add water and barley to the veggies in the soup.
- For dried lentils or split peas, cook $\frac{1}{2}$ cup of dried beans in 2 cups of water (after you've rinsed the beans thoroughly). Add the water and the beans to the soup pot after they've simmered for half an hour.
- Or try this combination: $\frac{1}{2}$ cup each of rice and lentils and $\frac{1}{4}$ cup of barley. Cook them all together in three cups of water for about half

an hour, then add the water, rice, lentils, and barley to the soup.

5. Now cook everything together for another half hour, stirring to keep the pasta or rice or barley from sticking to the bottom. Taste it. See if you want to add cumin, coriander, curry powder, chili powder, or dill. Add chopped spinach at the very end.

Kids' Corner



Hi,

Yesterday I folded boxes, then I picked spinach with my Dad and pulled carrots with Rachel.

~ Katie