

# Two Onion Farm

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## Week of October 5, 2014

**Thank you** for all who braved the chilly weather last Saturday and came to our first Member Event! The sun even shone on us a few times. It was very nice to meet many members whom we've only known through emails and phone calls before. It was also great to see many familiar faces: members who have been coming to our member workshifts and dear friends who have been supporting us from the beginning. We look forward to the next gathering in 2015!

Your boxes this week will again reflect the change in the weather. As you look through your box you will notice that fall crops abound. The time came when we happily turn the stove and oven on to make soups, stews, and roast squash and other vegetables! Have fun experimenting with beauty heart radish this week if this vegetable is new to you. We included a description of it in this newsletter along with a recipe. Look for more inspiring recipes on our [website](#). Most of the vegetables in your box will keep well in your fridge or on your kitchen counter for weeks (or months). Broccoli, lettuce and spinach need more immediate attention. We enjoyed Broccoli with Roasted Sesame Seeds yesterday at dinner (see recipe on next page). We are excited to have spinach on our table once again! This week's spinach comes from the hoophouse. We just covered the rest of the spinach beds with plastic on Monday to help them grow better on these cool, sunny fall days.

We harvested unusually large, beautiful celeriac (celery root) a month ago, in early September. This root crop generally stores through the winter into early spring with no problem. This year, however we discovered that the majority of the celeriac started rotting in our coolers. We barely had enough to distribute to our Madison members on Tuesday morning. We think that the celeriac was infested with bacteria in the field, but we did not see its signs at harvesting. We are sorry to say that we can't put celeriac into the Friday boxes. To make up for that we are sharing this week's small apple harvest. We just have enough to put a couple of apples into each box. The variety is Florina Querina, and it was bred at a research station in France. Its parentage includes Golden Delicious and Jonathan. We planted 5 Florina Querina trees three years ago because of its disease resistance. Like all of our apple trees, they are young and not yet producing a full crop. Yesterday we harvested about 4 bushels of them. Enjoy!

### In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Beauty Heart Radish	Yes	Yes	2+ wks	Round root with cream or pale skin and purple-red interior
Broccoli	Yes	Yes	1 wk	
Carrot	Yes	Yes	2+ wks	
Celeriac	Yes	Yes	2+ wks	Not in Friday boxes – crop failure
Garlic	No	No	2+ wks	
Lettuce	Yes	Yes	1 wk	Oakleaf
Onion, yellow	No	No	2+ wks	
Spinach	Yes	Yes	1 wk	
Winter Squash	No	No	2+ wks	Buttercup

**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.

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**Winter Vegetables.** Each year we offer extra winter storage vegetables such as carrots and onions for sale to our members. You can order these vegetables to receive at the end of the delivery season. This year we will offer carrot, onion, and butternut squash for sale. We are waiting to evaluate our harvests this week to determine whether we will also have extra beet, beauty heart radish, and cabbage available. Next week we will announce the availability of winter vegetables in our newsletter and on our website under the "Current Members" menu at the top of the page. At the time you'll be able to place an order using our online order form.

## Broccoli with Roasted Sesame Seeds

1 medium-large broccoli head (about 8-12 oz)  
2 Tbsp olive oil or peanut oil  
1 tsp red wine vinegar  
1/2 tsp salt  
2 Tbsp sesame seeds

Roast the sesame seeds in a small skillet, stirring frequently, until fragrant and beginning to change color. Set aside.

Cut the broccoli florets and stems into small pieces and steam or boil until bright green and just tender. If you boil the broccoli, drain thoroughly.

Toss the cooked broccoli with oil, vinegar, and salt. Sprinkle sesame seeds on top and serve warm.

## Celeriac, Carrot, & Beauty Heart Radish Salad

2 Tbsp walnut oil  
2 Tbsp lemon juice  
1 Tbsp honey  
1/2 tsp salt  
Black pepper to taste  
2 cups shredded carrots  
1 medium beauty heart radish, peeled and shredded  
1/2 cup peeled and shredded celeriac  
1/4 cup raisins  
1/4 cup chopped walnuts

Roast the walnuts over medium heat in a small skillet, stirring constantly, for several minutes, until they darken slightly and become fragrant.

Whisk oil, lemon juice, honey, salt and pepper in a large bowl. Add vegetables, raisins, and walnuts. Toss and combine.