

Two Onion Farm

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Week of October 6, 2013

For the last two years we've been delivering vegetables to Dubuque Rescue Mission. Many of our members donated to the Mission at the beginning of the year when they signed up for their CSA membership. This year's donations allowed us to deliver two large boxes to the Mission every week during the entire season, and an additional large biweekly box and a small weekly box during the autumn season. Thank you for your generosity! There are many weeks during our harvest season when we have an abundance of produce, and we can't fit it all into the CSA boxes. The Dubuque Rescue Mission is the destination of most of these extra vegetables as well. The Mission has a kitchen and a large dining room where anybody can have a free lunch every day of the week. We are very happy that our vegetables are part of this meal on a regular basis.

Mild, beautiful fall weather continues this week. We will harvest a lot of carrots for the last few weeks of the delivery season as well as the extra winter vegetable sale we offer to our members at the end of the season. Don't forget to order! You can read more about it at the end of this newsletter. We are also receiving delivery of several truckloads of compost which we will spread on our fields later in the fall to add nutrients and organic matter before next spring's plantings.

We are also preparing to plant garlic! Each year we select the largest garlic bulbs from our summer harvest as seed garlic to be replanted in the fall. Several CSA members will join us this Saturday to separate these seed garlic bulbs into approximately 12,000 individual cloves. Each clove can develop into a bulb to be harvested next year. We will plant our 2014 garlic crop sometime in the next few weeks.

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 green skin and purple-red interior
Broccoli	Yes	Yes	1 wk	
Carrot	Yes	Yes	2+ wks	
Garlic bulb	No	No	2+ wks	
Kale	Yes	Yes	1 wk	Lacinato (Dinosaur) kale
Lettuce	Yes	Yes	1 wk	Oakleaf
Onion, yellow	No	No	2+ wks	
Spinach	Yes	Yes	1 wk	Not in all boxes
Squash	No	No	2+ wks	Buttercup
Sweet Potato	No	No	2+ wks	

Winter squash – Everyone will receive buttercup squash this week. This sweet, orange fleshed squash is one of our favorites. Like any winter squash, you can cut it in half, scoop out the seeds, roast it, and eat it plain or with butter. Buttercups have dense, flavorful flesh which is excellent in soups. Cooked buttercup squash is also a good replacement for pumpkin pie filling in bread, muffin, or pie recipes.

Sweet potato – There is a huge variation in size among our sweet potatoes. This is very typical. We graded the sweet potatoes into large, medium and small sizes, and each box only contains one size of potatoes which will cook uniformly. If you receive a gigantic one, and you want to bake it, cut it into 2 or 3 smaller pieces to save on baking time.

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.

This week's recipes from Local Thyme:



Crispy Tuscan Kale

1 bunch Lacinato Kale
3-4 Tbsp Extra Virgin Olive Oil
Salt
Red Pepper Flake

1. Preheat oven to 250°. Remove bottom stems from kale. Toss with generous drizzle of oil and salt and crushed red pepper flake to taste. Lay leaves out in single layer on baking trays and slow roast until dried and crispy, about 30-35 minutes. Allow to cool a little, then serve.

Roasted Buttercup Squash with Sage Brown Butter

1 Buttercup Squash, peeled, seeded and diced
2 Tbsp Olive Oil
Salt and Pepper
2 Tbsp Butter
24 Sage Leaves
2 cloves Garlic, minced

1. Preheat oven to 425°. Toss the squash with oil, salt and pepper, and spread in a single layer on a baking tray. Bake until tender and browned, turning once 1/2 through, about 30-40 minutes. Meanwhile, melt the butter in a small pan, and fry whole sage leaves until crispy and butter begins to brown. Add in garlic and cook for about 30 seconds longer. Drizzle sage and butter over squash and serve.

We are offering bulk quantities of carrots, onions, squash, and other winter storage vegetables for sale to our members. You can order these vegetables and pick them up at your usual delivery site near the end of the delivery season. For a list of available vegetables and instructions on how to order, see <http://www.twoonionfarm.com/index.php/current-members/winter-vegetables>.