

Two Onion Farm

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Temperatures have continued to cool down. Last week we harvested the last of our winter squash, peppers and tomatoes before the frosts of this past weekend. The hardiest vegetables, such as spinach and carrots, are continuing to slowly grow towards maturity, some of them protected under fabric covers or inside plastic-covered tunnels to keep them warmer and speed growth.

Substantial rain is forecasted for the coming weekend, and we are trying to complete a lot of fall tillage and other fieldwork this week while the soil is still dry and workable. 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. Weather permitting, we will plant our 2013 garlic crop next week, around Oct 16-19. 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 on Saturday the 13th to separate these seed garlic bulbs into approximately 12,000 individual cloves and we hope to plant these cloves next week. Each clove can develop into a bulb to be harvested next year.

Organic produce in this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
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	Oakleaf
Onion	No	No	2 wks	
Potato	No	No	2+ wks	Store in a dark dry place!
Spinach	Yes	Yes	1 wk	
Squash, Winter	No	No	2+ wks	Buttercup

Potatoes. Potatoes are the only vegetable which we include in your boxes that we do not raise ourselves. These certified organic potatoes were grown by the good people at Driftless Organics in Soldiers Grove, WI. We've turned to them because they have the specialized tools (and the expertise!) to efficiently and economically raise high quality spuds. We'll be including their potatoes in most of your boxes over the coming weeks.

Spinach. We are harvesting the first spinach of the autumn. The plants which are picking from this week will regrow, and we have an additional, later planting of spinach which is still small and growing. We are planning to

include this fall favorite in your boxes several more times.

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.

Macaroni and Cheese with Squash, Bacon, Onion, & Apples

This recipe is from an employee.

8 oz whole grain elbow macaroni
1 cup cooked butternut or buttercup squash
1/4 cup + 2 Tbsp evaporated milk
1/4 cup chicken or vegetable broth
1 oz low fat cream cheese
1 tsp salt
1/2 cup shredded cheddar cheese
1 Tbsp butter
1/2 cup thinly sliced onion
1 large crispy apple, chopped or grated
4 Tbsp crumbled bacon

Heat butter in a skillet over low heat. When melted, add onions and let caramelize for at least 30 minutes for the best flavor. Keep heat on low/low-medium.

Cook the pasta according to directions. Drain and return to pan over low heat. Add butternut squash, chicken broth, evaporated milk, and cream cheese. When combined, add in salt.

Add onions and apples to the pasta. Stir to combine and add a tablespoon more broth or milk if needed.

Just before serving, mix in cheese and stir until melted. Top each serving with 1 tablespoon bacon.

Potato Leek Soup

butter
3 cups cleaned, sliced leeks
1/4 of a celeriac root, minced (optional)
1 1/2 tsp salt
black pepper
a few sprinkles each of marjoram and thyme
3 medium potatoes, cut in 1/2 inch cubes
4 cups water
1/4 cup half and half

Sauté leeks, celeriac, salt and pepper in butter until leeks are tender. Add herbs and potatoes and sauté a few minutes more. Add water and simmer until potatoes are soft. Puree the soup in a food processor to desired texture – we prefer to leave it a little chunky. Return soup to pot, add half and half, and warm up. Adjust salt and pepper if needed. Serve with crackers or croutons.

Recipes from past newsletters:

[11/12/2006](#) Orange Spiced Squash
[9/26/2010](#) Roasted squash with garlic and parsley (For butternut or buttercup squash)
[10/3/2010](#) Roasted Squash-Apple Soup
[10/24/2005](#) Winter Squash with Sage and Onion
[10/24/2005](#) Cranberry Walnut Squash Muffin
[10/11/2009](#) Indian Squash Pea Soup
[10/2/2011](#) Oat Bran and Squash Texas Muffins