

Two Onion Farm

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Week of October 9, 2016

Field news

On Saturday morning 7 members joined Chris and our daughter, Panka to 'pop garlic'. They separated garlic bulbs into individual cloves, getting them ready for planting later this month. I had to miss out on the last member work shift of the year; I was driving children to and from activities.

The crew separated around 8,000 cloves; the rest we will finish after Chris' thumbs recover from this activity. We very much enjoy working alongside our members. It is always delightful to see people come back year after year to help us, and to meet new members. Thank you for your help and we look forward to working with you next year!

Last Friday night the first light frost arrived. We did not expect it, and were a bit worried, because there were still some butternut squash ripening in the field. Winter squash is very sensitive to frost, and does not tolerate it at all. A walk in the field later that day revealed that the frost was indeed very light, and it did not damage the winter squash. We will harvest the remaining ones this week. Have a great week! ~ Juli

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	
Lettuce	Yes	Yes	1 wk	Oakleaf
Onion	No	No	>2 wks	
Potato	No	No	2 wks	From Driftless Organics by Soldiers Grove.
Radish	Yes	Yes	>2 wks	Beauty heart radish
Squash, Winter	No	No	>2 wks	Buttercup squash

Beauty Heart Radish - is one of our favorite veggies. 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 - When a head of broccoli is cut from the center of the plant, the plant will branch out and grow smaller heads of broccoli; we call these side shoots. They look and taste like the

large, central heads of broccoli. This week we harvested some of them, so we can give out a good portion of broccoli to every box. Some members will find several side shoots in their boxes.

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.

Apples

Members with apple shares will receive: **Florina** - (Also called Querina). This modern French variety is juicy and sweet with a pronounced aroma. Florina is a medium-to-large-sized apple. Its color is dark red with a yellow background and conspicuous small whitish spots. Its parents include Golden Delicious, Jonathan and Rome Beauty.

Liberty - A very dark red, almost purplish apple, Liberty is juicy, crisp, and aromatic. It has a very nice sweet-tart, slightly spicy flavor.

Kids Corner



Hi!

Last week we harvested the last peppers of the year. We picked them for the last time on Thursday. That afternoon my dad mowed them down and tilled them in.

I've been helping with pepper harvest for several years now, and although I like peppers a lot, by now I'm a little tired of them.

Katie, on the other hand, loves peppers and would eat them all the time if she could. She's always sad when pepper season comes to a close, and this year was no exception. We had a big bag of peppers in the fridge, some of which were for Katie to eat (there's only one left by now), and the rest were to be frozen. We don't usually freeze peppers, so this was a bit of an experiment. It appears to have worked well, because on Sunday Katie tasted the frozen peppers and declared that they tasted like "pepper flavored ice cream". I don't know about you, but personally I think I'll pass.

~Panka

Broccoli with Garlic Butter and Almonds

(A very tasty side dish - the flavors burst in your mouth!)

- 1 1/2 lbs broccoli, cut into bite size pieces (florets and stems as well)
- 1/3 cup butter
- 1 Tbsp brown sugar
- 2-3 Tbsp soy sauce
- 2 tsp red wine vinegar
- 1/4 tsp black pepper
- 2 cloves garlic, minced
- 1/3 cup chopped almonds

1. Steam broccoli until tender but still crisp. Drain and arrange broccoli on serving platter.
2. Melt butter in a small skillet over medium heat. Mix in brown sugar, soy sauce, vinegar, pepper and garlic. Bring to boil, then remove from heat. Mix in almonds, and pour sauce over broccoli.

Cranberry Walnut Squash Muffin

- 3 1/2 cups flour
- 2 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1 tsp cinnamon
- 1 tsp nutmeg
- 1/4 tsp ginger
- 3/4 cup sugar (or maple syrup)
- 1 cup oil
- 4 eggs
- 2/3 cup water
- 2 cups baked squash
- 3/4 cup chopped walnuts
- 1 cup cranberries, chopped

1. Preheat oven to 350 degrees. Mix first 8 ingredients in a large bowl.
2. Mix oil, eggs, water and squash in a separate bowl. Add wet ingredients to dry ingredients, and stir together. Add walnuts and cranberries, and mix.
3. Spoon batter into muffin tins and bake at 350 degrees until a toothpick inserted into center comes out dry, about 25-30 minutes. Makes about 16-18 large muffins.