

# Two Onion Farm

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## Week of September 1, 2013

### 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	
Cauliflower	Yes	Yes	1 wk	
Cucumber	Yes	Yes	1 wk	
Cherry tomato	?	No	<1 wk	
Garlic bulb	No	No	2+ wks	
Kohlrabi	Yes	Yes	1-2 wks	
Lettuce	Yes	Yes	1 wk	Summercrisp
Onion	No	No	2+ wks	
Parsley	Yes	Yes	<1 wk	
Pepper, red	Yes	Yes	1 wk	Sweet, red Italian
Squash, Acorn	No	No	2 wks	
Tomato	?	No	1 wk	Red and/or pink slicing tomato

**Welcome to autumn season members!** Many of our autumn season members are receiving their first delivery this week. We hope you will enjoy sharing in our fall harvests.

**Electronic newsletters.** We email our newsletter to reduce paper waste. Paper newsletters are available on the clipboard at each delivery site. Anyone who receives email newsletters can opt out by contacting us at farmer@twoonionfarm.com; 608-762-5335.

**Return your boxes.** Please break down your box carefully and remember to return it to the pickup location when you pick up your next box. Instructions for breaking down your box (without tearing it!) are online at: <http://www.twoonionfarm.com/index.php/current-members/csa-deliveries/break-down-your-box>.

**Farm tee shirts.** We have farm tee shirts available – you can order one or receive one for free if you submit three recipes for our newsletter. See <http://www.twoonionfarm.com/index.php/current-members/farmteeshirts> for details.

**Paste tomatoes.** We are currently offering paste (Roma) tomatoes for sale. These are suitable for canning or freezing. You can order tomatoes to receive next week – see <http://www.twoonionfarm.com/index.php/current-members/pastetomatoes> for details and information on how to order.

**Cauliflower** – One of our favorite ways to prepare cauliflower is to separate the head into small flowerets, place them in an oiled baking sheet, season with salt and pepper and bake in the oven on 350F until they are slightly brown and tender, perhaps 35-40 minutes, turning once.

### **This week's recipes from Local Thyme:**



#### **Acorn Squash and Caramelized Onion Pizza**

- 1 Acorn Squash
- 1/2 cup Extra Virgin Olive Oil
- 1/2 pound Bulk Italian Sausage, optional
- 2 cups Onion, sliced thin
- 1 pinch Baking Soda
- 1 bag Pizza Dough, enough for two 12 inch pies
- Salt and Pepper, to taste
- 1 1/2 cups Fontina Cheese, grated
- 3 sprigs Thyme leaves, chopped (optional)

1. Preheat oven to 375°. Slice acorn squash in half crosswise, and scoop out the seeds and pulp. Rub a little olive oil on the cut sides of the squash, and sprinkle with salt. Place the acorn squash, cut sides up, on a roasting pan, and roast in the oven until tender, about 45-50 minutes. Remove from the oven and allow to cool slightly. Scoop out the cooked flesh from the skins, and place the cooked flesh in a mixing bowl. Use a mixer to mash the squash, and season with salt and pepper, and 3 tablespoons of olive oil. Mix until smooth and fluffy.

2. Meanwhile, if using sausage, cook in a skillet over medium heat just until just cooked through. Do not overcook because it will finish cooking on the pizza. Transfer to paper towel and reserve. Wipe out the pan, and add 2 tablespoons of olive oil, the sliced onions, and the baking soda. Keep the heat to medium-low, and stir the onions every 5-10 minutes so they cook down very slowly, and gently caramelize. Cook for 30 minutes, or so until they are very soft and a light caramel color.

3. Preheat the oven to 500 and preheat a pizza stone, if you have one. Stretch out pizza dough to two medium pizzas, brush with olive

oil, and pre-bake for 5 minutes. Remove from oven, and spread each pizza with half of the acorn squash purée, and sprinkle with fontina cheese, caramelized onions, sausage (if using), and thyme leaves. Return pizzas to oven and cook for another 5-7 minutes, until pizza crusts are brown and cheese is bubbly.

#### **Parmesan Roasted Kohlrabi**

- 4 bulbs Kohlrabi, peeled, sliced into 1/4" circles
- 2 tablespoons Olive Oil
- 2 cloves Garlic, minced
- Salt and Pepper, to taste
- 1/3 cup Parmesan Cheese, grated

1. Preheat oven to 450° F. Toss kohlrabi with olive oil, garlic and a little salt and pepper. Spread in a single layer on a baking sheet and roast for about 15 minutes, stirring occasionally.

2. Sprinkle the cheese over the kohlrabi, then bake another 5 minutes and serve.

#### **Recipes : Local Thyme**

This year we've partnered with Local Thyme CSA recipe service in Madison. Each week Local Thyme will provide two recipes which we will include in our newsletter.

You can also login in to Local Thyme's website to access additional information:

- Searchable database of chef-tested, seasonally-based recipes
- Vegetable ID with pictures of typical CSA produce and storage info
- Cooking support, tips and tricks and more

To view this information on the Local Thyme website, you'll need to create an account there. Go to [LocalThyme.net/register](http://LocalThyme.net/register), and use the code: TWOONIONFA. We've paid an annual fee so that registration is free for Two Onion farm CSA members.

#### **Recipes: Two Onion Farm**

You can also visit our website [www.twoonionfarm.com](http://www.twoonionfarm.com) to view the recipes which we developed and published in our newsletters from 2005-2012.