

Two Onion Farm

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Week of September 11, 2016

Field news

Butternut squash harvest went well last Thursday, and we picked over 800. We will go back in a few weeks and harvest some more. The winter rye came up well in the field, and soon there will be a lush green cover in many places. Winter rye is our cover crop for the winter. We plant it because we don't want to have bare fields for many months. Cover crops prevent soil erosion while they are growing, and they will add organic matter to the soil when we mow them down and incorporate them in the spring.



This week we will be busy getting ready for the Member Event. We will mow, trim and weed, move away accumulated junk, etc. to make our farm as pretty as can be. We hope many of you will come! It will be fun, and weather looks very nice for Saturday.

Broccoli is yielding well this week. This is their time to shine. The cool nights and warm, but not hot days favor this wonderfully versatile vegetable. The tomatoes, on the other hand, can't ripen in the same conditions, and this will be the last week for them. Thus, in our seasonal eating adventure we have come to a new chapter again.

Have a great week and see you on Saturday!~ 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	
Cauliflower	Yes	Yes	1 wk	Not in all boxes
Cucumber	Yes	Yes	1 wk	
Garlic	No	No	>2 wks	
Lettuce	Yes	Yes	1 wk	Oakleaf
Onion	No	No	>2 wks	
Pepper	Yes	Yes	1 wk	Carmen (a red, sweet pepper)
Potato	No	No	>2 wks	Red potato from Driftless Organics.
Tomato	No	No	1 wk	
Squash, Winter	No	No	>2 wks	Acorn squash

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 expertise!) to efficiently and economically raise high quality spuds.

Lettuce - In the fall we grow oakleaf lettuce. True to its name, the individual leaves of oakleaf lettuce are deeply lobed and shaped like the leaves of oak trees. Aphids like to move into our fall lettuce planting. We wash each head twice to remove as many of them as possible, but there will still be some clinging to the leaves. A thorough rinse will wash the last aphids away.

Carmen - is the red pepper variety we've been growing for many years. It is very sweet. We like to eat it raw - as a finger food or sliced into salads and sandwiches. It is a favorite pizza topping in our house and makes into the fajita recipe below.

Apples

Members with apple shares will receive **Priscilla**: a juicy, mid-season apple with an interesting licorice flavor. The bottom of this apple protrudes a bit.

Kids Corner



Hi! I can't wait to get my face painted this Saturday at the member event!
- Katie

Broccoli with Roasted Sesame Seeds

1 large broccoli head (about 12 oz)
2 Tbsp olive oil or peanut oil
1 tsp red wine vinegar
1/4 - 1/2 tsp salt
2 Tbsp sesame seeds

1. 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.
2. Toss the cooked broccoli with oil, vinegar, and salt. Sprinkle sesame seeds on top and serve warm.

Potato Salad

(A nicely seasoned variation on traditional potato salad. Double the recipe for a meal.)

3 medium potatoes, chopped into bite-sized pieces
1 hard boiled egg, chopped
1/2 sweet pepper, diced
1/4 cup finely minced onion
1/2 cup finely minced parsley
1 1/2 tsp dried dill
1 tsp salt
Pepper to taste
2 or 3 Tbsp cider vinegar
1 tsp dry mustard
1 tsp tarragon
1 Tbsp prepared horseradish
1/4 to 1/2 cup mayonnaise
1/4 to 1/2 cup yogurt

1. Cook potato in salted water until just tender. Strain and put them in a large bowl. Pour vinegar on them, and gently mix. Let potato marinade for a few hours.
2. Mix in rest of the ingredients, chill, and serve cold.