

Two Onion Farm

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Week of September 13, 2015

Wonderful Time at the Member Event



Thank you all who came to our member event last Saturday! There were over 100 members on the farm digging carrots, pulling radishes, taking a farm tour with Chris, getting their faces painted (I got mine painted, too!), and enjoying the music while having supper with us. For us the highlight of the day was to meet many of you for the first time and to see familiar faces again. It was wonderful to talk to people who eat our vegetables and get to know them better. Thank you again for coming! We look forward to seeing you and many others again next year.

Have a great week,

Juli

Field News

Yesterday we harvested a record number of red peppers for today's boxes. It was the third biggest harvest in 11 years. This is the last week for tomatoes; the vines are dying of early blight. We are turning our attention towards fall vegetables instead.

Apples are in your box again this week! The two varieties are described below. Enjoy them!

Yesterday we harvested the sweet potato crop. It is amazing how many oddly shaped ones we find. The sweet potatoes are curing in the packing shed right now. We will distribute them in the coming weeks.

Apples for Processing – We are offering #2 grade apples for sale. These apples have small defects but they are well suited for processing into applesauce, apple butter, cider, etc. If you are interested in ordering, please read more details [here](#).

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Apple	Yes	Yes	2 wks	
Broccoli	Yes	Yes	1 wk	
Carrot	Yes	Yes	2 wks	
Cauliflower	Yes	Yes	1 wk	Not in every box.
Garlic	No	No	2+ wks	
Kale	Yes	Yes	1 wk	In some boxes every week.
Lettuce	Yes	Yes	1 wk	Red or green oakleaf.
Onion	Yes	Yes	2+ wks	
Pepper	Yes	Yes	1 wk	Sweet red Carmen.
Potato	No	No	2+ wks	Store in dark place.
Tomato	No	No	<1 wk	
Winter Squash	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.

Cauliflower - Cauliflower matures unevenly. It is not unusual for cauliflower plants of the same variety, planted on the same day, to mature over a 2-3 week period. A lettuce

planting, by contrast, typically matures all within 4-7 days, and a broccoli planting within 7-10 days.

Crimson Gold – A tart, mid-season apple. We only have a few trees of this variety.

Priscilla – Another juicy, mid-season apple with an interesting licorice flavor. The bottom of this apple protrudes a bit, as opposed to the smoother, round bottom of Crimson Gold.

Broccoli stir-fry with sesame

(A nice side dish.)

- ¼ cup vegetable or chicken stock
- 1 ½ tsp soy sauce
- 1 ½ tsp sesame oil
- 1 ½ tsp sesame seeds
- 2 tsp peanut oil
- About ¾ lb broccoli florets, broken into bite sized pieces.
- 1 clove garlic, crushed or minced
- 1 ½ tsp minced fresh ginger

1. Combine stock, soy sauce, and sesame oil in a bowl and set aside. You can make the whole dish in one large skillet. Start out by cooking the sesame seeds in over medium heat, stirring frequently, until the seeds are lightly browned, just a few minutes. Put them aside in a small bowl.

2. Add 1 ½ tsp of the peanut oil and heat over high heat for about a minute, until the oil is shimmering. Add broccoli florets and stir-fry for 30 seconds to a minute, until the oil coats the broccoli. Make a space in the middle of the skillet and add garlic, ginger and remaining ½ tsp peanut oil. Cook about 30 seconds, until the ginger and garlic are fragrant, then stir them into the broccoli.

3. Add stock, soy sauce, and sesame oil mixture to pan and cook covered over medium heat

until broccoli is just tender, about two minutes. If desired and needed you can remove the cover toward the end of the cooking to reduce the liquid. Stir in sesame seeds and serve hot.

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 hardboiled egg, chopped
- ½ sweet pepper, diced
- ¼ cup finely minced onion
- ½ cup finely minced parsley
- 1 ½ 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
- ¼ to ½ cup mayonnaise
- ¼ to ½ 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.

Kids' Corner



Hi,

Yesterday I saw a sweet potato shaped like a snowman.

~Katie