

# Two Onion Farm

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## Week of September 14, 2014

**The weather** turned cold suddenly last week. On Thursday and Friday the temperature reached record lows in Wisconsin. We even anticipated a possible frost, so hurriedly harvested all ripe butternut squash one afternoon. The yield was excellent, and over 1500 butternut squash are curing in our shed. We grow 4 different kinds of winter squash on our farm. You've been enjoying acorn squash the last few weeks. It is one of the earliest ripening winter squash varieties. This will be the last week for them to be in your boxes. We are also packing another variety, Jester, this week. Jester looks like a delicata squash. We grow a small amount of it. We also grow buttercup and butternut squash. Both are larger squash with stronger taste and longer shelf life than acorn squash. Our family's favorite is the buttercup. We love its moist, sweet taste, and we usually enjoy it simply baked in its shell. We will start distributing it next week.

The last summer vegetable in your box this week is pepper. In this cold weather cucumbers and tomatoes stopped ripening. A bit prematurely, but we turn our attention to all that autumn can offer to us: broccoli, cauliflower, winter squash, lettuce, etc.

Farm work also shifts when fall arrives. We stop weeding (mostly) and spend more time harvesting. Besides the butternut squash planting we also dug up all the sweet potatoes last week. This week we will harvest the first Beauty heart radish planting (a.k.a. watermelon radish), then move on to the beets. The only seeds left to plant this year are for covering the soil over the winter to prevent erosion. We planted winter rye for cover crop in many beds last week. The rye is up and growing fast. We also clean up the field, take down trellises, and spend many hours cleaning onions and garlic.

### In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	
Cauliflower	Yes	Yes	1 wk	
Carrot	Yes	Yes	2+ wks	
Garlic	No	No	2+ wks	
Lettuce	Yes	Yes	1 wk	Oakleaf
Onion, yellow	No	No	2 wks	Ailsa Craig or storage onion
Pepper	Yes	Yes	1 wk	Red Italian
Potato	No	No	2 wks	Store in dark, dry place
Winter Squash	No	No	2 wks	Acorn squash and/or Jester

**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.

## Tangy Acorn Squash

A dish with a nice, citrusy taste. The flavor of squash improves the longer it marinates.

2 Acorn or Jester squash  
4 Tbsp butter or vegetable oil  
1/4 – 1/2 cup lemon juice  
1 cup orange juice  
2 cups water  
1/2 cup firmly packed brown sugar  
1/2 tsp ground nutmeg  
1/4 tsp cinnamon  
1/8 tsp ground cloves  
1 1/2 tsp salt

1. Preheat oven to 400 degrees. Quarter each squash and remove seeds. Place sections in a 10x12-inch baking pan, cut side up.
2. In a small saucepan combine the rest of the ingredients. Bring to a boil over medium heat, stirring occasionally. Pour sauce over squash and cover with foil.
3. Bake approximately 45 minutes or until squash is fork-tender. Remove from oven; discard foil and allow squash to cool. You can either serve it now or, for best taste, store squash in cooking liquid for 24hrs in your refrigerator to marinate. Reheat in 350-degree oven for 10 minutes or until just heated through.

## Sautéed Broccoli

2 Tbsp olive oil  
1-2 cloves garlic, chopped  
Pinch of red pepper flakes  
1 broccoli, florets separated into bite-size pieces, stalk sliced  
1/4 cup low sodium chicken broth  
1/4 tsp salt, or more to taste  
Black Pepper

1. Heat olive oil in large skillet on medium heat. Add garlic and red pepper flakes and cook, stirring, for 30 seconds until fragrant.
2. Stir in broccoli and cook until broccoli is bright green, about 3 minutes. Add the chicken broth and season with salt and pepper and cook until just tender, about 3-5 minutes. Taste and adjust seasoning if needed, then serve.

## Broccoli with Garlic Butter and Almonds

1-1/2 lbs broccoli, cut into bite size pieces  
1/3 cup butter  
1 Tbsp brown sugar  
2-3 Tbsp soy sauce  
2 tsp white vinegar  
1/4 tsp black pepper  
2 cloves garlic, minced  
1/3 cup chopped almonds

Steam broccoli until tender but still crisp. Drain and arrange broccoli on serving platter.

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.