

# Two Onion Farm

Chris & Juli McGuire • 19638 Cottage Inn Road, Belmont, WI 53510  
farmer@twoonionfarm.com • (608) 762-5335

---

## Week of September 15, 2013

Our winter squash harvest went well last week, and now we have acorn, Jester, buttercup and butternut squash in storage. We can usually harvest at least twice from the same planting, because one squash plant has many fruits, and they don't mature at the same time. Only butternuts now remain in the field, and if frost stays away for a couple of weeks we will finish harvesting them as well. This week we will include acorn and/or Jester in your boxes. You've been receiving acorn squash in the last two weeks. They mature first in the field and have a shorter storage life than the other squash varieties. We like to bake and stuff them. Jester is an oblong squash; its skin is either ivory or yellow with parallel green and/or orange stripes running lengthwise. It tends to be sweeter than acorn squash. It's very tasty baked with a little butter on top. Some of us like to drizzle a bit of maple syrup on it.

Only tomatoes and peppers remain from the summer vegetables in your boxes. The mighty tomato hornworms took residence among our tomato plants a couple of weeks ago, and every day we see the result of their insatiable appetite: naked branches and chewed-up green tomatoes. I call them mighty because of their size: the older caterpillars can easily reach 6" and are as fat as my thumb. Thankfully they appear in late summer, and the green fruit they eat would most likely never mature before the first frost. Thus we live in peace side by side and eat from the same plant. Last year they appeared a lot earlier, probably because of the very warm spring. We found them in our hoop house in mid-July, feasting on cherry tomatoes. Needless to say, I was not as cool and collected about them as I am this year!

### 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 bulb	No	No	2+ wks	
Kale	Yes	Yes	1 wk	
Lettuce	Yes	Yes	1 wk	Oakleaf
Onion, yellow	No	No	2+ wks	
Pepper, red	Yes	Yes	1 wk	Sweet, red Italian
Squash	No	No	2 wks	Acorn and/or Jester
Tomato	?	No	1 wk	Red and/or pink slicing tomato

**Winter Squash** – We discussed the types of squash you are receiving in this box. Here are some great stuffed acorn squash recipes from past newsletters:

Southwestern Stuffed Squash (with sausage, beans, and tomatoes) - [Sept 14 2008](#)

Stuffed Acorn Squash (with bread crumbs, veggies, and herbs) - [Sept 13 2009](#)

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



**Marinated Raw Kale Salad**

- 1 cup Mushroom, Button or Shiitake, stems removed, sliced thin
- 1/4 cup Lemon Juice
- 1/4 cup Soy Sauce
- 1 bunch Kale, washed, stems remove, shredded thin
- 1/2 lb Carrot, optional, julienned, or shredded
- 1/2 cup Sesame Seed, toasted
- 1/2 cup Extra Virgin Olive Oil
- 1/3 cup Orange Juice, fresh
- 2 1/2 tablespoons Soy Sauce
- 2 1/2 tablespoons Rice Vinegar
- 1/2 tablespoon Toasted Sesame Oil
- Salt and Pepper, to taste

1. In a small bowl, toss sliced mushrooms with 1/4 cup lemon juice and 1/4 cup soy sauce. Set aside.
2. In a large bowl, make the marinade by whisking together the olive oil, orange juice, 2 1/2 tablespoons each of soy sauce and rice vinegar, and sesame oil.
3. Add the shredded kale, carrots and cucumber to the large bowl with the marinade. Drain mushrooms and toss them to the kale mixture. Add salt and pepper to taste. Top with toasted sesame seeds.

**Cream of Broccoli Soup**

- 1 tablespoon Butter
- 1/2 cup Onion , chopped
- 1 Potato , peeled, chopped
- 6 cups Chicken or Vegetable Stock
- 1 head Broccoli , chopped
- 1/4 cup Cream
- 1/4 teaspoon Nutmeg , grated

1. Melt butter in heavy soup pot, sauté onion until translucent, about 6 minutes. Add potato, chicken stock and broccoli. Bring to a boil, reduce heat and simmer about 20 minutes until veggies are tender.
2. Transfer soup in small batches to a blender and puree until smooth.
3. Return soup to pot, add cream, nutmeg, and simmer on low until warmed through. Season to taste with salt and pepper.