

Two Onion Farm

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Field news

Thank you all who came out to our farm last Saturday! Carrot digging and face painting (and the cats!) were a hit among the children. We enjoyed showing people around the farm and visiting with members, old and new. It was wonderful to talk to people who eat our vegetables and get to know them better. We hope to see you here again next year!

Leeks and potatoes are in your boxes this week. With all the rainy weather coming what better thing to do than cook them up in a batch of soup!

Have a great week, ~ 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	
Leek	Yes	Yes	>2 wks	
Lettuce	Yes	Yes	1 wk	Oakleaf
Onion	No	No	>2 wks	
Pepper	Yes	Yes	1 wk	Carmen and/or bell peppers
Potato	No	No	>2 wks	Red potato from Driftless Organics.
Squash, Winter	No	No	>2 wks	Acorn and/or buttercup 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.

Leek - is one of our favorite fall vegetable. It has a mild, onion-like flavor. You can substitute leeks for onions in many recipes and appreciate the change in taste. Leeks can be eaten raw, but are usually cooked. Generally the white portion of the leeks and the lowest portion of the green leaves are eaten. Cleaning leeks can be tricky, because soil is often trapped in the bases of the leaves. We do our best to clean them here at the farm but you may find more dirt inside as you peel and chop. Here's what we recommend for washing them: start by chopping off the green tops, if any, to within 2 inches of the white portion. Then peel off the outer layer if it has turned slimy or brown, which happens naturally as the leeks age. Now slice the leeks and place them in a colander. Rinse the leeks under running water to wash the dirt away.

Apples

Members with apple shares will receive

Priscilla - A juicy, mid-season apple with an interesting, slight licorice flavor. The bottom of this apple protrudes a bit.

Novaspy - Novaspy is very similar to Northern Spy with a tart and slightly astringent apple flavor. Flesh is crisp and moderately juicy. This apple was bred in Nova Scotia; Golden Delicious and Red Spy are among its parentage line.

Crimson Gold - A tart, mid-season apple. Crimson Gold has crisp light yellow flesh which is coarse, but quite firm and very juicy. The texture is very satisfying, breaking cleanly into crunchy chunks. Our son Andrew's favorite apple.

Crimson Crisp - Small to medium size apple. The color is very bright mid-range red over yellow. Crimson Crisp has an extremely crisp texture and a very good, rich flavor - sweet/sharp and spicy.

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 Leek Soup

butter
3 cups cleaned, sliced leeks
1/4 of a celeriac root, minced (optional)
1 1/2 tsp salt
black pepper
a few sprinkles each of marjoram and thyme
3 medium potatoes, cut in 1/2 inch cubes
4 cups water
1/4 cup half and half

1. Sauté leeks, celeriac, salt and pepper in butter until leeks are tender. Add herbs and potatoes and sauté a few minutes more. Add water and simmer until potatoes are soft.
2. Puree the soup in a food processor to desired texture - we prefer to leave it a little chunky. Return soup to pot, add half and half, and warm up. Adjust salt and pepper if needed. Serve with crackers or croutons.

Kids Corner



Three weeks ago I started telling you about how we scout for pests in our apple orchard. Traps with lures and sticky sheets work fine for many insects, but one pest, a small (6mm) fly called an apple maggot, requires a different approach.

The female apple maggot fly punctures the apple to deposit her egg underneath the skin, causing the apple to have a dimpled, lumpy surface with brown trails underneath from the larva's feeding. Apple maggots lay their eggs from late June to the end of August. They generally attack the reddest fruits they can find.

In late June we hung bright red apples (from the supermarket) on the trees, and covered them in a layer of gunk (an organic, sticky substance). The idea is that the female apple maggot would land on the gunk-covered apple intending to lay her eggs there, but instead gets stuck and is unable to fly away.

We hung these gunk-covered apples on every tree in the orchard, and I marked a few which I would check for apple maggot flies every day (checking every single one would have taken me hours).

This sounds great so far, doesn't it? Except for a few things:

- What happens when you hang an apple in the sun?
- It rots.
- What attracts a house fly more than a rotting piece of fruit?
- Nothing.

Therefore, the traps were soon covered in house flies, and I didn't catch a single apple maggot all summer long. (sigh) (My Dad says

this is a good thing - it means we did not have any apple maggot flies in the orchard this year!)

Oh, and one more thing I forgot. The material we slathered on the traps is very sticky. I wore rubber gloves to protect myself, but every now and then I'd get some on myself, and believe me, this stuff is very hard to wash off!

Because the traps rotted so fast, next year we'll use red rubber balls and cover those with gunk instead. I think that will be much better. Don't get me wrong. I really enjoy checking the traps (not joking), and I look forward to doing it again next year. But I'm glad I won't have to deal with those rotten apples anymore, because I've had enough of that to last a lifetime!~ Panka