

# Two Onion Farm

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## Week of September 20, 2015

### Field News



We are busy harvesting lots of fall crops. These vegetables (carrots, winter squash, fall cabbage, celeriac, etc.) store well for a long time under proper storage conditions. We harvest them in large quantities when they are mature and store them in our walk-in coolers or in a dry, cool place (winter squash) until we distribute them among our members. Yesterday we harvested the last of the butternut squash. We have all the winter squash in storage now. We also picked our red cabbage planting. This week we will harvest more carrots and apples.

In addition to harvesting we will spend much of our time cleaning out hoopouses and the field. We will also continue working on our new greenhouse. We look forward to spending this sunny, warm autumn week outside.

Have a great week,

Juli

**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
Broccoli	Yes	Yes	1 wk	
Carrot	Yes	Yes	2 wks	
Cauliflower	Yes	Yes	1 wk	Not in every box.
Celeriac	Yes	Yes	2+ wks	
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.
Sweet Potato	No	No	2+ wks	
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.

**Celeriac** - Celeriac is one of our favorite fall root vegetables. Its flavor is very similar to celery, and you can generally use celeriac in place of celery in any recipe. You should peel the rough skin off the root before eating it. If you use only part of celeriac in a recipe, you can return the unpeeled remainder to its bag in

### Carrot Celeriac Soup

*(Makes 6 small servings.)*

3 Tbsp canola oil  
2 tsp curry powder  
6-8 medium carrots, peeled and thinly sliced  
½ - 1 celeriac, peeled and minced (depending on the size of celeriac)  
1 medium onion, coarsely chopped  
4 cups vegetable or chicken broth  
1 Tbsp lemon juice  
½ tsp salt  
Black pepper

1. Cook oil and curry powder over medium heat in a large saucepan, stirring constantly, until curry becomes fragrant, about 1-2 minutes.
2. Add carrots, celeriac, and onion and stir until they are coated with oil. Cook for 10 minutes, stirring frequently.
3. Add broth, cover pot, bring to boil, reduce heat, and simmer until vegetables are very tender. Let soup cool a bit before next step.
4. Working in small batches, puree the soup in a food processor, return pureed soup to a pot and warm it over medium heat until heated through. Season with lemon juice, salt, and pepper.

the fridge. It will keep quite well for a long time. Discoloration of the cut side is natural. Slice it off and discard that part when you use the rest of your celeriac.

**Sweet Potato** – Sweet potato comes in all shapes and sizes on our farm. Some of the biggest ones weighed over 5lbs at harvest. We cut the largest sweet potatoes into smaller pieces for more even distribution. During the curing process a dry layer forms over the cut side and those sweet potatoes will store just as well as the uncut ones. If you receive a large sweet potato in your box and you would like to bake it, cut the potato into smaller pieces for faster cooking.

### Quinoa Pilaf with Carrots, Red Peppers and Peas

*(This recipe comes from one of our members. It makes a big batch, you may wish to half recipe.)*

2 Tbsp olive oil  
1 medium onion, chopped finely  
3 cloves garlic, minced  
1 cup finely-diced carrots  
1 medium red pepper, chopped  
2 cups quinoa, rinsed thoroughly through a fine sieve  
4 cups vegetable broth  
1 cup frozen peas, thawed  
¾ tsp salt  
Black pepper  
Parsley, fresh or dried

1. Heat olive oil in a large skillet over medium-high heat. Add onion and cook until soft, 3 minutes. Add garlic and carrots, cooking until soft, about 5 minutes. Add quinoa and broth. Bring to a boil over high heat, then reduce heat to medium-low. Simmer, covered, 20 minutes or until water is absorbed, add red pepper during this process. Stir in frozen peas and salt and pepper, and dash of parsley.

## Kids' Corner



~Andrew

Hi,

1. What's the fastest vegetable?

*Answer: A runner bean.*

2. Why did the grape stop in the middle of the road?

*Answer: Because he ran out of juice.*

3. Why did the tomato go out with a prune?

*Answer: Because she couldn't find a date!*