

# Two Onion Farm

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## Week of September 21, 2014

**When I looked at** this week's weather forecast I couldn't help grinning. What a difference from a week and a half ago! Harvesting was merry today (Monday); it's a lot more fun to work outside when the sun is out. We still have peppers! Enjoy their sweet taste in your salads, sandwiches and whatever dish you are cooking up this week.

Last week we erected the hoop frames of three caterpillar tunnels over our fall spinach beds. When weather turns cold, we will cover the frames with plastic to keep the spinach growing. Caterpillar tunnels are temporary hoophouses. We will use the caterpillar tunnels to raise our fall spinach as well as spring and summer crops next year, then we will move them to another site in our fields.

This week we will pick Priscilla, one of the apple varieties you can taste at our Member Event on Saturday, October 4. It is exciting to harvest apples, even though this year's yields are modest. We will pick more varieties in the coming weeks. We hope you will have a chance to taste three or four of our apple varieties on October 4th.

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Would you like to dine with us? We are excited to be one of the featured farms at the [Plough and Barrel Dinner](#) in Madison on Tuesday, October 7. See details below from FairShare CSA Coalition's website:

*The dinner you've been waiting for! FairShare CSA Coalition is once again partnering with The Cooper's Tavern to bring you an exquisite dinner featuring FairShare farms and local breweries. All proceeds benefit FairShare. Tickets are \$50 each and seating is limited to a total of 80 diners. Reservations and payment can be made in person at Coopers Tavern, 20 W. Mifflin St., or by calling (414)-333-4110, or by emailing Jennifer Trost at [JTrost@foodfightinc.com](mailto:JTrost@foodfightinc.com).*

### 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	No	No	2+ wks	
Leek	Yes	Yes	2 wks	
Lettuce	Yes	Yes	1 wk	Oakleaf
Kale	Yes	Yes	1 wk	
Onion, yellow	No	No	2 wks	
Pepper	Yes	Yes	1 wk	Red Italian
Potato	No	No	2 wks	Store in dark, dry place
Winter Squash	No	No	2 wks	Buttercup and/or acorn

**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.

**Kale** – Kale is one of our heroes. You can pick from the same plant over and over again. We've been harvesting from the same planting since June 9th! Kale is very cold hardy and it is often one of the last survivors on the late fall garden, along with Brussels sprouts, leeks, and spinach. It's very rich nutritionally, with particularly high amounts of Vitamin A, Vitamin C, and calcium. If you're not fond of kale currently, make sure you browse our [online kale recipes!](#)

## Leeks with Cream Sauce

A friend of ours sent us this recipe.

8 oz farfalle (or other pasta)  
6 oz package frozen peas  
Zest of 1/2 lemon  
1-2 Tbsp olive oil  
2 leeks (sliced into half moons)  
1/4 tsp salt  
Black pepper  
1/2 cup heavy cream  
1/8 tsp nutmeg  
1 Tbsp fresh tarragon, chopped  
2 Tbsp parmesan, grated (or more to taste)

1. Cook pasta according to directions. Add peas during the last two minutes of cooking. Drain pasta and peas, and return to pot.
2. Heat oil in skillet over medium heat; add leeks, salt and pepper, and cook until tender – about 7 minutes.
3. Add cream, zest and nutmeg. Simmer until thickened, 2-3 minutes. Add creamy leek mixture to pasta. Fold in tarragon. Add parmesan. Taste and adjust seasoning if necessary, then serve.

## Leek, sweet red pepper, tomato and kale frittata

Frittatas are easy, and it seems like everyone has a favorite recipe. Here is one from a member.

6 eggs  
1 kale leaf, midvein removed and chopped into thin strips  
1/2 sweet red pepper, chopped  
1/2 leek, cut lengthwise and chopped  
1/2 tomato, chopped and squeezed to remove excess juice  
1 tsp lemon juice  
Salt and pepper

1. Preheat oven to 350 degrees F. Oil a baking dish (a casserole or pie pan works nicely), and place the vegetables in it.
2. In a separate bowl, beat eggs until frothy, adding the lemon juice, salt, and pepper.
3. Pour the eggs into the baking dish over the vegetables, spreading it evenly. The pan should be half to 2/3 full to ensure even cooking. Bake for 20 minutes. Insert a knife into center to see if eggs have cooked through.

## Lamb and Mixed Vegetables

We enjoy this recipe with ground lamb, but you can substitute another ground meat or cubed chicken breast.

1 lb ground lamb  
1-2 cups minced onions or leek  
1 1/2 tsp dry mint (accompanies lamb well, but you can omit it if not using lamb)  
1/2 tsp thyme (plus 1 tsp basil if not using lamb)  
Salt and pepper to taste  
3-4 cups of any of these chopped vegetables:  
pepper, carrot, broccoli, cauliflower, cabbage, paste tomato, green bean, kale, etc.

1. In a large pan, fry the ground lamb, breaking it into small pieces. Add onions, pepper, herbs, salt, and pepper. Sauté for 5 minutes.
2. Add remaining vegetables, cover pan, and steam until veggies are barely cooked, stirring occasionally. If using kale, add it later than the other vegetables since it requires less time to cook. Serve over rice.