

# Two Onion Farm

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

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## Week of September 22, 2013

We look forward to another week of warm, sunny autumn. We love to work outside in this weather! This time of year it is all about harvesting on the farm. Last week we harvested all the sweet potatoes and a planting of carrots, besides the vegetables you received in your boxes. The sweet potatoes were washed, boxed and stacked in a heated and insulated chamber for curing. We kept them there for 3-4 days at a warm temperature of 80 degrees. This curing time turns sweet potatoes sweeter, and helps to heal any scrapes the potatoes received during harvesting and washing. Then we turned the temperature down to 50-55 degrees, and the sweet potatoes will remain there until we distribute them to you. This week we will continue to harvest more storage crops and clean out the field (disassemble irrigation, mow down harvested beds, and plant cover crop).

Last Thursday's heavy rainfall splashed a lot of dirt on our lettuce. That's no news, it happens every time it rains hard. We spend a lot of time washing produce to make sure the dirt stays on the farm, and you receive beautiful, clean vegetables. That said, it is impossible to get all the dirt off a head of delicate oakleaf lettuce without shredding it to pieces. Make sure you soak your lettuce extra well this week, and wash it thoroughly before eating!

### In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Beet	Yes	Yes	2+ wks	Red, round
Broccoli	Yes	Yes	1 wk	
Carrot	Yes	Yes	2+ wks	
Garlic bulb	No	No	2+ wks	
Lettuce	Yes	Yes	1 wk	Oakleaf
Onion, yellow	No	No	2+ wks	
Pepper, red	Yes	Yes	1 wk	Sweet, red Italian
Potato	No	No	2+ wks	Store in a dark, dry place!
Squash	No	No	2 wks	Acorn
Tomato	?	No	1 wk	Red and/or pink slicing tomato

**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.

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



#### Spaghetti with Beets and Poppy Seeds

4 tablespoons Poppy Seed  
1 bunch Beet  
4 tablespoons Olive Oil, divided  
4 tablespoons Balsamic Vinegar, divided  
1 pound Spaghetti  
1 cup Onion, thinly sliced  
2 cloves Garlic  
1/2 cup Ricotta Cheese  
4 tablespoons Mint, or Basil, sliced  
Parmesan Cheese, for accompaniment

1. Bring large pot of salted water to boil and cook spaghetti. When pasta is cooked, reserve about 1 cup of cooking water, then drain the pasta.
2. Meanwhile, peel and shred the beets. Toast poppy seeds in a skillet over high heat, shaking the pan, for about 2 minutes. Transfer to bowl and set aside.
3. In same skillet, heat half olive oil until it shimmers, and stir in shredded beets. Season with salt and pepper and 2 tablespoons of balsamic vinegar. Cover, remove from heat and allow beets to steep while you continue the recipe.
4. In a large frying pan, heat remaining 2 tablespoons olive oil and sauté onions until wilted. Add garlic, stir until fragrant, about 30 seconds longer.
5. To the large skillet with the onions, add the steeping beet mixture, ricotta, 2 remaining tablespoons of balsamic vinegar and cooked spaghetti, and sauté until pasta turns bright red and dish is well combined. Taste and decide if the dish is too dry; if so add a little pasta water at a time until you reach desired consistency.

Stir in mint and poppy seeds and season to taste with salt and pepper.

#### Carrot Beet Mustard Seed Salad

2 Carrot, peeled and shredded  
1 medium Beet, peeled and shredded  
4 tablespoons Olive Oil  
2 teaspoons Mustard Seed  
2 tablespoons Cilantro  
4 tablespoons Lime Juice  
1-2 teaspoon Sugar, or honey, or agave nectar

1. Shred veggies with the shredding disk in a food processor or with a box grater and mix together in a bowl.
2. Heat olive oil in frying pan until shimmering, place mustard seeds in pan, and cover, shaking pan gently until mustard seeds begin to pop. When popping subsides, remove from heat, scrape oil and mustard seeds into bowl with veggies.
3. Whisk together lime juice, olive oil, 1 teaspoon sugar and cilantro. Toss veggies with dressing and season to taste with additional sugar, salt and pepper.

#### Japanese Quick Pickled Carrots and Peppers

2 Carrots  
1 Red Italian Frying Pepper  
1 tablespoon Ginger  
1 teaspoon Salt  
1 1/2 teaspoon Superfine Sugar  
1 tablespoon Rice Vinegar  
2 teaspoons Katsuo Bushi, to taste, omit for vegetarian  
Soy Sauce or Tamari, to taste

1. Peel the carrot, cut in half then slice lengthwise into thin planks. Thinly slice the pepper. Peel the ginger and cut into matchsticks. Combine these ingredients in a wide mouthed container and toss with salt, sugar and vinegar. Place a plate on top of the vegetables and weigh it down with a heavy food can. Place in fridge over night.
2. To serve, squeeze out excess liquid, place in bowl and sprinkle with Katsuo Bushi and a little soy sauce.