

Two Onion Farm

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The weather forecasts predicted frosts and freezes on Saturday and Sunday nights this past weekend. Vegetables differ greatly in their sensitivity to cold. Some, such as spinach, leeks, and Brussels sprouts, are extremely cold tolerant. Peppers, tomatoes, and winter squash are very sensitive. We have lightweight fabric covers which we can use to cover and protect sensitive vegetation. At this time of year it's always difficult to decide whether to cover crops, and which crops to cover, when frost threatens. Although we have the covers, it's very time consuming to install and remove them. There is always uncertainty in the weather forecast to reckon with.

In this case we opted to cover a large area of butternut squash which are still maturing. We wanted to protect that very cold-sensitive crop from any possible damage. Many of the butternut squashes are still maturing and we need to harvest those squash to reach our goal of including winter squash in all of your remaining boxes. Covering the squash took about 9 person-hours of work, and removing the covers will require at least 4 or 5 more hours. We did not cover our tomatoes or peppers because yields of both of those crops have been rapidly declining. In actuality, we largely escaped frost and freeze damage, and we are continuing to pick peppers and tomatoes this week, although their yields are very low.

We do have a number of late autumn vegetables (broccoli, spinach, lettuce, Brussels sprouts, carrots, turnips and radish) which are continuing to mature, and we are glad that temperatures are moderating this week so that those vegetables will continue to grow towards full maturity.

Organic produce in this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Beet	Yes	Yes	2+ wks	
Broccoli	Yes	Yes	1 wk	
Cauliflower	Yes	Yes	1 wk	Not in all boxes
Carrot	Yes	Yes	2 wks	
Garlic	No	No	2 wks	
Kale	Yes	Yes	1 wk	
Lettuce	Yes	Yes	1 wk	Oakleaf
Onion	No	No	2 wks	
Pepper	Yes	Yes	1 wk	Red Italian or white bell
Radish, beauty heart	Yes	Yes	2+ wks	
Squash, Acorn	No	No	2+ wks	
Tomato	No	No	<1 wk	Refrigeration prolongs life but decreases flavor

Kale. This is the first week we are distributing kale this autumn. Generally we give it out earlier in the year, but the hailstorm we suffered in early September damaged our kale and we have had to wait for it to regrow.

You are receiving Lacinato type kale (also known as dinosaur kale). Kale is generally cooked, either steamed or sautéed. Typically you will chop the leaves and discard the tough midrib before cooking. Aim to cook the kale until it is limp but still retains some texture. Steamed kale can be dressed with olive oil, lemon juice or vinegar, salt and pepper. Or sauté kale in oil or butter with onions and garlic. Garlic accompanies kale well.

Some kale recipes from past newsletters:

[9/5/2005](#) Gingery Kale and Soy Sauce

[9/18/2011](#) Kale with Apples & Mustard

[10/9/2011](#) Kale with Lemon & Garlic

[10/1/2006](#) Lentil Kale Soup

[10/10/2005](#) Sweet and Sour Kale

Beauty Heart Radish is one of our favorite vegetables! This is a delicacy, not at all to be confused with regular red radishes. The pale green outer layer is very hot and slightly bitter, but the rosy inner flesh is slightly sweet and spicy. We peel off the outer layer and only eat the colorful inner flesh; some folks like to eat the radish with the outer layer still on for extra heat. The radishes are wonderful sliced in salads and sandwiches.

Beet salad with apples

Recipe submitted by a member.

0.5-0.75 lbs beets
1 large or 2 small apples
1 small onion
1 Tbsp lemon juice
1.5 tsp honey
1 Tbsp olive oil
dash of salt

Peel and grate the beets. Wash, peel and grate the apples. Chop the onion finely. Mix the beets, apples, and onion. Add the lemon juice, salt, olive oil, and honey. Mix thoroughly, and let it stand in the refrigerator for a few hours. Store refrigerated and eat within 36 hours.