

Two Onion Farm

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

Week of September 25, 2011

Organic produce in this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	Not in all boxes
Cabbage, red	Yes	Yes	2+ wks	Not in all boxes
Carrot	Yes	Yes	2+ wks	
Garlic	No	No	2 wks	
Green onion	Yes	Yes	1 wk	
Lettuce	Yes	Yes	1 wk	Oakleaf
Pepper	Yes	Yes	1 wk	Red or white
Potato	No	No	2+ wks	
Radish, beauty heart	Yes	Yes	2 wks	Round; white to pale green skin, rosy red interior
Squash, Winter	No	No	2 wks	Acorn or buttercup

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 slightly hot. 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.

Winter squash – Some boxes will receive acorn squash this week; others buttercup. (We will deliver buttercup again later in the fall). The buttercup are large and dark green with a grey protuberance at the bottom. Their deep orange flesh is delicious baked plain and can also be used in soups and baking.

Peppers – Last week for peppers! (And tenth week in a row). It was a fantastic growing season for peppers this year.

Potato – The organic red potatoes in your box this week were raised at the Driftless Organics farm in Crawford County, Wisconsin. The farmers at Driftless Organics raise a large

amount of potatoes and they have invested in specialized equipment and facilities for growing, harvesting, and storing the crop. It does not make financial sense for us to buy these items at our scale of production and we have decided to purchase our potatoes instead from another local farm. Potatoes are the only vegetable which we plan to include in your boxes that we do not raise ourselves.

Broccoli. Those of you who receive our weekend forecast emails will have expected broccoli in your boxes this week. We have not been able to harvest enough for everyone's box and instead some folks will receive red cabbage.

Roasted Squash with Garlic and Parsley

2.5 lbs butternut or buttercup winter squash,
peeled, seeded, and cut into 1" chunks
1 Tbsp olive oil, divided
3/4 tsp salt
Black pepper to taste
1 or 2 cloves garlic, minced
1 Tbsp chopped parsley

Preheat oven to 375 degrees. Toss squash cubes with 2 tsp olive oil, salt, and pepper. Spread evenly on a baking sheet. Roast, stirring occasionally, until tender and just slightly browned, usually 25-45 minutes. Heat the remaining 2 tsp oil in a small skillet. Add garlic and cook, stirring, until fragrant but not brown, less than a minute. Toss squash with garlic and parsley. Serve warm.

Spiced Carrot Soup

1 lb carrots, cut into 1 inch pieces
1 and 1/2 tsp butter
3/4 cup chopped onion
1 clove garlic, crushed or minced
1 Tbsp grated fresh, or 1 tsp dry ginger
3/4 tsp salt
1/8 tsp each: cumin, cinnamon, allspice, ground fennel seed
2 Tbsp lemon juice
1/2 cup lightly toasted almonds

Place carrots in a medium covered saucepan with 2 cups water, and bring to a boil. Simmer on low heat until very tender. Meanwhile, heat butter in a small skillet. Add onions and sauté over medium heat for about 5 minutes; then add garlic, ginger, salt, and spices. Lower heat and continue sautéing until onions are very soft. Stir in lemon juice. Then blend all the ingredients, including the carrots, water, onion mixture, and almonds, in a food processor. Return to saucepan and warm gently before serving.

Simple Carrot Soup

This recipe came to us from a member who likes it.

2 medium onions, sliced
Butter
2 lbs carrots, chopped (about 6 cups)
6 cups vegetable broth
1 Tbsp dried thyme, or one sprig fresh thyme
1 tsp salt

Sauté the onions in butter, then add carrots and cook for five more minutes. Add vegetable broth and thyme, bring to boil and simmer for 30 minutes. Season with salt. The soup can be served as is or pureed.

Some more recipes from our website:

[10/3/2005](#) Roasted Squash-Apple Soup

[10/24/2005](#) Cranberry Walnut Squash Muffin

[10/11/2009](#) Indian Squash Pea Soup

[7/12/2009](#) Cabbage with Walnuts and Apples