

Two Onion Farm

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Field news

Last week's heavy rains caused much damage in various counties in our vicinity. Driving to Viroqua on Sunday gave me a glimpse of what flash floods can do: washed out driveways, heavy erosion, closed down bridges. A fellow vegetable grower's fields were flooded for the third time this season.

When events like this happen, I truly realize how much we gamble every season. We thank you, our members, for sharing the risks of growing produce, and supporting our family and employees!

I hardly ever harvest peppers. Chris does that with our daughter and sometimes another crew member while the rest of us harvest something else. On Monday, however, I had to do it, because Chris was heading the butternut squash harvest. I've never seen such huge Carmen pepper plants before! These plants almost turned into trees - their 'trunks' woody, branches hanging down loaded with small, green peppers. The rainy summer must have created these giants. We've rarely picked sweet pepper so late into the season either.

Not to mention the cucumbers! We've been harvesting from the same cucumber planting for 16 weeks in a row. I keep saying in the newsletters that this will probably be the last week for cucumbers, then we pick another big load. However, this will truly be the last week for the cucumbers :) ~Juli



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 all boxes
Celeriac	Yes	Yes	>2 wks	
Cucumber	Yes	Yes	1 wk	
Garlic	No	No	>2 wks	
Leek	Yes	Yes	>2 wks	
Lettuce	Yes	Yes	1 wk	Oakleaf
Onion	No	No	>2 wks	
Pepper	Yes	Yes	1 wk	Carmen and/or bell peppers
Squash, Winter	No	No	>2 wks	Buttercup squash

Celeriac - Celeriac is a wonderful 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 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.

Buttercup squash - Our favorite winter squash variety! Buttercup tastes better after a period of curing which is why we haven't put this winter squash in your boxes until this week. Most often we simply roast buttercup in the oven after we halved it and scooped all the seeds out. Then we just eat it as is, or use the pureed squash in muffins, 'pumpkin' pies, etc.

Leek - is one of our favorite fall vegetable. It has a mild, onion-like flavor. You can substitute leeks for onions in many recipes and appreciate the change in taste. Leeks can be eaten raw, but are usually cooked. Generally the white portion of the leeks and the lowest portion of the green leaves are eaten. Cleaning leeks can be tricky, because soil is often trapped in the bases of the leaves. We do our best to clean them here at the farm but you may find more dirt inside as you peel and chop. Here's what we recommend for washing them: start by chopping off the green tops, if any, to within 2 inches of the white portion. Then peel off the outer layer if it has turned slimy or brown, which happens naturally as the leeks age. Now slice the leeks and place them in a colander. Rinse the leeks under running water to wash the dirt away.

Apples

Members with apple shares will receive **Priscilla** - A juicy, mid-season apple with an interesting, slight licorice flavor. The bottom of this apple protrudes a bit.

Novaspy - Novaspy is very similar to Northern Spy with a tart and slightly astringent apple flavor. Flesh is crisp and moderately juicy. This apple was bred in Nova Scotia; Golden Delicious and Red Spy are among its parentage line.

Crimson Gold - A tart, mid-season apple. Crimson Gold has crisp light yellow flesh which is coarse, but quite firm and very juicy. The texture is very satisfying, breaking cleanly into crunchy chunks. Our son Andrew's favorite apple.

Crimson Crisp - Small to medium size apple. The color is very bright mid-range red over yellow. Crimson Crisp has an extremely crisp texture and a very good, rich flavor - sweet/sharp and spicy.

Kids Corner



Hi! Here are some jokes I found:

1. What do chickens grow on?
A.: Eggplants.
2. What vegetable likes looking at animals?
A.: A Zoo-cchini!
3. Why did people dance to the vegetable band?
A.: Because it had a good beet!
4. What kind of shoes are made of banana peels?
A.: Slippers!!

~ Andrew

Honey-Soaked Quinoa Salad with Apples

(Makes 4 servings)

- 1/4 cup honey
- 2 Tbsp grated fresh ginger
- 2 Tbsp red wine vinegar
- 2 Tbsp lime juice
- 1 small clove garlic, minced
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/4 cup olive oil
- 1 cup water
- 2/3 cup uncooked quinoa, rinsed
- 1/4 tsp salt
- 1 cup apple, cored and chopped into small pieces (or red grape, halved)
- 1/2 cup whole cashews, coarsely chopped
- 1/2 cup dried apricot, cut into thin slivers
- 1/4 cup thinly sliced onion
- 1 head of lettuce, torn

1. For honey vinaigrette, in a small bowl whisk together first 7 ingredients. Drizzle in oil, whisking constantly, until well mixed.

2. In a medium saucepan combine the water, quinoa, and 1/4 tsp salt. Bring to boiling; reduce heat. Simmer, covered, 10 minutes or until liquid absorbed. Remove from heat; let stand 10 minutes.

3. Fluff quinoa with fork. In a large bowl combine quinoa, apples, cashews, apricots, and onion; toss to mix. Add lettuce; drizzle with 1/2 cup of the honey vinaigrette. Toss again. Pass remaining honey vinaigrette around at serving.

Charred Sweet Peppers Potato Chowder

(Makes 4 servings)

- 1 Tbsp vegetable oil
- 1 1/2 cups red sweet peppers, chopped
- 1 cup yellow onion, chopped
- 5 oz. russet potato, peeled and chopped
- 1/4 - 1/2 cup vegetable broth
- 1 cup milk
- dash of cayenne pepper (optional)
- 2 tsp butter
- 1/4 cup cheddar cheese, shredded
- 2 Tbsp plain Greek yogurt (optional)
- Crumbled bacon

1. Heat oil in a pot over medium-high heat. Add peppers, and cook, uncovered, 10-15 minutes or until charred, stirring frequently.

2. Add onions, and cook 5-6 minutes, or until soft and golden brown, stirring occasionally. Stir in potatoes and broth. Bring to boil, reduce heat, and simmer, covered, 12 minutes or until potatoes are very tender.

3. Coarsely mash with a potato masher. Add milk and, if using, cayenne pepper; heat through.

4. Remove from heat; stir in butter, and season to taste with salt and pepper. Top servings with cheese, yogurt, and/or bacon, if desired.

Spiced Winter Squash and Carrot Soup

1 large squash (butternut or buttercup), halved and seeds removed

- 3 Tbsp olive oil
- 1-inch piece fresh ginger, diced
- 3 garlic cloves, diced
- 1/2 yellow onion, chopped
- 3-4 carrots, chopped
- 1 tart apple, chopped
- 8 fresh sage leaves
- 1 Tbsp turmeric
- 1 tsp cardamom
- 2 Tbsp cinnamon
- Salt and pepper
- 2 1/2 cups vegetable broth
- 2 1/2 cups water
- 1/3 cup heavy cream

1. Preheat oven to 425. Place squash cut side down on a parchment-lined baking sheet.

Drizzle with 1 Tbsp of oil, roast for 50-60 minutes, until flesh is tender. Remove from oven and let cool.

2. Meanwhile heat remaining 2 Tbsp of oil in a large pot over medium heat. Add ginger, garlic, onions, carrots, apples, sage and seasoning, and sauté until soft, 7-10 minutes.

3. When squash is cool enough to handle, use a spoon to scoop the flesh into the saucepan. Add broth and water; mix well. Bring to a boil, then reduce heat and simmer for 15 minutes. Puree soup and mix in cream.