

Two Onion Farm

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Week of September 27, 2015

Field News



It looks like this unseasonably warm fall is coming to an end. Frankly, we are all ready for it and long for the sweater weather.

The big news from last week is that tomatoes and peppers are gone. Chris spent a good day on the tractor, mowing down tomato, pepper and winter squash beds. He also planted winter rye as a winter cover crop in a few places including the carrot and radish beds where we had so much fun at the member event. Chris will plant more winter rye in many more beds in the coming month.

We will continue cleaning out the field this week. We will pick up the straw mulch from the tomato, pepper and eggplant beds and pile it on the edge of the field. We will reuse it in November when we mulch the fall garlic planting. By next July, when we harvest the garlic, the straw will be decomposed enough to just incorporate it into the soil, adding plenty of organic matter to it.

Have a great week,

Juli

Apples for Processing – We are offering #2 grade apples for sale. These apples have small defects but they are well suited for processing into applesauce, apple butter, cider, etc. If you are interested in ordering, please read more details [here](#).

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	
Carrot	Yes	Yes	2+ wks	
Cauliflower	Yes	Yes	1 wk	Not in every box.
Garlic	No	No	2+ wks	
Kale	Yes	Yes	1 wk	In some boxes every week.
Lettuce	Yes	Yes	1 wk	Red or green oakleaf.
Onion	Yes	Yes	2+ wks	
Spinach	Yes	Yes	<1 wk	
Sweet Potato	No	No	2+ wks	
Winter Squash	No	No	2+ wks	Acorn squash.

Beets – Beets grow well in Wisconsin. In fact, we could have beets all season long. We aim to distribute them 4-5 times during our 24-week long growing season. Beets store very well for a long time; you can keep them fresh in your fridge for a couple of months!

Spinach - This tender leafy green is back a week earlier than we planned it due to the warm weather. It is excellent in salads, though we like to eat our spinach cooked. We add it to egg dishes, soups (at the very end), or stir-fries.

Beets with Orange and Lemon Juice

About 1 lb beet
1 Tbsp unsalted butter
1/4 cup orange juice
1 Tbsp lemon juice
Salt and pepper to taste

1. Roast beets in a covered pan on 375-400 degrees until fork tender. When beets are cool enough to handle, rub the skin off and cube them into bite-size pieces.
2. Melt butter in a pan, add the beets and cook over medium-high heat, stirring often, until the beets are coated with butter. Add the citrus juices and cook for several minutes more, until the juice thickens and reduces. Season with salt and pepper.

Sweet Potato – Sweet potato comes in all shapes and sizes on our farm. Some of the biggest ones weighed over 5lbs at harvest. We cut the largest sweet potatoes into smaller pieces for more even distribution. During the curing process a dry layer forms over the cut side and those sweet potatoes will store just as well as the uncut ones. If you receive a large sweet potato in your box and you would like to bake it, cut the potato into smaller pieces for faster cooking.

Roasted Sweet Potato

(Our favorite way to prepare sweet potato. Makes 4-6 servings.)

2 lbs sweet potato
1+1 Tbsp olive oil
1/2 tsp salt

Black pepper to taste

1. Place a large, shallow baking pan in the oven. Turn oven on 450 degrees.
2. Wash sweet potatoes well, trim ends off, and cut them into 1" chunks. Place sweet potato pieces in a bowl, season with salt and pepper, pour 1 Tbsp oil on them, and mix well.
3. When oven reaches 450 degrees, take pan out. Add 1 Tbsp oil to pan and swirl it around to evenly distribute it. Carefully pour sweet potatoes in the pan and spread them around.
4. Roast sweet potatoes for 20 minutes, then take pan out and stir sweet potatoes up. Roast for an additional 15 minutes or until sweet potatoes are nicely browned. Serve hot or at room temperature.

Kids' Corner



Dear Newsletter,

New this week: spinach is back. Hurray! If you like spinach, that is.

We are also going to harvest apples with cool names like Enterprise (rent a car!), Liberty and Florina Querina. Look for some of them in your box next week.

Lots of people have ordered #2 apples from us, which are basically apples with small blemishes. One or more lucky people are about to receive 120lbs of them! That is a LOT of apples. I hope that they have a large trunk.

Apple orders aside, I hope I'm doing a good job keeping you informed of the goings-on at the farm.

Until next time,

Panka