

Two Onion Farm

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We have been dreaming about bringing renewable energy to our farm for years. The thought of harvesting the sun's energy to generate electricity was very appealing to us. It would reduce our carbon footprint, add another layer to our sustainable farming practices, and it would be awesome to not only use the sun to grow our produce but also to power the buildings, greenhouses and coolers. After all the dreaming we sprang into action late last winter. We came home very inspired from an organic farming conference, contacted installers for quotes, and applied for federal and state grants. By the end of last week we worked out all the financial details, and the installer put our project on their work schedule.

If all goes well we will have a 15 kW unit in service by Thanksgiving! That translates to 60 solar panels crowding the only south facing barn roof we have on our property. It is a good thing we saved that building two years ago with a new wall and roof. Though our barn has a new roof, it is still an old barn. Chris has been shoring up one side of the barn and will put 4 more posts inside to help the roof hold the added weight of the panels. It is a good thing he is up to the challenge, because we did not find a contractor who was interested in the job. He is a guy with many hats.

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	
Garlic	No	No	2+ wks	
Leek	Yes	Yes	2 wks	
Lettuce	Yes	Yes	1 wk	Oakleaf
Onion, yellow	No	No	2 wks	
Pepper	Yes	Yes	1 wk	Last week for peppers!
Sweet potato	No	No	2 wks	Store in dark, dry place
Winter Squash	No	No	2 wks	Buttercup



Weather will be cool, but we still hope you will come to our Member Event! Apples are waiting for you. We hope to see many of you on Saturday, October 4th between 2pm and 5pm.

Winter squash – Everyone will receive buttercup squash this week. This sweet, orange fleshed squash is one of our favorites. Like any winter squash, you can cut it in half, scoop out the seeds, roast it, and eat it plain or with butter. Buttercups have dense, flavorful flesh which is excellent in soups. Cooked buttercup squash is also a good replacement for pumpkin pie filling in bread, muffin, or pie recipes.

Sweet potato – There is a huge variation in size among our sweet potatoes. This is very typical. We graded the sweet potatoes into large, medium and small sizes, and each box only contains one size of potatoes which will cook uniformly. If you receive a gigantic one, and you want to bake it, cut it into 2 or 3 smaller pieces to save on baking time.

Up-beet Torte

Here's an exciting recipe from a member. Makes one 9-inch cake.

3 medium (or 2 large) beets, scrubbed
1/3 cup extra virgin olive oil
3/4 cup honey
3 organic eggs
1/2 cup unsweetened cocoa powder
1 tsp grated orange zest
1 tsp ground cinnamon
1/4 tsp sea salt
1/4 tsp cayenne pepper

1. Cut beets into quarters. Place steamer basket into a shallow saucepan of water; bring to a boil over high heat. Reduce heat and steam beets, covered, until soft – about 20 minutes. Drain beets, let it cool slightly.
2. Preheat oven to 350 degrees and prepare a round cake pan (grease/cocoa dust).
3. Combine beets, oil and honey in a food processor; puree until smooth. Add remaining ingredients; puree until completely smooth.
4. Pour batter into prepared cake pan. Bake about 35 to 45 minutes; test with a toothpick. Let cake cool in pan 10 minutes; remove from pan and cool completely on a wire rack. Serve with powdered sugar and dusted cinnamon.

Beet Salad with Pecans

About 6 beets
1/4 cup pecans
1/2 red onion, thinly sliced
1/4 cup olive oil
2 Tbsp red wine vinegar
1 1/2 tsp Dijon mustard
Salt and pepper to taste

Cook and slice the beets as you prefer. Toast the pecans in small skillet over medium heat, stirring frequently, until the pecans just begin to change color and become fragrant – this will only take a few minutes. Chop them.

Combine beets, pecans, and onions. Whisk together the oil, vinegar, mustard, salt and pepper. Add the dressing a little at a time to the other ingredients, and stop when you have added enough – you may not need all the dressing, depending on your taste and how big your beets are. Chill the salad in the fridge and serve cold.

Buttercup Squash Waffles

Another delicacy from a member. This recipe makes a lot of waffles.

1 1/2 cups all purpose flour
1 cup whole wheat flour
1/3 cup packed light brown sugar
2 tsp baking powder
1 tsp baking soda
1/2 tsp salt
2 tsp ground cinnamon
1 tsp ground ginger
4 large eggs, separated
2 cups yogurt
1/4 cup milk
2 cup roasted buttercup squash puree
6 Tbsp unsalted butter, softened

1. Preheat waffle iron.
2. Beat egg whites to soft peaks and set aside. Shift together all dry ingredients in a bowl. Beat together all wet ingredients in a large bowl (except the egg whites).
3. Mix the dry goods into wet goods. Fold in the egg whites. Cook according to your waffle iron's instructions. Serve with fresh berries, cooked berries or a little maple syrup.