

Two Onion Farm

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Week of September 29, 2013

The tomatoes keep coming! Never have we picked and distributed tomatoes to our members this late in the season. Though we started picking them late compared to other years, we harvested a record number of tomatoes in 2013. Usually tomato production peaks in late August and then, as temperatures cool down, fewer fruits ripen. We've experienced an even harvest since mid August, thus we were able to distribute slicing tomatoes in every CSA box for 10 continuous weeks, including this one. We hope you enjoy them for the last time before next summer!

Though tomatoes are still in the box, the time has also come to order storage vegetables from us. We are offering bulk quantities of carrots, onions, squash, and other winter storage vegetables for sale to our members. You can order these vegetables and pick them up at your usual delivery site near the end of the delivery season. For a list of available vegetables and instructions on how to order, see <http://www.twoonionfarm.com/index.php/current-members/winter-vegetables>.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Beauty Heart Radish	Yes	Yes	2+ wks	Round root with cream or pale green skin and purple-red interior.
Broccoli	Yes	Yes	1 wk	
Carrot	Yes	Yes	2 wks	
Garlic bulb	No	No	2+ wks	
Lettuce	Yes	Yes	1 wk	Oakleaf
Onion, yellow	No	No	2+ wks	
Potato	No	No	2+ wks	Store in a dark, dry place!
Squash	No	No	2+ wks	Acorn and/or Jester
Tomato	?	No	1 wk	Red and/or pink slicing tomato

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 red 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.

Potatoes – Potatoes are the only vegetable which we include in your boxes that we do not raise ourselves. These certified organic potatoes were grown by the good people at Driftless Organics in Soldiers Grove, WI. We've turned to them, because they have the specialized tools (and expertise!) to efficiently and economically raise high quality spuds.

This week's recipes from Local Thyme:



Oak Leaf Lettuce with Shredded Roots and French Dressing

1 head Oak Leaf Lettuce, washed and torn to bite size
1 Carrot
3 ounces Beauty Heart Radish, about the same amount as the carrot
1 clove Garlic, smashed
1 tablespoon Dijon Mustard
2 tablespoons Lemon Juice
1/4 cup Walnut Oil, or Extra Virgin Olive Oil
4 tablespoons Parsley, or mint or tarragon, chopped
Salt and Pepper

Spin dry the lettuce and place in a large salad bowl.

Shred carrot and about an equal amount of beauty heart radish. Toss with the lettuce.

Whisk together the garlic, mustard and lemon juice. Slowly stream the oil into this while whisking to emulsify. Stir in parsley, salt and pepper. Toss with salad immediately before serving.

Basic Potato Leek Soup

2 tablespoons Olive Oil
2 or 3 Leek, cleaned, dark parts removed, and chopped (about 2 cups)
1 Onion, diced
2-3 sprigs Thyme
1 Bay Leaf
1 pinch Cayenne
4 cloves Garlic, minced
1 pound Potato, peeled and diced 1/2 inch
4 cups Chicken or Vegetable Stock
Salt and Pepper, to taste

Preheat a large, heavy soup pot over medium heat. Add the olive oil and the chopped leeks, onion, thyme and bay leaf. Reduce heat to low and allow to cook slowly, stirring occasionally, for 10-15 minutes, until the leeks and onions are soft and slightly browned.

Add garlic and stir for an additional minute. Add potatoes and broth and increase heat to medium high and stir until it begins to boil. Reduce heat again to low, cover, and simmer until potatoes are tender, about 15 minutes.

Remove thyme sprigs and bay leaf and allow soup to cool slightly. Transfer about 1 cup of the soup to a blender and purée, then return to the soup pot. Stir, and adjust seasonings with salt and pepper. If desired, add a splash of cream just before serving.