

Two Onion Farm

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Week of September 4, 2016

Field news

The start of September brings changes to our crew. Craig's last day was Friday, Robynn will only work one day a week from now on, and Rachel went back to school. Her schedule still allows her to help us two days a week, though. We had a potluck party after work last Friday along with some serious Dominion playing. If you have not heard about this card game, make sure you ask our son, Andrew, at the Member Event. He'll talk to you about it for hours.



Our fall broccoli planting started to mature. You will either receive broccoli or cauliflower in your box this week. This wet summer brought serious disease to our brassica plantings (cabbage, broccoli, cauliflower, kale, Brussels sprouts). Some of these vegetables are more susceptible to the fungal diseases than others. Our cauliflower yield will be very low this year. We will harvest as many as we can, but most likely few members will receive it. Broccoli tolerates the diseases better, and we hope to have a good fall harvest.

We welcomed the dry weather this past week and early part of this week. Chris planted cover crops (oats and winter rye) in a large portion of the field where we have finished harvesting (e.g. summer lettuce, eggplant, green beans, etc.). Emily replanted the fall spinach seeds that heavy rains washed away a couple weeks ago. We'll continue with winter squash and apple harvest this week. Butternut is the last winter squash we harvest, and the yield looks terrific. ~Juli

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	
Cucumber	Yes	Yes	1 wk	
Garlic	No	No	>2 wks	
Lettuce	Yes	Yes	1 wk	Oakleaf
Onion	No	No	>2 wks	
Pepper	Yes	Yes	1 wk	Carmen (a red, sweet pepper)
Tomato	No	No	1 wk	
Squash, Winter	No	No	>2 wks	Acorn squash

Beet - is a very versatile vegetable finding itself well to many uses from salads, through main dishes, and to desserts. Beets are high in nutrients, such as vitamins A and C, and also carotenes. Beets are long storing, sweet and delicious, and colorful. Find many great recipes [here](#).

Carmen - is the red pepper variety we've been growing for many years. It is very sweet. We like to eat it raw - as a finger food or sliced into salads and sandwiches. It is a favorite pizza topping in our house and makes into the fajita recipe below.

Apples

Members with apple shares will receive most or all of these varieties in this week's box:

Initial - A good eating, early season red apple with high aroma, low acid and high sugar. Bred in France, it is a cross between Gala and Redfree.

Priscilla - A juicy, mid-season apple with an interesting licorice flavor. The bottom of this apple protrudes a bit.

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](#).

Kids Corner



Hi! Here are some more jokes I found:

1. What's the coolest vegetable?
Answer: A rad-ish.
2. What vegetable did Noah leave off the Ark?
Answer: A leek.
3. Why don't eggs tell each other jokes?
Answer: Because they crack each other up.
4. "Knock-knock!"
" Who's there?"
"Lettuce."
"Lettuce who?"
"Lettuce in and you'll find out!"

~ Andrew

Maple Glazed Acorn Squash

- 2 acorn squash
- 2 Tbsp olive oil
- 2 Tbsp brown sugar
- 2 Tbsp maple syrup
- Salt and pepper to taste
- Butter

1. Heat oven to 425 degrees.
2. Cut squash in half, scoop seeds out and place them, cut-side up, on a large baking sheet.
3. Mix olive oil, brown sugar and maple syrup together in a small bowl. Pour it over squash halves, dividing it evenly between them. Brush the glaze on the flesh of the squash and season with salt and pepper, to taste.
4. Roast squash for 40-45 minutes, or until fork tender. Top each squash with butter and serve.

Fajita

(4-6 servings)

Marinade

1/2 cup lime juice
2/3 cup water
4 Tbsp olive oil
6-8 cloves garlic
4 tsp soy sauce
2 tsp salt
1/2 tsp cayenne (or more)
1 tsp pepper

1 large onion, sliced thinly
1-2 red and/or green peppers, cored and sliced
1 lb chicken breast or lamb chops
2 Tbsp olive oil

Garnish

soft tortillas
shredded lettuce
rice, cooked
1 small cucumber, sliced (optional)
black or green olives, sliced
sour cream
salsa
guacamole
shredded cheese (cheddar or Mexican)

1. Make marinade in a bowl. Marinate onion, pepper and meat in separate containers for 1-2 hours (onion and pepper) and 2-3 hours (meat).
2. Simmer, covered, the onion and pepper in separate pans along with their marinade on low heat, stirring occasionally. When vegetables are soft (after 8-10 minutes), uncover them and let the juice almost evaporate. Set aside, and keep warm until serving.
3. Meanwhile, heat oil in a large skillet. Add meat along with the marinade, and bring to a gentle boil. Lower the heat, cover, and braise meat until cooked through, 8-10 minutes. Uncover skillet, raise the heat, and brown the meat on both sides. Liquid will evaporate almost completely.
4. To serve: slice up meat and place in a serving bowl. Place onions and peppers in separate serving bowls as well. Put everything on the table and have everyone assemble their fajita the way they like it.