

Two Onion Farm

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Week of September 6, 2015



We had rain on Sunday night, but not very much. We were still able to harvest many beds of carrots on Monday afternoon using a tractor-pulled implement, called an undercutter. This simple device speeds up harvesting a lot! The photo shows Chris on the tractor driving over a bed of carrots, pulling the undercutter behind. The undercutter sinks into the ground, and does what its name suggests: cuts the soil under the carrots. Afterwards we just pull the carrots from the ground to trim them, then take them to the packing shed for washing and boxing. As long as the soil is dry enough we will not dig our carrots by hand again. :)

Last week brought the highest temperatures this year. In this uncommonly hot week the cucumber plants put on one last, great effort, and by the end of the week yielded very well. We expect a good harvest this week which will be the last for the cucumbers, and we hope to include them in everybody's box.

This week might be the last for tomatoes as well. Every year, early blight affects tomato plants, slowly defoliating them. As the plants lose their leaves, the tomato taste sharply declines. When that happens we stop picking tomatoes.

Cauliflowers are maturing unevenly as always. We will include cauliflower in some boxes again this week. We keep track of which delivery sites get cauliflower each week and make sure that everyone will receive it at least once this fall (even biweekly members).

Broccoli is back! You will receive either broccoli or cauliflower in your box.

See you at the Member Event this Saturday! It seems that weather will be perfect.

Have a great week,

Juli

Paste Tomatoes – Every year we offer paste tomatoes for sale. These tomatoes are suitable for canning or freezing. You can order them to receive in addition to your regular deliveries. For more information and to order, see our [website](#).

Welcome!

Welcome to autumn season members! Many of our autumn season members are receiving their first delivery this week. We hope you will enjoy sharing in our fall harvests.

Return your boxes. – Please break down your box carefully and remember to return it to the pickup location when you pick up your next box. Instructions for breaking down your box (without tearing it!) are [online](#).

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
Carrot	Yes	Yes	2 wks	
Cauliflower	Yes	Yes	1 wk	Not in every box.
Cucumber	Yes	Yes	1 wk	Not in every box.
Garlic	No	No	2+ wks	
Kale	Yes	Yes	1 wk	In some boxes every week.
Leek	Yes	Yes	2+ wks	
Lettuce	Yes	Yes	1 wk	Summercrisp.
Onion	Yes	Yes	2+ wks	
Pepper	Yes	Yes	1 wk	Sweet red Carmen.
Tomato	No	No	<1 wk	
Winter Squash	No	No	2+ wks	Acorn squash.

Cauliflower – Cauliflower matures unevenly. It is not unusual for cauliflower plants of the same variety, planted on the same day, to mature over a 2-3 week period. A lettuce planting, by contrast, typically matures all within 4-7 days, and a broccoli planting within 7-10 days.

Pepper - 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 we also like to cook into the pasta sauce featured in last week's newsletter.

Acorn Squash – Squash should be stored in a dry place outside the refrigerator. The ideal temperature for squash storage is 50-55 degrees. However, room temperature is okay. Acorn squash only stores well for short periods. We suggest you eat it in the next week or two.

Southwestern Stuffed Acorn Squash

(Note that this recipe makes enough stuffing for two squash - halve if you only have one squash.)

- 2 Acorn squash
- 5 oz bulk turkey sausage (or other sausage)
- 1 onion, chopped
- 1/2 cup minced celeriac (optional)
- 1/2 red pepper, chopped
- 1 clove garlic, minced (optional)
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 2 cups diced fresh, frozen, or canned tomatoes
- 1 15 oz can black or pinto beans, drained and rinsed
- 1/2 tsp salt
- 1 cup grated cheddar cheese

1. Preheat oven to 350 degrees. Cut squash in half, scoop out seeds, place cut side down on a tray and roast in the oven until the squash flesh is tender when forked. When squash are done, reduce oven temperature to 325 degrees.
2. While squash are roasting: heat oil in a large skillet. Add onions, celeriac, and pepper, and cook, stirring often, until softened. Stir in garlic, chili powder, and cumin; cook for 30 seconds more. Stir in tomatoes, beans, and salt and cook until tomatoes are broken down, about 10-12 minutes.
3. Fill squash halves with the stuffing and top with grated cheese. Place upright on a baking sheet and roast until heated through and cheese has melted, about 8-10 minutes.

Kids' Corner



Dear Newsletter,

Last week several noteworthy things occurred. First of all, on Thursday we harvested butternut squash. That's the beige one that has a bulge on one end. We are not giving them out yet, sorry (or not - maybe you're like me and don't like them).

Because of the heat last week we picked a lot of peppers this Monday. However it has cooled down, so I don't think there will be so many again. Also since it cooled down and rained on Sunday night, don't

count on tomatoes for much longer. So enjoy them while you can!

~ Panka

Cauliflower Pasta Sauce

(Serve this sauce over macaroni with parmesan cheese.)

- 2 Tbsp olive oil
- 1 cup chopped onion
- 1/4-1/2 cup minced celery or celeriac
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1/2 tsp dried thyme
- 1/2 tsp dried rosemary
- 3/4 tsp salt
- a generous amount of black pepper
- 2 bay leaves
- 1/4 lb mushrooms, sliced
- 5 cloves garlic, chopped
- 3 Tbsp red wine vinegar
- 2 Tbsp tomato paste and 1/2 cup water OR 1-2 chopped fresh tomatoes
- 1 medium head cauliflower, broken into florets

1. Sauté onions, celery or celeriac, herbs, salt, pepper, bay leaves, and mushrooms until onions is translucent. Add garlic, vinegar, tomatoes, and water. If using tomato paste, whisk to dissolve it. Add cauliflower, bring to boil, and simmer until cauliflower is just tender.