

Two Onion Farm

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Week of September 7, 2014

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.

Electronic newsletters. We email our newsletter to reduce paper waste. Paper newsletters are available on the clipboard at each delivery site. Anyone who receives email newsletters can opt out by contacting us at farmer@twoonionfarm.com; 608-762-5335.

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 at: <http://www.twoonionfarm.com/index.php/current-members/csa-deliveries/break-down-your-box>.

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Field Update: Carrots are back! After a short interlude, one of our members' favorite vegetables is back in the boxes. We anticipated a nice broccoli harvest for this week. During our first broccoli harvest last Thursday, however we sadly discovered that the first plantings greatly suffered from the frequent rains which we experienced the last few weeks. There is more rain in the forecast for today and tomorrow which will adversely affect the broccoli plants just making their heads – water will pool on the heads and turn them mushy, unless they dry quickly. We are hoping for a dry and gentle autumn.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	Not in all boxes
Cauliflower	Yes	Yes	1 wk	
Carrot	Yes	Yes	2 wks	
Cucumber	Yes	Yes	1 wk	
Garlic	No	No	2+ wks	
Lettuce	Yes	Yes	1 wk	Oakleaf
Onion, yellow	No	No	2 wks	Ailsa Craig variety, sweet – good for raw eating or cooking
Pepper	Yes	Yes	1 wk	Red Italian
Tomato, slicing	No	No	1 wk	
Winter Squash	No	No	2 wks	Acorn squash

Acorn Squash. The simplest way to prepare Acorn, or any other squash is baking (or roasting). Baking condenses and conserves flavor and yields a tastier squash than boiling or steaming. To bake: wash the squash and cut it in half from top to bottom. Then scoop out the seeds and stringy pulp from the center of the squash. Try to scrape out all traces of the stringy pulp because in some squash it has an unpleasant flavor. Place the squash halves face down on a dish or tray and cook in a microwave or 350 degree oven until the flesh is very tender but not dried or charred. If baking in an oven, you can pour a little water in the bottom of the dish to keep the squash from drying out. Baked squash can be eaten straight from the shell with a fork.

Squash are often used in soups, casseroles, breads, muffins, and pies. **Acorn Squash**, however, has a fairly mild flavor which is easily overwhelmed and we don't think it does well when mixed into these dishes. We'll have other squash, with stronger flavor, which do well mixed into soups, pies, and so forth.

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 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: Lightly oil a large skillet and cook until lightly browned. Add onions, celeriac, and bell 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.

Cauliflower and Feta Omelet

5 large eggs
2 1/2 Tbsp olive oil
1/2 medium head cauliflower, cut into 1-inch-wide florets (3 cups)
1 small onion, thinly sliced
1/2 c crumbled feta (2 oz)
Salt and pepper

1. Beat eggs with 1/4 tsp salt. Heat oil in a 10-inch heavy skillet over medium-high heat, then sauté cauliflower and onion until browned and tender, 5-9 minutes. Sprinkle with 1/4 tsp salt and pepper to taste, and mix.

2. Pour eggs over cauliflower. Cook, lifting edges to let uncooked egg run underneath and shaking skillet occasionally to loosen omelet, until almost set, 4-5 minutes.

3. Slide out onto a large plate. Put skillet over omelet and, using pot holders, firmly hold plate and skillet together, then invert omelet back into skillet and cook 1-2 minutes. Slide out onto plate and sprinkle with feta.