

Two Onion Farm

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Week of September 8, 2013

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	
Carrot	Yes	Yes	2 wks	
Cauliflower	Yes	Yes	1 wk	Not in all boxes
Cucumber	Yes	Yes	1 wk	
Fennel bulb	Yes	Yes	1 wk	White flattened bulb with overlapping semi-circular rings
Garlic bulb	No	No	2+ wks	
Leek	Yes	Yes	1-2 wks	
Lettuce	Yes	Yes	1 wk	Oakleaf
Onion	No	No	2+ wks	Ailsa Craig, Red, and/or yellow onion
Pepper, red	Yes	Yes	1 wk	Sweet, red Italian
Squash, Acorn	No	No	2+ wks	
Tomato	?	No	1 wk	Red and/or pink slicing tomato

Welcome to our biweekly autumn season members! 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>.

Farm tee shirts. We have farm tee shirts available – you can order one or receive one for free if you submit three recipes for our newsletter. See <http://www.twoonionfarm.com/index.php/current-members/farmteeshirts> for details.

Despite the high temperatures early this week, we are in full autumn mode on the farm. We will continue harvesting winter squash: butternut and acorn. We gathered all buttercup squash by now, they are curing in the packing shed. The next carrot planting is ready for digging as well, and we will get to it the second part of the week.

Whenever we finish harvesting a vegetable bed, Chris mows it down and incorporates the plant residue into the soil. Ten days ago he sowed barley seeds in those beds to protect open areas from erosion and to add some green manure to the soil. Though the country is turning brown around us, we still have an oasis of young green shoots on the farm.

Fennel – This is the flat white vegetable with overlapping layers. It has a licorice flavor. Fennel can be eaten raw if you enjoy its pronounced flavor. When cooked, fennel's flavor moderates to a gentle sweetness. It is very nice in stir-fries, sautees, and pasta sauces. To cut up a fennel bulb, wash it, then slice in half lengthwise. Slice each half in half again lengthwise. With a small sharp knife, remove the triangular core from the base of each quarter-bulb piece. Then lay the quarters down flat and slice into thin strips.



Fennel Carrot Slaw

1 1/2 tsp Fennel Seed
1 1/2 tsp Anise Seed
1/4 cup Mayonnaise
3 Tbsp Red Wine Vinegar
Salt and Pepper
1 Fennel
1 1/2 tsp Lemon Juice
1/3 bunch Carrot , about 2 cups
1/3 bunch Parsley , minced, optional

1. Dry toast the anise and fennel seeds in a frying pan over moderate heat until lightly browned. Cool slightly. Grind in a spice grinder or with a mortar and pestle. Stir ground seeds, mayonnaise, vinegar and salt and pepper to taste together in a small bowl.
2. Remove stalks from fennel, and discard or save for use in a homemade stock. Quarter the fennel and remove cores. Using a mandolin or very sharp knife, very thinly sliver the fennel, and place in a bowl, toss with lemon juice, set aside.
3. Trim the ends and shred the carrots with the shredding disk of a food processor, or shred with a box grater. Add this to the fennel slivers.
4. Stir in parsley and dressing, adjust seasoning to taste.

Leek and Carrots

Quick and delicious side dish.

1 large leek, sliced
2-4 carrots, sliced
Butter, salt and black pepper
1/4 cup sliced or slivered almonds

Cook leek and carrots in a skillet with small amount of butter, salt, and pepper, stirring occasionally, until vegetables are soft. Stir in almonds and serve.

Recipes : Local Thyme

This year we've partnered with Local Thyme CSA recipe service in Madison. Each week Local Thyme will provide two recipes which we will include in our newsletter.

You can also login in to Local Thyme's website to access additional information:

- Searchable database of chef-tested, seasonally-based recipes
- Vegetable ID with pictures of typical CSA produce and storage info
- Cooking support, tips and tricks and more

To view this information on the Local Thyme website, you'll need to create an account there. Go to LocalThyme.net/register, and use the code: TWOONIONFA. We've paid an annual fee so that registration is free for Two Onion farm CSA members.

Recipes: Two Onion Farm

You can also visit our website www.twoonionfarm.com to view the recipes which we have developed and published in all of our past newsletters since 2005.