

## Two Onion Farm

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# Delicious, Organic Vegetables Grown With Care

**T**wo Onion Farm invites you to receive fresh, flavorful, healthful vegetables. We select vegetable varieties for their taste, raise them under the best conditions, pick them at the peak of ripeness, and carefully wash, cool, and pack them. We use no chemical pesticides or synthetic fertilizers to grow our certified organic produce.

Become a member of Two Onion Farm to:

- Receive weekly or biweekly boxes of our farm-raised vegetables from June through October.
- Enjoy locally grown vegetables when they're ripe, in season, and at their best.
- Receive with each box a newsletter of recipes, cooking tips, and farm news.
- Pick up your vegetables at a convenient site in Madison, Fitchburg, Monona, Dubuque, Platteville, Galena, or Fennimore.
- Know the farmers who grow your food.
- Optionally, help on the farm – learn how food is grown, experience farm work, & bring your kids.

*Our members say:* "A five star experience! I've told so many people about your farm and the amazing service and vegetables I've received."

"You do such a wonderful job – what a great value to receive beautiful, wonderful produce with top notch personal service."

"The vegetables from your farm have been over the top for appearance and taste."

"It was like Christmas every time we received a box! ... Everything is so fresh and flavorful that I feel like my cooking turns out twice as good."

"Your veggies far outdo any that I can buy at any store. Their taste is amazing."

"It increased our vegetable consumption and we enjoyed the variety of vegetables"

"We have also enjoyed the recipes and I have made quite a few of them. My family is pretty picky and this has been great to get them to try some different things."

"Each time I open a box, I think of you, thank you for your hard work, and so appreciate the love and care that go into making these veggies so good for us."

# The Vegetables

We raise about 25 different vegetables, emphasizing staple favorites such as lettuce, broccoli, tomatoes, carrots, onions, peppers, and squash. The table below shows when, approximately, we expect to distribute each vegetable to our members. You will enjoy each vegetable when it is ripe, at its peak of flavor and freshness. We carefully schedule our plantings to yield an abundance and variety of vegetables for each delivery week. Yields do vary from year to year, and consequently you may receive more or less than we planned of a particular vegetable.

*Members say:* "I like your veggies very much – a good mix of tried and true plus more unique ones ... Your carrots are the best ... Your small red and orange tomatoes were extraordinary in flavor ... Killer purple onions! ... The squash was WONDERFUL - very flavorful and perfectly sweet! ... The green beans are primo ... Brussels sprouts were divine ... Your garlic is soooo much better than from the store ... Best I've ever eaten ... My man LOVES the kale! Who knew?"

**Swap Box.** Since everyone likes different vegetables, we arrange a swap box with a selection of extra vegetables on each delivery day. Members can exchange vegetables from their own boxes for items from the swap box. This allows you to individualize your box to some extent, although you will not receive a completely customized selection of vegetables.

**Preparing Your Produce.** Members receive an abundance and diversity of vegetables. You should be ready to regularly prepare vegetables and to occasionally eat something unfamiliar. We work hard to help members prepare and enjoy their produce:

- Our newsletters include useful cooking suggestions and tasty, practical recipes.
- On our website you can search our past newsletters for recipes using a particular vegetable.
- For help with planning meals, members can choose to receive regular emails forecasting the vegetables which will be in their next box.

*Members say:* "I can't praise you enough for the vegetable descriptions and recipes ... Loved the Brussels sprout recipe that just sautéed onion, garlic, & sprouts and added mustard at the end. Easy and very good ... I have never been disappointed by your recipes- some are now my favorites (like the grated kohlrabi, mmm) ... The Enchiladas I made, using your recipe, made a HUGE hit ... That salad dressing recipe you included was so simple but SO GOOD, especially with my freshly pressed Two Onion Farm garlic in it."

Vegetable	June	July	Aug	Sept	Oct
Basil		■	■		
Beans, Green		■	■		
Beets	■	■	■	■	■
Broccoli	■	■	■	■	■
Brussels Sprouts					■
Cabbage	■	■		■	■
Carrots	■	■	■	■	■
Cauliflower				■	■
Celeriac				■	■
Collard Greens		■		■	
Cucumbers		■	■	■	
Dill		■			
Eggplants		■	■	■	
Fennel Bulb	■	■		■	
Garlic	■	■	■	■	■
Kale				■	■
Kohlrabi	■	■		■	
Leeks	■		■	■	■
Lettuce	■	■	■	■	■
Onions	■	■	■	■	■
Parsley		■	■		
Peas, Snap	■	■			
Peppers		■	■	■	
Potatoes*				■	■
Radishes	■	■		■	■
Rutabagas					■
Spinach	■	■			■
Squash, Summer	■	■	■	■	
Squash, Winter				■	■
Swiss Chard	■	■	■	■	
Tomatoes		■	■	■	
Turnips	■				
Watermelon			■		

Dark shading indicates when we plan to distribute a vegetable frequently. Light shading means less frequent distribution.

\*The potatoes in our boxes are grown organically at another Wisconsin farm.

# Membership Details

## Delivery Frequency and Box Size

- **Delivery Frequency:** Choose between weekly and biweekly (every other week) deliveries.
- **Box Size:** Choose between two box sizes to receive in your deliveries. A large box typically contains 8-10 different vegetables and a total volume of about 0.6-0.75 bushels. This is slightly more than the volume of a large paper grocery bag. A small box generally contains the same number of different vegetables, but with only 1/2 - 2/3 the amount of each vegetable.

**Which frequency and box size are best for you?** Choose an amount of vegetables which you'll be comfortable preparing and eating over the entire season. The sample boxes below can help you decide. Some guidelines:

- **Weekly Large Box:** Usually appropriate for two households who split the vegetables in each week's box. Also suitable for a single family which regularly eats a lot of vegetables.
- **Weekly Small Box or Biweekly Large Box:** Enough for most families and couples. These two plans give a similar amount of produce over the season. A weekly small box gives frequent deliveries, but smaller portions in each. A large household may prefer the larger portions in a biweekly large box.
- **Biweekly Small Box:** Good for one person households and others who don't eat many vegetables.

Please call or email for help choosing the best option for you. We can usually allow members to upgrade from a small to a large box or from biweekly to weekly deliveries during the season.

## Pickup Locations

Receive your produce in the Madison area, Platteville, Dubuque, Fennimore, or Galena. Our signup form lists locations and times.

## Delivery Season

Choose between three delivery seasons:

- **Full season:** June 13 – Oct 30 (20 weeks)
- **Summer:** June 13 - Sept 4 (12 weeks)
- **Autumn:** Sept 5 – Oct 30 (8 weeks)

## Rescheduling Deliveries

If you cannot pick up a scheduled delivery, we prefer if a friend picks up for you. If that's not possible, you can cancel up to three deliveries and schedule makeup deliveries in their place. For biweekly members, a makeup delivery is a box in a week when you're not normally scheduled to receive one, or an extra box in the week of a scheduled delivery. For weekly members, a makeup delivery is an extra box in a scheduled delivery week. In rare cases we may limit the weeks in which you can receive a makeup box. Cancellations and reschedules must be made 3 days in advance.

## Sample Boxes

These are sample boxes we might distribute in Aug. and Oct. The left and right columns show amounts in each large and small box.

Large Box	August	Small Box
8	slicing tomatoes	4
3	cucumbers	2
2	red sweet peppers	1
1 lb	green beans	10 oz
1 pint	cherry tomatoes	1/2 pint
2 heads	leaf lettuce	1 head
10	carrots	6
1 bunch	fresh basil	1/2 bunch
2	red onions	1
Large Box	October	Small Box
2 heads	oakleaf lettuce	1 head
2 heads	broccoli	1 head
1 quart	Brussels sprouts	1 pint
1	buttercup squash	1
3	yellow onions	2
3 lbs	potatoes	1.5 lbs
10	carrots	6
3	beauty heart radishes	2

**To Become a Member:** Our member signup form is on our website, at [www.twoonionfarm.com/MemberSignupForm.htm](http://www.twoonionfarm.com/MemberSignupForm.htm). We limit our membership to the number we can feed from our farm, and we accept members on a first come, first served basis.

**Know Your Farmers.** Membership allows you to know the farmers who grow your food. Members and prospective members are welcome to schedule a visit to our farm. We're always glad to answer questions and hear suggestions. We listen to our members, and we've crafted our offerings around their requests and comments. Working members have an additional opportunity to see the farm in action and learn firsthand how we raise vegetables. To learn more about working with us, read our information for working members at [www.twoonionfarm.com/WorkerInformation.pdf](http://www.twoonionfarm.com/WorkerInformation.pdf).

*Members say:* "I know everything is local and grown sustainably so I have peace of mind ... Thanks for doing what you are doing – safe, sustainable farming methods are very important and I am glad to be a part, and beneficiary, of your endeavor ... In these times of food safety, it was nice to know where my veggies came from ... Overall, I really liked your vegetables and think you are very knowledgeable and admire your hard work! ... Your conscientiousness is so evident ... We also feel very happy to help support our local farmers. Thank you very much for all your hard work and delicious food ... I'm very proud and happy to be a member – it's one of the best choices I feel I've made!"

**About Two Onion Farm.** Two Onion Farm is located on 12 acres in Belmont, Lafayette Co., Wisconsin, between Madison and Dubuque. Our soils are gently rolling, well-drained, deep silt loams typical of the area. Once covered by prairie and oak savannah, the land here is fertile and high in organic matter, and this fertility contributes to the excellent flavor of our vegetables. We continue to improve the quality of the soil by cover cropping, mulching, and spreading compost. Chris and Juli McGuire own and manage the farm. Together we have over fifteen years of experience growing vegetables. We farm to feed our community with delicious, nourishing produce; to preserve our soil and environment; and to provide our family and farmworkers with meaningful, skilled, healthful work. Growing vegetables is our passion.

**Our Guarantee.** Farm members share to some extent in the risks of farming. You may receive more or less produce because of unusual weather or pest and disease outbreaks. However, we work hard to provide you with an abundant, diverse supply of vegetables throughout the season. We schedule our plantings carefully, plant extra of each crop, irrigate during drought, and when feasible protect vulnerable crops from extreme temperatures and winds. We stand without reservation behind the quality of our produce and our skill as growers.

*Our members say:* "If you ever find people from our area who would like a testimonial, please give them our name. We would be happy to share our great experience!! ... I tell everyone who will listen about Two Onion Farm and what a wonderful job you do ... We've been with you for three years and can't imagine buying elsewhere. We love your veggies. They are always fresh & delicious & gorgeous enough to use in an ad campaign! ... You have been treasures to us. Your wonderfully fresh vegetables and helpful recipes made our meals so much more appealing. Thank you for extending yourselves above and beyond the call of duty ... You are a dream come true for us! ... What you provided was great – the quality of your vegetables speaks for your operation.

"I am still swooning ... My friends were jealous ... Thanks for the reminder of how good food can still be ... Supremely wonderful ... Nourishment for body and soul ... You do your magic."

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