

# Two Onion Farm

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## Week of August 1<sup>st</sup>, 2005

On the next page, we've included a very, very delicious Salad Nicoise recipe which uses the cherry tomatoes, green pepper, beans, potatoes, onion, basil, and parsley in your box.

**Tomatoes.** Our tomato plants are steadily increasing production. We hope we will have enough this week to include cherry tomatoes and a slicing tomato in everyone's box, but we may not have enough slicing tomatoes for everyone. If you don't receive one, however, there should be many more in the weeks ahead. Tomatoes are best stored on the countertop, not the refrigerator.

**Green Pepper.** This is a sweet bell pepper, not hot at all. You can eat it raw: as a finger food, chopped in salads, or sliced crosswise and layered in sandwiches. Green peppers can also be cooked in many ways: in sauces, stir-fries, or omelets, or stuffed and roasted. Peppers store well in the fridge.

**Green Bean.** Generally we steam beans and then eat them warm, or chilled in salads – for example Salad Nicoise. If using the beans in salads, steam them only until they are just tender.

### **Eggplant or Summer Squash.**

Biweekly folks are receiving their first eggplant; weekly boxes contain summer squash. These vegetables, although unrelated, are actually fairly interchangeable in the kitchen – both are delicious sliced thinly, sautéed in olive oil with onion, and served over pasta; or breaded with egg and bread crumb and sautéed; or grilled with melted mozzarella cheese on top. Both can be eaten peeled or unpeeled. One difference is that eggplant should always be cooked to neutralize

unpleasant compounds in the raw fruit. Summer squash can be eaten raw.

### **Broccoli, Cauliflower, or**

**Cabbage.** To make a simple broccoli or cauliflower salad, steam florets until just tender, dress with sweet and sour mustard dressing, and chill. [Sweet and sour mustard dressing: 6 Tbsp olive oil, 2 Tbsp Dijon mustard, 4 Tbsp red wine vinegar, 2 tsp maple syrup, salt & pepper to taste. This will make more than enough dressing for a head of broccoli – you can store any extra dressing in the fridge.] Cabbage is great sautéed with onion; in a coleslaw with your carrots and onions; or sliced thinly, mixed with onion and dressed with a nice garlicky vinaigrette.

**Red Onion.** Eat raw slices on a sandwich, chop them into lettuce or chilled vegetable salads, or grill them with your squash or eggplant. These onions are not dried, so store them in the fridge.

**Red Potatoes.** They are easy to enjoy boiled, with butter, salt, and pepper. Or try roasted potatoes: stir cubed raw potatoes together with olive oil, rosemary, fresh parsley, salt, and pepper. Spread this mixture on a shallow baking dish, and roast at 350-400 degrees, turning occasionally with a spatula, until potatoes are tender and a little crispy. These are fresh potatoes, best stored in the fridge.

**Lettuce.** Romaine lettuce.

**Carrot.** Enjoy them - after this week, there will probably not be any carrots in your boxes for several weeks.

**Basil & Parsley.** You can use these in the Salad Nicoise recipe. Basil also goes well with tomato, eggplant, or summer squash. Try slicing a tomato, drizzling with olive oil, and topping with a little minced basil, salt and

pepper. Or add chopped basil to an eggplant or summer squash sauté. Herbs store best in the fridge, wrapped in a slightly damp paper towel and enclosed in a plastic bag.

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**Special offers.** In the coming weeks we will have some vegetables available in bulk if you wish to purchase extra for preserving. You can email [farmer@twoonionfarm.com](mailto:farmer@twoonionfarm.com) or call 608-762-5335 to place an order and then pick it up at one of your scheduled vegetable pickups.

Currently we have a lot of extra basil and garlic available for anyone who wishes to make pesto. You can make pesto now and keep it for many, many months in the freezer in small batches, taking out a container now and then for a quick spaghetti dinner or for use on sandwiches. A simple basil pesto recipe uses 3 cups packed fresh basil leaves, 3-4 large cloves garlic, 1/3 cups pine nuts (optional), 1/3 cups olive oil, 1/3 cups grated parmesan cheese, and salt and pepper to taste. (We can provide you with the instructions on how to combine the ingredients into pesto.) Those amounts will make a cup or a little more of pesto; you would probably want to multiply the recipe if you will freeze a lot. We will include small amounts of basil and garlic in your boxes some weeks, but if you wish to make a quantity of pesto you will need to place a special order. The prices are \$6.50 per lb of basil (makes about 12 cups packed basil leaves) and \$2.50 for three heads of garlic (generally 4-5 cloves per head).

We also will have paste (Roma) tomatoes ripening soon – these are the best tomatoes for making into sauces and pastes which you can

freeze or can. You can also freeze whole paste tomatoes and store them in a zip-lock bag in the freezer, withdrawing a few at a time over the winter when you wish to use them in cooking. Paste tomatoes are \$8.00 per 5lb.

## Salad Nicoise

This recipe is somewhat time consuming to prepare but awesome to eat.

### Dressing:

1 tsp Dijon mustard  
1 Tbsp red wine vinegar  
3/4 tsp salt  
1 clove garlic, finely minced  
3 Tbsp peanut or canola oil  
3 Tbsp olive oil  
black pepper to taste  
1/2 tsp thyme

### Salad:

1 lb green beans, steamed  
1 green pepper, sliced  
1/2 pint cherry tomatoes  
2-3 medium potatoes, cooked and cubed  
1 1/2 seven oz cans of tuna  
5 stuffed olives, sliced  
5 black olives, sliced  
1/2 large red onion, sliced  
1 Tbsp fresh basil  
5 Tbsp chopped parsley  
3 hard boiled eggs, quartered

Pour dressing over other ingredients, mix, chill, and serve cold.

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