

Two Onion Farm

Chris & Juli McGuire • 19638 Cottage Inn Road, Belmont, WI 53510
farmer@twoonionfarm.com • (608) 762-5335

Week of August 1, 2010

We have entered late summer, with harvests of peppers, tomatoes, eggplant, and pole beans. The winter squash vines have thoroughly covered the space between their rows and squash are happily ripening under the all-enveloping canopy of leaves; the squash crop appears excellent so far, thanks to an active hive of honeybee pollinators, ample rainfall, and incessant hoeing in late June and early July. Our plantings of fall broccoli, lettuce, and root vegetables are generally in good condition and we have begun hoeing and weeding them as the weather permits. With a collective sign of satisfaction, delight, and relief, we harvested all of our yellow onions last week and they are happily drying in our packing shed while being blasted by powerful floor fans. Work in the packing shed has become more introspective and private because conversation is difficult to sustain over the roar of the drying fans, even for the strong of lung. Summer employees (mostly students) have begun to compare their dates of last work and ask each other what classes they are taking this fall; employees who work for the entire growing season have begun to ask how we will ever get everything done when the summer employees leave. Chris assures them, however, that the labor situation is figured out, thanks to his numerous spreadsheets devoted to the topic.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Basil	No	No	<1 wk	Store in vase with base of stem in water and upside down plastic bag over basil and vase
Beans, green or Romano	Yes	Yes	1 wk	Romano beans have wide, flat pods
Broccoli	Yes	Yes	1 wk	Not in all boxes
Cucumber	Yes	Yes	1 wk	
Eggplant	Yes	Yes	1 wk	
Garlic	No	No	4+ wks	Cured; store at room temperature
Lettuce	Yes	Yes	1 wk	Romaine or Summercrisp
Onions, yellow	No	No	4+ wks	Cured; store at room temperature
Pepper	Yes	Yes	1 wk	White bell pepper
Summer squash	Yes	Yes	1 wk	
Tomatoes	Yes	No	1 wk	Cherry and/or slicing tomatoes

Beans. Most of you will receive green beans this week. This is a very flavorful variety with very long beans. You can use it anywhere you would use shorter round green beans, although you may want to cut each beans into several pieces.

Others will receive flat podded Romano beans, either green or pale yellow. These can be prepared similarly to round green beans.

Cooking time may be slightly longer than with round green beans. Romano beans have a very nice flavor, slightly more buttery than round beans.

Basil is difficult to store well. The leaves will turn black if exposed to cold and wet conditions (for example if you put sopping wet basil plants into your fridge in a plastic bag). If your basil is very wet when you receive it,

we recommend shaking out most of the excess water before you do anything with it. We have had good results storing basil by placing the plants upright in a vase of water with a plastic bag placed upside down over the entire basil plant. As a second best alternative, we recommend storing the basil in a bag outside the fridge in a location away from direct sunlight.

Broccoli. We are nearing the end of the harvest period for our spring planted broccoli. We may distribute a few more heads next week; and after that we will take a broccoli vacation until early September when our fall broccoli plantings begin to mature.

Paste Tomatoes. Those who are interested in canning or freezing tomatoes for winter use can consider ordering extra paste tomatoes for delivery in August or early September – read how at

www.twoonionfarm.com/PasteTomatoOffer.pdf.

Hearty Eggplant Zucchini Sauce

1 medium eggplant, peeled and cut into chunks
1 large (or 2 small) zucchini, cut into half-circles 1/4" thick
1 large onion, chopped
4 cloves garlic, minced
3 tomatoes
1 Tbsp olive oil
2 Tbsp dry oregano
1 tsp salt
Black pepper
1 Tbsp fresh basil, cut into strips

Heat oil in large skillet. Add all ingredients except basil. Toss well; cover pan; cook, stirring occasionally, about 10-15 minutes. Remove cover, add basil, and cook to reduce sauce to desired consistency. Serve over rice.