

Two Onion Farm

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Week of August 10, 2008

In this weeks box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Tomatoes	Maybe		<1 wk	Cherry and slicing tomatoes
Pepper	Yes	Yes	1 wk	
Eggplant	Yes	Yes	1 wk	
Garlic	No	No	1-2 wks	Garlic is only partially cured and may not store well for long periods.
Ailsa Craig Onion	Yes	Yes	1-2 wks	Fresh, uncured onions – store in the fridge and eat quickly
Zucchini	Yes	Yes	1 wk	
Broccoli	Yes	Yes	1 wk	
Basil	No	No	<1 wk	
Cucumber	Yes	Yes	1 wk	
Beet	Yes	Yes	2+ wks	
Red potato	No	No	1-2 wks	

Basil. This week we are giving out a standard basil variety. Chopped basil is delicious in salads. In cooked dishes, add it near the end of the cooking time to preserve its delicate flavor.

Basil storage: Cut off the bottom of the stem and store on the countertop, upright in a vase or jar with water at the bottom. You can also store the leaves wrapped in paper towels and bagged in the fridge. In the fridge the leaves will tend to blacken because of the cold temperatures; in the vase the leaves may wilt.

Ailsa Craig Onion is very juicy and moderately pungent, excellent for light cooking or fresh eating.

Peppers. This week we are giving out a mix of peppers: red, yellow, and green bell peppers and a few long thin red Italian frying peppers. None of these are hot peppers. With a few exceptions all varieties of peppers form

fruits which are green when young and immature. As the pepper fruits mature, they turn color, usually red or sometimes yellow, but sometimes other colors. Now is the time when many of our peppers are beginning to turn color from green to red or yellow. The flavor also changes and the fruits become sweeter.

Tomato. We are giving out both slicing and cherry tomato varieties this week. Our tomatoes are nearing their peak yields now. We grow several varieties of slicing tomatoes: several red round varieties, a medium to large pinkish tomato ('Pink Beauty'), a small pale yellow fuzzy variety ('Garden Peach'), a yellow-orange variety ('Valencia'), and a dark reddish brown ('Nyagous').

Zucchini Cheese Muffins

2 Tbsp minced onions
2 Tbsp butter or oil
1 egg, slightly beaten
1/2 cup oat flakes
1/2 cup grated Swiss or cheddar cheese
1 1/2 cups grated zucchini
2/3 cup water
1 1/3 cup whole wheat flour
3/4 tsp salt (or more)
2 1/2 tsp baking powder

Preheat oven to 375 degrees. Sauté the onions in butter or oil.

Mix the egg, butter or oil, onion, and oats together. Stir in cheese, zucchini, and water.

Sift together flour, salt, and baking powder. Add the dry ingredients to the zucchini mixture, stirring just enough to mix.

Spoon into the muffin tin and bake 20-25 minutes.

Makes 12 muffins.

Panka's Salad

Our daughter (age 6) enjoys helping in the kitchen, creating her own recipes. Here is one she made for dinner one evening last week. Enjoy!

Slice up a few tomatoes and arrange them on a plate in a circle. Top them with sliced cucumber, pepper and thinly sliced onion. Sprinkle with salt and pepper to taste. Drizzle some olive oil and red wine vinegar on it. Add fresh chopped basil leaves and your choice of cheese if you like.

Recipes from past newsletters:

Look at our website for other recipes using this week's vegetables:

Potato Salad with bell peppers and a horseradish mayonnaise dressing. (8/22/2005 newsletter).

Beets in Raspberry Vinaigrette (7/18/2005)

Beets with Orange and Lemon juice

(10/29/2006)

Tomato Pasta Sauce with Fried Eggplant - Quick tomato sauce with onions, garlic, and fresh basil, optionally topped with eggplant.

(8/5/2007)

Paste Tomatoes. We are offering paste (Roma) tomatoes for sale at \$8.00 per 5 lb; please order in 5 lb increments. These are suitable for canning or freezing.

Paste tomatoes are very easy to freeze – simply place the whole tomatoes in a ziplock bag and put it in the freezer. Later, take out a few tomatoes to cook in any recipe which calls for canned tomatoes. If you need to slice or chop the tomatoes after you take them out of the freezer, microwave them very briefly until they have softened but are still partially frozen; in that condition they slice very easily.

We have two types of paste tomato: red and yellow. The red is a good basic Roma tomato; the yellow is slightly smaller, slightly juicier, and adds a new color to your cooking. You can order these to pick up at the same time as your regular vegetable deliveries.

Members who pick up on Tuesdays, we expect that you can order paste tomatoes for pickup on August 12, 19, or 26; we will probably have the most tomatoes on the 19th so that is the best day for larger orders. Members with Friday pickups, you can order for pickup on August 15 or 22; we will probably have the most tomatoes on the 15th, so that is the best date for larger orders. Please place orders at least 3 days before your desired delivery date. Call 608-762-5335 or email farmer@tweenionfarm.com with your order, including desired delivery date, the amount you want, and the type (red or yellow); we will reply to confirm. We will include an invoice with your tomatoes and you can pay us after you receive them