

Two Onion Farm

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Week of August 10, 2014

Mark your calendar for our **Member Event** to celebrate our 10th year of CSA and introduce our new apple plantings! We invite members to a gathering at our farm on **Saturday, October 4, 2014 between 2pm and 5pm**. Several apple varieties will be available to taste; and we will offer farm tours and live music. We hope to see you there!

Program Schedule

2:15pm Farm Tour

3:00-4:00pm Live Music

4:15pm Farm Tour

*Apple tasting, Celebration,
 Fun, Friends and More!*



In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Basil	No	No	<1 wk	See next page for storage tips!
Beans, green	Yes	Yes	1 wk	Not in all boxes
Beets	Yes	Yes	2 wks	
Carrots	Yes	Yes	2 wks	
Cucumber	Yes	Yes	1 wk	
Eggplant	Yes	Yes	1 wk	
Garlic	No	No	2+ wks	
Lettuce	Yes	Yes	1 wk	Summercrisp
Onion, red	No	No	2+ wks	
Pepper	Yes	Yes	1 wk	White and/or red
Tomato, cherry	No	No	1 wk	
Tomato, slicing	No	No	1 wk	
Zucchini	Yes	Yes	1 wk	

What's happening on the farm? Lots of onions are curing in the packing shed. We harvested the storage onion crop last Tuesday. The onions stayed out in the field for a couple of days to dry on the sun. Then we put them in crates, hauled them to the packing shed, and placed all 12,000 of them on the onion/garlic drying platform Chris built last year. Huge fans are blowing and moving air through them to speed up the curing process, thus ensuring the onions will have a long storage life.

Basil. Store your basil upright in a vase with water on countertop and out of direct sun. Covering the vase with a plastic bag will prolong life. Use it quickly – it's delicious in many salads and pasta dishes.

Beets are high in nutrients, such as vitamins A and C, and also carotenes. They are long-storing, sweet and delicious. Our climate allows us to grow beets throughout the growing season; we include them in your box sporadically.

Green beans. Our third planting of beans just started to bear, so the yield is low. We expect to have a lot more beans by next week.

Thai Rice Pilaf

Adapted from Eating Well magazine.

3 cups cooked rice
2 Tbsp lime juice
2 tsp canola oil
1 1/2 tsp fish sauce
1 tsp sugar
1/4 tsp crushed red pepper
1 cup pineapple, chopped
1/2 cup carrot, finely chopped
1/2 cup basil, cilantro and/or mint, chopped
1/2 onion, finely minced
2 Tbsp unsalted peanuts, chopped (or more)

1. Stir lime juice, oil, fish sauce, sugar and crushed red pepper together in a medium bowl until sugar dissolves.

2. Stir the rice, pineapple, carrot, herbs and onion into dressing. Sprinkle with peanuts.

Serve it with roast pork or fish (we had it with chicken).

Beet and Fruit Salad

A colorful salad! You can try substituting raisins for the prunes.

3 medium beets
1 Tbsp lemon juice
4 prunes, pitted and thinly sliced
1/2 of a small onion, sliced thinly
1/4 tsp salt
Black pepper to taste
1/2 cup finely chopped pineapple chunks
(canned pineapple is fine)
1/4 cup chopped walnuts or pecans, optional

Quarter or halve the beets lengthwise and slice them into 1/4" slices. Steam until tender. (You can also roast or boil the beets – they just need to be cooked). Add remaining ingredients and mix well. Chill until serving time. We've had the best results chilling the salad for an entire day before eating.

Beet Chips

Beet chips are crunchy, sweet snack, great for kids. Slice beets very thinly – about 1/8". Deep fry in vegetable oil until beets are crispy. Drain on paper towel. Salt beets lightly if you wish. Eat warm.

Paste Tomatoes. We are offering paste tomatoes for sale. These tomatoes are suitable for canning or freezing. You can order to receive in addition to your regular deliveries. For more information and to order, see our website:
<http://www.twoonionfarm.com/index.php/current-members/pastetomatoes>.