

Two Onion Farm

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Last week we harvested all the storage onions. We laid them out on the field in neat rows to dry in the sun for a few days (first picture). There was rain in the forecast for last Sunday, so on Friday we put the onions in crates, drove them to the packing shed, and placed them on the onion/garlic drying platform. They will remain there for a few weeks, until they are cured. During the curing process the long, green leaves wither and brown (we later cut this off), the wrappers around the bulb dry out and form a protective layer, so the onion bulb stays juicy inside. The second picture shows us cleaning onions for this week. Those were harvested weeks ago and have been completely cured.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Basil	No	Yes	<1wk	See next page for storage tips!
Carrot	Yes	Yes	2 wks	
Cucumber	Yes	Yes	1 wk	
Cherry tomato	?	No	<1 wk	
Garlic bulb	No	No	2+ wks	
Green bean	Yes	Yes	1 wk	Not in all boxes
Kale	Yes	Yes	1 wk	
Lettuce	Yes	Yes	1 wk	Romaine
Onion, yellow	No	No	2+ wks	
Pepper	Yes	Yes	1 wk	
Zucchini	Yes	Yes	1 wk	
Tomato	?	No	1 wk	Red and/or pink slicing tomato

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

This week's recipes from Local Thyme:



Pasta e Fagioli with Kale and Fresh Tomatoes

1 cup Cranberry Bean
2 Tbsp Olive Oil
1 Onion, chopped
2-3 cloves Garlic, chopped
4 cups Tomatoes, hand crushed with their juices, or a mix of fresh and canned
2 quarts Water
1 teaspoon Dried Rosemary or Sage
2 Bay Leaves
2 ounces Pancetta, optional
1 Parmesan Rind
1 bunch Kale, leaves stripped from center stalk and roughly chopped
Salt and Pepper
8 ounces Small Shell Pasta
Parmesan Cheese, grated

1. Soak beans overnight in plenty of cool water to cover. Warm oil in a heavy bottomed soup pot until it shimmers, then sauté onions and scapes until tender, about 1-2 minutes. Drain the water out of the beans and place the beans in the pot with the tomatoes and their juices. Add water, bring to a boil, skimming any foam that rises. Then stir in bay leaves, sprigs of rosemary, parmesan rind and optional pancetta. Reduce heat to medium-low, cover, and simmer for about 1 1/2 hours, stirring occasionally.

2. Remove lid and test doneness of beans. Depending on their age/water content they may be thoroughly cooked and tender at this point, or they could need an additional 15-45 minutes of simmering to achieve a nice tender texture. Feel free to raise temperature of soup a little to move things along if they are not ready. Keep an eye on the water level -- you can always add a little more if the liquid is getting quite low.

3. When beans are tender, remove and discard the rosemary sprigs, bay leaves, parmesan rind and optional pancetta. Stir in the leaves of kale and simmer about 5 minutes until tender. Season generously with salt and pepper. Serve over bowls of cooked pasta. Pass the cheese to sprinkle on top.

Black and White Stuffed Bell Peppers

1 14 ounce can Black Bean, rinsed and drained
4 Bell Peppers, white or green, halved lengthwise, stem, seeds and ribs removed
1 Tbsp Canola or Sunflower Seed Oil
1/2 cup Onion, finely minced
2 cloves Garlic, minced
1/2 teaspoon Cumin
1 tsp Dried Oregano, preferably Mexican Oregano
1/2 cup Fontina Cheese, or Monterey Jack, shredded
1/4 cup Cilantro, chopped (optional)
2 teaspoons Lime Juice
Salt and Pepper, to taste

1. Preheat oven to 350°. Heat a large stock pot with water on high. When the water boils, add 1 tablespoon of salt, and blanch the peppers by putting them in the water for 1 minute, and carefully remove them to a colander to drain.

2. Heat a medium skillet over medium high heat. Add the oil and when it shimmers, add the onion and garlic and sauté until slightly soft, about 3 minutes. Add the cumin and crumble in the dried oregano. Remove from the heat and allow to cool slightly.

3. In a medium bowl mix together the black beans, sautéed onion, garlic, cheese, lime juice, and cilantro, if using. Taste and add salt and pepper, if desired.

4. Place the peppers in a rimmed oven-safe pan. Divide the bean mixture evenly among the 8 pepper halves, and press down small mounds of filling into the pepper "boats." Bake peppers until heated through and cheese is melted, about 25-30 minutes.