

Two Onion Farm

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Week of August 12th, 2007

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Lettuce	Yes	Yes	1 wk	Summercrisp
Tomatoes	No	No	<1 wk	
Yellow Beans	Yes	Yes	1 wk	
Pepper	Yes	Yes	1 wk	Green or red bell peppers
Yellow Onions	No	No	2-4 wks	
Eggplant	No	No	1 wk	
Summer Squash	Yes	Yes	1 wk	
Broccoli	Yes	Yes	1 wk	Not in all boxes
Cauliflower	Yes	Yes	1 wk	Not in all boxes
Basil	No	No	<1 wk	Store like flowers: place stems upright in a cup of water

This is the last **broccoli** which we will have for several weeks. We expect to begin harvesting fall broccoli in mid-late September.

We have a large cauliflower planting which is beginning to ripen. A few people will receive **cauliflower** this week, and most or all of you should receive it next week.

We are giving out 4 **cherry tomato** varieties: Most of you will receive round, orange, sweet 'Sun Golds' or pale white 'White Cherries' with a mild, mellow taste. A few will receive the elongated yellow-orange, sweet & juicy 'Yellow Mini' or the red 'Favorita' cherry.

To repeat a note from last week: we do not wash our tomatoes (unlike almost all of our other vegetables). Tomatoes are susceptible to some nasty diseases, and washing the fruit after harvest increases the likelihood that the tomatoes will rot on your countertop. For one thing, wet washed fruit are more susceptible to infection, and for another, disease spores spread easily from fruit to fruit in the wash water. This week rain has splashed much dirt

on our tomato plants, and some of the tomatoes have dirt on them that you will need to wash off before eating.

Our **eggplants** are producing heavily this season. We have included two recipes in this newsletter, and there are more on our website: Grilled Eggplant Sandwich (7/25/2005 newsletter), Grilled Lemony Eggplant (7/16/2006), Ratatouille (8/8/2005), Tomato Pasta Sauce with Fried Eggplant (8/5/2007).

We are picking from our last **bean** planting, and this week's harvest may be the last of the season.

Please return your boxes. You are welcome to take your box home from your pickup site each week. However, please break down and return the box to the pickup site the following week. We have been losing boxes steadily this season. If you are unsure how to break down the boxes, you can read instructions and view pictures on the member services page of www.twoonionfarm.com.

Pasta Salad with Grilled Vegetables

Salad:

2-3 zucchini or summer squash, sliced into long
1/2" slices
2 eggplant, sliced into 1/4" slices
4-6 tomatoes, sliced in half
1-2 red or green bell peppers, quartered and
cored
1 medium onion, sliced into 1/4" slices
Olive oil, garlic powder, salt and pepper
3/4 lb pasta, cooked, drained, and cooled
4 oz fresh mozzarella or feta cheese
4-5 Tbsp chopped fresh basil

Dressing:

1/2 cup olive oil
3 Tbsp Balsamic vinegar or red wine vinegar
1/2 tsp salt
1 clove garlic minced

Coat veggies with light coating of olive oil and sprinkle with garlic powder, salt and pepper. Grill until lightly charred and tender. Chop grilled vegetables and mix with pasta, cheese, and basil. Toss with dressing and season with salt and pepper.

Eggplant Cheese Casserole

Adopted from From Asparagus to Zucchini, 3rd Edition.

Olive oil, salt, and pepper
1 lb eggplant, sliced 1/3" thick
1 onion, sliced
1 red or green bell pepper, cores removed and sliced crosswise
2 cups chopped fresh tomatoes
3-4 Tbsp chopped fresh basil
1 cup grated mozzarella or parmesan

Preheat oven to 375 degrees. Cook eggplant in 2 Tbsp olive oil in a skillet on both sides until barely tender. Remove eggplant, add a little more oil to skillet and then sauté onions and pepper until tender. In a baking dish, lay eggplant on bottom, season with salt and pepper. Layer onions and pepper over eggplant and season with salt and pepper again. Then cover with tomatoes and basil and top with cheese. Bake for 45 minutes or until cheese browns.