

Two Onion Farm

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Week of August 12, 2012

FairShare CSA Coalition (formerly known as MACSAC) is celebrating its 20th anniversary this year. It is a non-profit organization based in Madison, WI that supports and connects CSA farmers and eaters. Our farm has been a member since 2006, and Chris has been serving on the board of directors for several years now. FairShare is organizing many exciting events this summer and fall to celebrate its anniversary. Here are a few of the events copied from FairShare's website, www.csacoalition.org.

CSA Barn Party: Come on out to the infamous Sh*tty Barn in Spring Green to hear a super line up of live bands, taste the fresh flavors of Ian's "Slice of CSA seasonal specialty pizza" and support the good work of the CSA Coalition. Date: Saturday, August 18th, 4PM to 11 PM. Cost: \$15.00.

Bike the Barns: FairShare's spectacular fundraising bicycle ride that features local farms and local food. When you participate in Bike the Barns, you not only enjoy a day biking to local farms and eating artisan delicacies, but you also support our community's health – the health of our neighbors, our land, our farmers, and our local economies. Proceeds from this event benefit FairShare's Partner Shares Program, which helps low-income families purchase local, organic vegetables and have a direct connection with their food and farm through community supported agriculture. Date: Sunday, September 16th.

Organic produce in this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Basil	No	No	<1 wk	Store on countertop in a vase with water at bottom. Place plastic bag upside down over basil and vase to maintain humidity.
Bean	Yes	Yes	1 wk	Not in all boxes
Carrot	Yes	Yes	2 wks	
Cucumber	Yes	Yes	1 wk	
Garlic	No	No	2 wks	
Lettuce	Yes	Yes	1 wk	Summercrisp
Onion	No	No	2 wks	
Parsley	Yes	Yes	1 wk	
Pepper	Yes	Yes	1 wk	White-orange bell pepper or red Italian – none are hot.
Radish	Yes	Yes	1-2 wks	
Summer squash	Yes	Yes	1 wk	Not in all boxes
Tomato	?	No	<1 wk	Refrigeration prolongs life but decreases flavor

The **Northwest Illinois Food Co-op** is planning to open its doors in downtown Elizabeth, IL in January 2013. The co-op will consist of a blend of natural, local, organic and sustainable products. They will also carry a selection of conventional products so that shoppers won't need to travel outside the area for basics. By stocking the shelves in this way and sourcing first local, then regional, followed by national and international producers and products, the co-op can be your full-service grocery. To learn more about becoming a co-op member, visit www.northwestillinoisfoodcoop.org

Beans. This week we are harvesting large, flat podded, Romano beans. The Romano beans can be used similarly to round green beans but they require a slightly longer cooking time. We enjoy their rich beany flavor.

Paste tomatoes. We are offering paste (Roma) tomatoes for sale. These are suitable for canning or freezing. You can order tomatoes to receive along with one of your upcoming vegetable deliveries – see <http://www.twoonionfarm.com/index.php/current-members/pastetomatoes> for details and information on how to order.

Lemon Blueberry Zucchini Bread

3 eggs
1 cup veg. oil
3 tsp. vanilla
2-1/4 cups white sugar
3 cups whole wheat flour
1 tsp. salt
1 tsp. baking powder
1/4 tsp. baking soda
1 Tbs. cinnamon
1 pint blueberries (fresh or frozen, but thawed)
2 cups shredded zucchini (about 2 small/med. or 1 large. Do not peel before shredding, just cut off ends)
Juice and zest of one lemon (about 2 Tbs.)

Preheat oven to 350 degrees. Grease 2 bread pans. Mix eggs, oil, vanilla, lemon juice/zest, and sugar, then fold in zucchini. Mix dry ingredients in a separate bowl. Combine wet and dry ingredients, then gently fold in blueberries. Divide between bread pans and bake for 50 minutes or until knife inserted comes out clean.

Optional topping: Mix 1/2 cup oatmeal, 1/2 cup melted butter, and pinch of cinnamon. Crumble over loaves before baking.

Spaghetti Alla Carrettiera

Makes 4 servings

3 tablespoons olive oil
4 large garlic cloves, finely minced
6-heaped Tblsp finely chopped flat-leaf parsley
1/4-1/2 tsp. hot pepper flakes (optional)
1 tsp salt
3/4 lb. spaghetti
4 tablespoons Parmesan cheese (optional)

Heat oil over low heat in a skillet and gently sauté the garlic until golden. Add 4 Tblsp of parsley and pepper flakes (if desired), stir together for a minute and remove from the heat.

Bring a large pot of water to a boil, add salt, and cook spaghetti until tender. Drain and toss in a warm serving dish with the garlic mixture. Add remaining parsley, stir together and serve at once, passing the cheese if desired.

Grilled Cherry Tomato Pizza

1 dozen (or more) cherry tomatoes, sliced in half
1/2 cup basil leaves, coarsely chopped or torn
2 cloves garlic, minced
Olive oil (for drizzling)
Desired pizza crust (pre-made is easiest and cooks fastest, or from scratch)
1 cup mozzarella cheese, shredded or fresh sliced

Drizzle olive oil on both sides of pizza crust and brush evenly to coat. Spread minced garlic over top. Arrange tomatoes sliced-side-down evenly over the crust. Sprinkle basil leaves evenly over top of tomatoes, and then finally sprinkle the mozzarella evenly over everything. Brush grill with more olive oil or non-stick spray and turn burners on low. Place pizza directly on the rack and grill until crust is desired crispness, and cheese is bubbly (about 10 minutes or less).