

Two Onion Farm

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Week of August 13th, 2006

We are distributing our cherry tomatoes in clear plastic, lidded pint containers. The containers are not recyclable in many places. However, we can reuse the containers and lids. If you want to return the containers to us, please save them. We'll announce when the cherry tomato season is over and you can return the containers all at once. We'd prefer you return them all at once in this way rather than returning them one at a time each week.

These are the vegetables we're distributing this week. You'll receive a selection of them in your box, but not all of them.

Tomatoes. We're distributing several varieties of large slicing tomatoes, as well as cherry tomatoes. The slicing tomato varieties you may receive are: First Lady (a good basic all purpose red tomato), Black Prince (small to medium sized fruit that is brownish red to green, with a rich, full flavor), Pink Beauty (dark pink, with a pleasant delicate tomatoey flavor), Garden Peach (pale yellow, slightly fuzzy, small fruit, with a very mild, subdued taste), Striped German (large, unruly yellow tomato with a red blush).

The Cherry tomatoes we're harvesting include a red variety, the sweet yellow-orange 'Sun Gold' variety, a very pale white variety, and a red elongated grape tomato. The long red grape tomatoes are relatively firm and meaty and can make a good cooking tomato.

Green pepper. See this week's recipe for marinated peppers. Some of you may receive red or yellow peppers as well. Green peppers are simply pepper fruits that are picked while not fully mature. Red, yellow, or orange peppers are the same fruits picked at full maturity. Our pepper plantings are just beginning to yield the first fully ripe red and

yellow peppers. Peppers picked green are a bit less sweet than the reds and yellows. On the other hand the green are available earlier in the year. In addition, green peppers are easier to grow in the sense that many fruits which look beautiful and lovely as green peppers develop small blemishes or rotten spots just as they fully mature and turn color. Hence the higher price for red and yellow peppers in grocery stores. We try not to distribute blemished peppers.

Swiss Chard. Sautéed chard: Separate the leaves and stems. Slice the stems, and cut the leaves into 1/2" wide strips. Start the stems sautéing in olive oil with salt and pepper, and, optionally, onions and garlic. When the stems begin to become tender, add the leaves. Continue cooking until the leaves are just tender. Serve over pasta with parmesan cheese. Or dress with lemon juice or vinegar and serve as a side dish.

Another possibility is to cook the leaves in their own juice: After cutting the leaves away from the stems and midribs, slice the leaves into 1/2" wide strips. With the leaves still wet from washing, place them in a large pot. Salt lightly. Cook covered, stirring occasionally, until the leaves wilt. Remove the cover and continue cooking until excess water evaporates. You can dress with olive oil and lemon juice/vinegar, season with pepper, and serve warm.

Onions. These Ailsa Craig onions have not been fully cured. We recommend that you use them within 1-2 weeks. Refrigeration will lengthen their life but is not necessary.

Summer Squash, Cucumbers, Broccoli, Potatoes, Lettuce.

Cooking Class

For those of you in the greater Galena area, Patricia Lehnhardt at the Great Galena Cookery is offering cooking classes on August 24th and 25th on how to cook with local seasonal vegetables. Here's more from Patricia: "With all the farmers' markets brimming with fresh fruits and vegetables and our local CSA box of vegetables arriving every week...why not take advantage of the harvest and try some new recipes. We will devise the recipes to suit what is fresh and local that week. You will go home with basic recipes that can be suited to what you have on hand. Knife techniques will be shown--how to attack those veggies!! Our local organic farmer, Chris McGuire, will be attending the Friday class to answer all your questions about how they grow such wonderful vegetables."

The class will be held at The Great Galena Cookery, 412 Spring Street, Galena, IL, 815-777-1556. Price is \$50 per person. Call for reservations. For more details check the website:
http://www.galenapeddlery.com/o3cook_1class.html

Roasted Potatoes

¾ lb potatoes, cut into ¾" pieces
 1 ½ Tbsp olive oil
 2 garlic cloves, minced or smashed
 ½ tsp salt
 1 ½ tsp rosemary

Preheat the oven to 425 degrees. Mix the potatoes with half the olive oil and spread them out on a baking sheet. Roast the potatoes, turning once, until they have just turned golden brown, about 35-45 minutes. While the potatoes are roasting, combine the remaining oil with the garlic, salt, and rosemary. Remove potatoes from oven, drizzle the oil garlic mixture over the potatoes, stir them briefly, and return them to the oven, Bake about 5 minutes longer. Serve immediately.

Storage

Vegetable	Refrigerate?	Approximate Storage Life	Comments
Broccoli	Yes	1 week	Keep bagged.
Cucumbers	Yes	1 week	Keep bagged.
Lettuce	Yes	1 week	Keep bagged.
Onions	If desired	1-2 weeks	
Pepper	Yes	1 week	Keep bagged.
Potatoes	No	Weeks	Keep away from light (e.g., in a closed paper bag)
Squash, Summer	Yes	1 week	Keep bagged.
Swiss Chard	Yes	1 week	Keep bagged.
Tomatoes	No	Up to 1 week	Store at room temperature or slightly cooler.

Marinated Peppers

A nice addition or accompaniment to pasta dishes, pizza, and sandwiches.

2 bell peppers, any color
 1/8 tsp salt
 black pepper to taste
 ¼ tsp dry basil
 dash oregano
 2 tsp olive oil
 1 clove garlic minced or crushed
 2 tsp red wine vinegar

Remove stems and seeds from the peppers and then slice them into thin strips. Sauté the peppers, salt, black pepper, basil, and oregano, in olive oil for 5 minutes. Add garlic and continue cooking until peppers are just tender. Transfer to a bowl or container, stir in red wine vinegar and marinate for 1 hour room temperature. Serve immediately or store for a few days in a closed container in the refrigerator.