

Two Onion Farm

Chris & Juli McGuire • 19638 Cottage Inn Road, Belmont, WI 53510
farmer@twoonionfarm.com • (608) 762-5335

Week of August 15th, 2005

Tomato. This week we have a recipe for Greek Salad which uses tomato, pepper, and cucumber.

Green Pepper.

Summer Squash.

Broccoli or Cauliflower. We have a nice recipe for broccoli or cauliflower in a pasta cheese sauce.

For your botanical edification, the broccoli and cauliflower heads that we eat are both actually masses of partially developed flower buds. If allowed to continue developing, they stretch out into long sprays of small yellow flowers.

The broccoli and cauliflower you're receiving now was planted in May and nurtured through the hot weather of June and July. This was difficult – both vegetables prefer very mild weather and they tend to flower prematurely in the heat, without ever forming nice harvestable heads. (A similar phenomenon, unfortunately, happens if early plantings of broccoli or cauliflower are exposed to severe cold in the spring – these are fussy vegetables!)

High fertility in the soil, plentiful irrigation, and choosing heat-resistant varieties are all key to growing these crops in the summer. Nevertheless, yields still tend to be lower when the plants are grown in heat. This is particularly true with the cauliflower.

Green Beans. This will be our last week of green beans.

Carrot. These are likely to be our last carrots for a while. We hoped to have carrots continuously until the end of the season, but we will now have a gap of several weeks. The

carrot seeds we planted in late June and early July germinated poorly in the long days of very hot, dry conditions. We had difficulty keeping the seeds adequately irrigated. The same is true for the beets, radishes, and turnips which we planted at that time. The recent rains, cool weather, and great attention to irrigation have helped our newest plantings, however, and we will have more of these roots later in the season.

Onion. This is an Ailsa Craig onion, an old Scottish variety which is delicious when eaten fresh. These onions are partially dried and can be stored on the countertop, but they will keep a little better in the fridge.

Garlic. Biweekly folks will receive garlic, since they did not receive it last week. Weekly shareholders will receive larger quantities of the other items.

Melon and/or Cucumber. We are harvesting more watermelons, muskmelons, and cucumbers. Cucumbers go well in this week's Greek Salad recipe.

Basil. One sprig of basil. You can add a little minced basil to the Greek salad recipe. It goes well with tomatoes in almost any context.

Spaghetti with Broccoli Cheese Sauce

3 Tbsp olive oil
3 cloves garlic, finely chopped
1 medium head broccoli or cauliflower,
separated into florets
1 bell pepper, diced (optional)
½ lb mushroom, sliced (optional)
2 cups half-and-half
1 cup parmesan cheese, grated
dash nutmeg
salt and pepper, to taste
parmesan cheese, for serving
spaghetti for four people

Cook the spaghetti and drain it. Sauté garlic in olive oil. Add mushrooms, salt, and pepper, and sauté until the juice from the mushrooms evaporates. Add broccoli or cauliflower and peppers, and sauté over medium heat until tender, about 5 to 7 minutes. Remove vegetables from the pan. Add the half and half to the pan and bring to a boil. Add Parmesan cheese and nutmeg, and cook 1-2 minutes to thicken it. Add vegetables and cooked pasta. Toss them together well. Serve with additional Parmesan on the side. Serves four.

Greek Salad

1 green pepper
1 small cucumber
2-3 medium tomatoes
4 oz feta cheese
2-3 Tbsp red wine vinegar
5-6 Tbsp olive oil
salt and pepper to taste

Chop the pepper, cucumber, and tomatoes, into larger bite-sized pieces. Crumble the feta cheese into large pieces. Combine all ingredients in a salad bowl and serve cold. Feta cheese is salty enough that you may not want any additional salt. This recipe is based on a salad which Juli was served while visiting Greece as a girl.

Special offers. You can still order bulk quantities of basil (\$6.50 per lb of basil, which makes about 12 cups packed basil leaves), garlic (\$2.50 for three heads of garlic - generally 4-5 cloves per head), and paste tomatoes (\$8.00 per 5 lb). Paste tomatoes are very easy to preserve - simply place the whole tomatoes on a baking sheet in the freezer until they freeze solid. Then transfer the tomatoes to a ziplock bag or other container and keep in the freezer. Take out a few tomatoes to cook in any recipe which calls for canned tomatoes.

Email farmer@twoonionfarm.com or call 608-762-5335 to place an order and then pick it up at one of your scheduled vegetable pickups.

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