

Two Onion Farm

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Week of August 16, 2009

Tomatoes benefited from the warm weather, last week and we are harvesting more. Cool wet weather again this week, however, which will delay ripening and spread disease among the vines. This will not be a great tomato year...

Unlike most of our other vegetables, we do not wash our tomatoes, because wet tomatoes are very susceptible to rotting and deterioration. Some of the tomatoes will have a film of dust on them or the remains of a dead tomato leaf. They usually wash easily.

Carrots - We are packing the first from our late summer and fall plantings. The flavor is excellent. We hope to give you many more as the season goes on.

Cauliflower - This is from a planting which is just beginning to mature, and we will not have enough for all boxes this week. We will have more next week.

Peppers. We have been giving out many of the white peppers in the past few weeks. Like tomatoes, peppers are a heat loving crop and they have not thrived in the cool summer. We have several varieties of red pepper which have been slow to ripen and which we hope to distribute to you later in August.

Beans. We are again giving out several bean varieties. Some of you will receive a very long round green bean. This is a very flavorful variety. You can use it anywhere you would use shorter round green beans, although you may want to cut each beans into several pieces. Others will receive flat podded Romano-style beans, either green or pale yellow. These can be prepared similarly to round green beans. Cooking time may be slightly longer than with round green beans. The flat podded beans have a very nice flavor, slightly more buttery than round beans.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Basil	No	No	<1 wk	Store upright in container with water at bottom
Beans	Yes	Yes	1 wk	
Beets	Yes	Yes	2+ wks	
Carrot	Yes	Yes	2+ wks	
Cauliflower	Yes	Yes	1 wk	Not in all boxes
Eggplant	Yes	Yes	1 wk	
Garlic	Yes or No	No	2-3 wks	Cured garlic. Store dry, in or out of fridge
Onion, Yellow	Yes or No	No	2-3 wks	Partly cured onion with dryish papery outer layer - store dry, in or out of fridge
Lettuce	Yes	Yes	1 wk	Summercrisp
Pepper, white	Yes	Yes	1 wk	
Radish	Yes	Yes	1-2 wks	Long cylindrical pinkish red
Tomato, Cherry and Slicing	No	No	1 wk	Tomatoes may keep slightly longer in the fridge but fridge temperatures damage the flavor a bit.

Paste Tomatoes. We are offering paste (Roma) tomatoes for sale. These are suitable for canning or freezing. Paste tomatoes are very easy to freeze – simply place the whole tomatoes in a ziplock bag and put it in the freezer. Later, take out a few tomatoes to cook in any recipe which calls for canned tomatoes. If you need to slice or chop the tomatoes after you take them out of the freezer, microwave them very briefly until they have softened but are still partially frozen; in that condition they slice very easily. We have two types of paste tomato: red and yellow. The red is a good basic Roma tomato; the yellow is slightly smaller and sweeter, juicier but less meaty, and adds a new color to your cooking.

You can order the paste tomatoes and pick them up at the same time as your regular vegetable deliveries. We expect to have paste tomatoes available on the following delivery dates: Tuesdays Aug 25, Sept 1, Sept 8, Sept 15; and Fridays Aug 28, Sept 4, Sept 11, Sept 18. The price is \$8.50 per 5 lb; please order in 5 lb increments. To order, send us an email with the following information:

- 1) Your name.
- 2) How many pounds you would like (in 5 lb increments).
- 3) Whether you would like red or yellow tomatoes.
- 4) The delivery dates when you could accept the tomatoes. If you list only one acceptable date, then we will bring tomatoes for you on that date if we have them available. If you list more than one date, then we will try to bring your tomatoes on one of those dates. The more dates you list, the more likely you will be to get the tomatoes.
- 5) Whether you would be willing to accept less than the amount you ordered – e.g., if you ordered 20 lbs but we only have 13 lbs left, would you accept the 13 lbs? If you listed other acceptable delivery dates, we would try to bring you the remaining 7 lbs on one of those dates.

For each delivery day, we will pick all the paste tomatoes which are ripe for that day and then fill your orders for that week in the order in which we received them. We must receive your order at least three days in advance of a delivery date to consider it for that date. When we receive your order, we will reply to confirm that we have received it. However we will not guarantee in advance whether we will or will not fill your order on any specific date. We cannot predict exactly how many pounds we will harvest for each delivery over the next several weeks.

On each delivery date, the people receiving paste tomato orders will be listed on the checkoff sheet at the delivery site. You should look on the checkoff sheet to see whether your order has arrived. If it has, then look for a box of tomatoes with your name on it and take that box in addition to your regular box. We will include an invoice with your tomatoes and you can send us a check.

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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.