

# Two Onion Farm

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## Week of August 17, 2014

**Summer season** is nearing its end. This week marks the last delivery week for some of our biweekly summer season members. We thank you for eating through the season with us! We hope you enjoyed your vegetables. Don't forget to come to our Member Event on October 4th! See details on next page.

While there will be no more zucchini or eggplant in your boxes this year, we are still harvesting plenty of tomatoes, peppers and cucumbers. This is the last week for green beans. There are two types of bean plants: bush beans are compact and low growing; while pole beans are tall and require a trellis to grow on. This year we trialed a new pole bean variety, the one you will see in your boxes this week. The seed company promised this to be a very high yielding variety. We like the size and taste of these beans, but are somewhat disappointed by the yield. It has also been a bit slow to ripen – that is why we had one week with no beans and another with very few. That can be dealt with by planting the seeds earlier. Picking this variety is a nightmare, though... Not a good trait if you are a bean and want to please your farmer. The plants are lush and vigorous, resulting in the beans playing hide-and-seek with us behind the leaves. For ergonomic reasons we like pole beans: when we pick bush beans we have to sit for hours hunched over the bean plants. But! We were able to pick more beans from the bush bean plantings earlier this season in a shorter time than from the new pole bean planting. All things considered we will most likely plant bush beans as our third bean planting next year.

### In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Basil	No	No	<1 wk	See next page for storage tips!
Beans, green	Yes	Yes	1 wk	
Cabbage	Yes	Yes	1 wk	
Carrots	Yes	Yes	2 wks	
Cucumber	Yes	Yes	1 wk	
Garlic	No	No	2+ wks	
Lettuce	Yes	Yes	1 wk	Summercrisp
Kale	Yes	Yes	1 wk	
Onion, yellow	No	No	2+ wks	
Pepper	Yes	Yes	1 wk	White and red
Tomato, cherry	No	No	1 wk	
Tomato, slicing	No	No	1 wk	

Mark your calendar for our **Member Event** to celebrate our 10th year of CSA and introduce our new apple plantings! We invite members to a gathering at our farm on **Saturday, October 4, 2014 between 2pm and 5pm.** Several apple varieties will be available to taste; and we will offer farm tours and live music. We hope to see you there!

**Basil.** Store your basil upright in a vase with water on countertop and out of direct sun. Covering the vase with a plastic bag will prolong life. Use it quickly – it's delicious in many salads and pasta dishes.

**Cabbage** is excellent in coleslaw: mix thinly sliced or shredded cabbage with grated carrots, sliced green onions or minced onion bulb, and a mayonnaise/yogurt dressing, salt, and pepper. We usually use half plain yogurt and half mayonnaise in our dressing, about 1/3 to 1/2 cup of each for a medium head of cabbage. Mayonnaise alone is fine as well. Also, try adding celery seed (about 1/4 to 1/2 tsp per head of cabbage) and dill (about 1/2 to 1 tsp dried dill or 1 Tbsp fresh dill per head of cabbage). They really improve the coleslaw's taste.

## Smoothie

A recipe from a member, excellent for breakfast or lunch.

3 cups cubed watermelon  
1 cup fresh or frozen blueberries  
1/2 cup fresh or frozen raspberries  
3 leaves kale, torn and without center stems  
1 small cucumber, peeled, seeded and quartered

Put all ingredients into a blender and puree until smooth. Enjoy!

## Gouda and Onion Flatbread

Another recipe from a member.

1 cup lukewarm water  
1 package dry yeast  
1 Tbsp honey  
3 cups bread flour, sifted  
1 Tbsp salt  
1 1/2 cups Gouda cheese, shredded  
1/2 cup yellow onion, grated  
1 Tbsp vegetable oil

1. In a medium bowl, combine water and yeast. Add honey and let dissolve. Slowly add flour and salt.
2. Knead dough 20 – 25 minutes on a floured surface, until smooth. Place in medium bowl and cover with a damp towel. Set aside in a warm place for 1 1/2 hrs, until dough has doubled in size.
3. Preheat oven to 425 degrees. Punch dough, and knead cheese and onion into it. Divide dough into 6 pieces, and roll out into 1/4 inch thick circles.
4. Brush a baking sheet with oil, place dough circles on it, and cover with a floured towel. Let it rise again for 1 hour.
5. Flip dough circles, and bake for 15 – 20 minutes, until golden.

## Asian Cabbage Salad

2 1/2 cups chopped cabbage  
1 medium carrot or 2 small carrots, grated

Dressing:

2 Tbsp each olive oil and rice vinegar  
1-2 Tbsp soy sauce  
1 tsp honey (optional)  
1/2 – 1 tsp fresh ginger root, grated

Whisk together the dressing, and to the cabbage and carrots. Marinate at room temperature for 15 minutes before serving. Season with salt and pepper to taste if needed. Optionally garnish with chopped peanuts.

**Paste Tomatoes.** We are offering paste tomatoes for sale. These tomatoes are suitable for canning or freezing. You can order to receive in addition to your regular deliveries. For more information and to order, see our website:  
<http://www.twoonionfarm.com/index.php/current-members/pastetomatoes>.