

# Two Onion Farm

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## Week of August 18, 2013

### In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Basil	No	Yes	<1wk	See next page for storage tips!
Carrot	Yes	Yes	2 wks	
Cauliflower	Yes	Yes	1 wk	May not be in all boxes
Cherry tomato	?	No	<1 wk	
Cucumber	Yes	Yes	1 wk	
Garlic bulb	No	No	2+ wks	
Lettuce	Yes	Yes	1 wk	Summercrisp
Onion	No	No	2+ wks	
Pepper	Yes	Yes	1 wk	White bell and/or sweet red Italian
Squash, acorn	No	No	2+ wks	Only in boxes which do not have cauliflower
Tomato	?	No	1 wk	Red and/or pink slicing tomato
Zucchini	Yes	Yes	1 wk	

**Pepper.** Everyone will receive white bell peppers this week. Some may receive a sweet red Italian pepper as well. (None of the pepper varieties we grow are hot.) Some pepper background: All pepper fruits undergo a color change as they develop. Most peppers are green for most of their development and then turn red as they ripen and sweeten.

Our red Italian variety is just beginning to mature. We should have more of those for all boxes in future weeks.

Our white pepper variety is unusual because it starts white, not green, and later turns red. Therefore the white peppers are not fully ripe and you should not be disappointed if they are not sweet. The white peppers are really an alternative to green peppers. We prefer them to green peppers because they lack the strong, harsh taste of most green peppers.

**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 the basil's life. Use it quickly – it's delicious in many salads and pasta dishes.

**Acorn squash and cauliflower.** We began our acorn squash harvest last week. Fall cauliflower is begin to mature as well. This week we include acorn squash or cauliflower in every box. We'll have more of both items later in the year. In cases like this we track which sites receive cauliflower, and which squash, and over several weeks we try to ensure that everyone receive some of each.

## This week's recipes from Local Thyme:



### Carrot and White Pepper Stir Fry

- 1 cup Rice
- 2 tablespoons Rice Wine Vinegar
- 1 teaspoon Sugar
- 2 teaspoons Ginger , minced
- 4 cloves Garlic , minced
- 4 tablespoons Soy Sauce or Tamari, divided (optional)
- 12 ounces Boneless Skinless Chicken Breast , sliced 1/2 inch thick OR 1 package Firm Tofu , well drained
- 1 cup Chicken or Vegetable Stock
- 1/2 teaspoon Cornstarch
- 1 teaspoon Toasted Sesame Oil
- 1/4 cup Water
- 1/2 pound Carrot, sliced into 1/4 inch thick disks (about 4 carrots)
- 2 teaspoons Canola Oil
- 1/2 Yellow Onion, chopped
- 2 White Bell Pepper, cored, seeded and sliced

Cook rice according to package directions. Whisk vinegar, ginger, garlic, and 1 tablespoon soy sauce in large bowl. Add chicken or tofu, and marinate at room temperature for 15 minutes.

In separate bowl, stir broth, cornstarch, sesame oil, and remaining tablespoons of soy sauce.

In wok, bring 1/4 cup water to a boil. Add carrots and cook about 4 minutes. Drain and set aside in a bowl. Wipe wok dry, add canola oil, and heat over high heat until shimmering. Add peppers and onions, and stir fry until tender, about 2-3 minutes. Add to bowl with carrots. Add chicken or tofu mixture to wok and stir fry about 4-6 minutes, until chicken is cooked through or tofu is warmed through. Add vegetables back to wok. Push mixture out of the center of the wok. Stir cornstarch mixture again and add to wok, cooking until boiling and thickened. Toss the vegetable mixture in the sauce until well coated. Serve with cooked rice.

### Black Bean, Shredded Carrot and White Bell Pepper Burritos

- 4 10 inch Flour Tortilla , or gluten-free wrap
- 1 tablespoon Canola or Sunflower Oil
- 1 Onion , chopped
- 1 White Bell Pepper , chopped
- 2-3 Carrot , coarsely grated
- 1/2 teaspoon Cumin
- 1/4 teaspoon Coriander
- 1/2 teaspoon Dried Oregano
- 2 teaspoon Chili Powder
- 1 14 ounce can Black Bean , drained and rinsed
- 1/4 cup Sour Cream
- 1/2 cup Monterey Jack Cheese , shredded
- 1/4 cup Cilantro , chopped

Wrap tortillas in clean towels, and microwave for about a minute to soften and warm.

Heat oil in a large skillet over medium high heat and sauté onions until beginning to soften, about 5 minutes. Add in peppers and carrots and sauté another 5 minutes, until tender. Stir in herbs and black beans and sauté until fragrant and heated through, about 5 minutes longer.

If tortillas are no longer warm, microwave for another 30 seconds-1 minute. Lay tortillas on work surface, and smear 1 tablespoon of sour cream around each tortilla. Sprinkle 2 tablespoons of grated cheese and 1 tablespoon of cilantro over the sour cream. Divide the black bean mixture among the 4 tortillas and roll up, tucking in edges as you go. Place seam side down on plates and serve with pico de gallo.