

Two Onion Farm

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

Week of August 19th, 2007

We've received repeated and heavy rains since August 4th, and as I write this on Monday the 20th, the forecast calls for rain for the next five days. Moderate rain is excellent, but now we would like some drier weather. We need the soil to dry before we can till soil for our upcoming plantings of fall spinach, lettuce, and kohlrabi. We also need dry soil before we can cultivate and hoe to control the weeds in some of our fall vegetables which we have already planted. With constant wet weather, our only method of controlling weeds is usually to pull weeds by hand, which is so time consuming that we never have enough time weed all our plantings. Constant rain, humidity, and moisture also speeds the spread of disease in broccoli, cauliflower, tomatoes and some other vegetables. Wish us some dry weather!

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Lettuce	Yes	Yes	1 wk	Summercrisp, Oakleaf, or Romaine
Tomatoes	No	No	<1 wk	
Carrots	Yes	Yes	2-4 wks	
Pepper	Yes	Yes	1 wk	Red or yellow bell peppers
Yellow Onions	No	No	2-4 wks	Pungent, excellent when cooked
Cucumber	Yes	Yes	1 wk	
Cauliflower	Yes	Yes	1 wk	
Parsley	Yes	Yes	<1 wk	
Garlic	No	No	2 wks	
Potato	No	No	2 wks	

Many of the **lettuce** heads are small this week. Their growth has slowed in the rainy cool weather of the past few days. (Normally at that this time of year, lettuce almost doubles in size in the last week of growth, so a short spell of cool weather can have a big effect on size at harvest). Another problem has been that the hard driving rains have literally shredded the older, outer leaves on many lettuce plants, particularly the Romaine. We're forced to peel off the heavily damaged leaves, which results in a smaller head.

Our **peppers** are beginning to reach their peak. This week we will harvest red and yellow bell peppers as well as red Italian fying peppers,

which are red with a tapering, conical-triangular shape. All of our peppers are sweet, not hot. Peppers are good eaten raw as finger foods and they are also excellent cooked in pasta sauces, stir-fries, and other dishes.

The garlic and onions you are receiving this week, and for the rest of the year, are dried and can be stored for at least several weeks outside the refrigerator. Cool, dry conditions are best for both onions and garlic.

Pizza Sauce

A simple oven roasted tomato sauce which is excellent for pizzas and can also be served over pasta.

4 cups tomatoes, chopped into ¾" cubes
½ cup chopped yellow onion
2 whole garlic cloves
1 tsp salt
Black pepper
¼ cup thinly sliced fresh basil OR 2 Tbsp dry basil
2 Tbsp olive oil

Preheat oven to 450 degrees. Combine all ingredients except oil in a large casserole dish. Then stir in oil. Roast uncovered for 35-40 minutes or until tomatoes are very soft. Remove from oven and mash the sauce with a potato masher until tomatoes a bit chunky.



Roasted Peppers: Sweet, colored peppers are excellent when roasted. Roasting brings out a delicious, full pepper flavor, which is much gentler than the taste of unroasted peppers. Place the peppers on a cookie sheet under a broiler and turn often until the skins are evenly blackened. Then place the peppers in a closed paper bag and let them sit for 15 or 20 minutes, which will loosen the skins. Peel the peppers and remove the seeds. Peeling is a little messy but not hard; the charred skins will slip off easily. The roasted pepper can be used in sauces, sautés and many other dishes. Roasted peppers can also be frozen and used over winter.



Excellent recipes from past newsletters, viewable at www.twoonionfarm.com:

African Spiced Cauliflower Salad (6/20/2005 newsletter) – This is a salad of steamed cauliflower and carrots marinated in a sweet and sour dressing spiked with ginger, cumin, coriander, and nutmeg.

Potato Salad (8/22/2005) – Potato salad with onion, garlic, pepper, and parsley, seasoned with mustard, tarragon, and horseradish. Excellent.

Cauliflower Tomato Pasta Sauce

This pasta sauce recipe serves 3-4. Serve with parmesan cheese.

1 head cauliflower (about 2 lbs), broken and cut into small bite-sized pieces
¼ cup olive oil
1 Tbsp unsalted butter
2 whole cloves garlic
1 large onion, thinly sliced
2 cups chopped fresh tomatoes
½ - 1 tsp salt
Black pepper
2 Tbsp minced fresh parsley

Sauté the cauliflower and whole garlic cloves in the butter and 2 Tbsp of the oil, stirring occasionally, for 15-20 minutes, until the cauliflower turns golden yellow. Remove the cauliflower and leave the garlic in the pan.

Add remaining 2 Tbsp oil to the pan holding the garlic. Add the onions and cook until onions are golden brown. Remove and discard garlic.

Add tomatoes, salt, and pepper to the onions and simmer 10-15 minutes, using a spoon to break tomato chunks apart.

Return cooked cauliflower to the pan and simmer 5 more minutes. Stir in parsley at end.

Labor Day Deliveries: Madison area members, note that we will deliver vegetables as usual on Labor Day, Monday September 3rd. If you won't be in town, please make arrangements for a friend to pick up your box or contact us to reschedule your delivery. Note that all cancellations and reschedules must be made at least 3 days in advance.

Please return your boxes. You are welcome to take your box home from your pickup site each week. However, please break down and return the box to the pickup site the following week. We have been losing boxes steadily this season. If you are unsure how to break down the boxes, you can read instructions and view pictures on the member services page of www.twoonionfarm.com.