

# Two Onion Farm

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Week of August 19, 2012

Temperatures are forecast to rise over the next few days as I write this on Tuesday morning. Nevertheless we have clearly made the transition to the cooler temperatures and shorter days of late summer and early fall. This period, from mid August to mid September, is typically when we have the most diverse and bountiful harvests (and the most pleasant weather!).

Of the heat-loving, summer vegetables, some have finished for the year (green beans, eggplant), some have past their peak of harvest (summer squash & zucchini), while others are peaking now and will begin to diminish in the coming weeks (cucumber, pepper, tomato). Autumn season crops are beginning to mature. We are delivering cabbage in your boxes this week, and cauliflower and broccoli will begin to mature in the coming weeks. We are also harvesting the first winter squash this week and we expect to begin delivering that in coming weeks as well.

Vegetables in the brassica family (broccoli, cauliflower, Brussels sprouts, cabbage, radish, etc.) are looking superb. They have grown very well in the mild weather over the past several weeks and barring any downturn in the weather, we anticipate excellent harvests.

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## Organic produce in this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Cabbage	Yes	Yes	1-2 wks	
Cauliflower	Yes	Yes	1 wk	Harvest just beginning - not in all boxes
Carrot	Yes	Yes	2 wks	
Cucumber	Yes	Yes	1 wk	
Garlic	No	No	2 wks	
Lettuce	Yes	Yes	1 wk	Summercrisp
Onion	No	No	2 wks	
Pepper	Yes	Yes	1 wk	White-orange bell pepper and/or red Italian - neither is hot.
Summer squash	Yes	Yes	1 wk	Zucchini
Tomato	?	No	<1 wk	Refrigeration prolongs life but decreases flavor

**Paste tomatoes.** We are offering paste (Roma) tomatoes for sale. These are suitable for canning or freezing. You can order tomatoes to receive along with one of your upcoming vegetable deliveries - see <http://www.twoonionfarm.com/index.php/current-members/pastetomatoes> for details and information on how to order.

Both of this week's recipes are Hungarian recipes submitted by a member.

### **Lecso**

Pronounced "Lecho", a Hungarian dish from tomatoes and peppers which is usually served on rice.

0.5 lbs tomatoes  
1 lb pepper (either white bell or red peppers will work)  
1 large onion  
1 tsp ground paprika (dry red pepper)  
salt  
1-2 Tbsp vegetable oil

Peel the tomato (easiest if it is immersed in boiling water for a few seconds). Cut in a few pieces. Cut the peppers in narrow strips or narrow circles. Peel and chop the onion. Cook the chopped onion in the oil until it turns glossy. Remove from heat, add ground paprika, and mix. Add tomatoes, and cook for a few minutes. Add pepper, and cook on medium heat until pepper is tender. Salt to taste.

Optionally, you can also add a teaspoon of sugar at end.

Another option is to add sliced hot dogs or sliced sausage for the last few minutes of cooking time.

### **Pasta With Cabbage**

1 medium green cabbage  
1 medium onion  
Salt  
Black pepper  
1 tsp sugar  
1/2 tsp caraway seed

Chop cabbage to small pieces (half inch or so).

Chop an onion, cook in vegetable oil until glossy. Add cabbage, a dash of salt, and sugar, caraway seeds, a dash of ground black pepper, and cook on medium heat until tender and brownish. The longer you cook it the better it is.

Optionally, add a peeled and chopped apple if you like while cooking.

Mix with equal amount (or more) of your favorite cooked pasta (I like it with rotini, but others prefer flat square pasta), heat together and serve.

You can also serve the cabbage prepared as above next to french fries.



### **Recipes from past newsletters using this week's vegetables:**

Cabbage salad with onion and red peppers ([8/22/2005](#))

Marinated peppers ([8/13/2006](#))