

# Two Onion Farm

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## Week of August 2, 2015

### The crew



This year, again there is a great group of young people on our farm to help us grow your vegetables. It is time to introduce them to you.

Angie, Emily B. and Emily W. (front row) are all returning for their third season. They arrived in early spring and will stay with us until early November. Emily W. also worked here one summer years ago. The three of them know the farm very well by now, and we greatly rely on their experience. Angie helps us on harvest days, and she is one of our first CSA-members as well. Emily B. manages the packing shed, delivers produce to Madison, sets up irrigation, and direct seeds

all the vegetables that don't need to grow in the greenhouse first. Emily W. is in charge of growing seedlings, delivers produce on Fridays, and operates the tractors when needed. These women are truly wonderful!

Four college students joined our farm late May this year: Kelsey, Rachel, Suzanna and Tristan (back row). They help us with transplanting, weeding and harvesting all summer long, except for Suzanna who only came for 2 months. They all are enthusiastic, quick learners and hard workers. We couldn't do without them!

We also appreciate all the help we get from our children who were not around when we took this photo. Our oldest, Panka (12) has been part of our crew for three years now. She is a quick worker and takes great pride in helping on the farm. Andrew (9) and Katie (6) fold all the CSA boxes the day before deliveries, and help a bit with harvesting. Katie especially likes to taste everything she picks.

You might wonder what is left for the farmers to do.... We just came back from the Bahamas :)

Have a great week,  
Juli

**Paste Tomatoes** – Every year we offer paste tomatoes for sale. These tomatoes are suitable for canning or freezing. You can order them to receive in addition to your regular deliveries. For more information and to order, see our [website](#).

## In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Basil	No	No	<1 wk	
Bean, green	Yes	Yes	1 wk	
Carrot	Yes	Yes	2 wks	
Cherry tomato	No	No	<1 wk	
Cucumber	Yes	Yes	1 wk	
Eggplant	Yes	Yes	1 wk	
Garlic	No	No	1 wk	
Kale	Yes	Yes	1 wk	In some boxes every week.
Lettuce	Yes	Yes	1 wk	Summercrisp.
Onion	Yes	Yes	2 wks	
Pepper	Yes	Yes	1 wk	
Radish	Yes	Yes	1 wk	
Zucchini	Yes	Yes	1 wk	
Tomato	No	No	<1 wk	

**Pepper** – You will find a white or green pepper in your box this week. Large boxes will have both. The white variety is called Bianca, and in its green (unripe) stage this pepper is white. Bianca is not as sweet as red or yellow peppers - it's closer in taste to a green pepper. We will have red peppers later in the summer when they are ripe. Both peppers are excellent in salads, as pizza topping or as a finger food.

**Green Beans** – The pole bean variety we grow on the farm is a flat podded, Romano bean. These beans can be used similarly to round green beans, but they require a slightly longer cooking time. We think Romano beans taste wonderful! They originate from Italy, and are often braised with other vegetables.

**Tomato** – We grow red and pink slicing tomatoes. This week you might receive only one of them. As tomatoes become more abundant you will receive an assortment of each. Slicing tomatoes in your box will vary in ripeness. We pick them slightly unripe, so they don't crack on their way to you. Keep them on your counter top, and give them a day or two to fully ripen.

**Basil** – Basil is a very perishable herb. We found it is best kept like a flower: stand it in a jar of water and keep it on your counter top.

Optionally, put a plastic bag over the basil plant to prolong its life. Plan to eat it very soon, in a few days.

## Grilled Eggplant Sandwich

*This makes 4 sandwiches.)*

- 4 Tbsp mayonnaise
- 2 Tbsp chopped fresh basil
- 1-2 medium eggplants, sliced into 1/4" slices
- Olive oil
- 8 slices of bread
- Mozzarella cheese, 1 slice for each eggplant slice
- 4 thin slices of onion
- 4 slices of tomato

1. Mix mayonnaise and basil leaves in a small bowl; set aside. Brush both sides of each eggplant slice with olive oil. Brush bread with olive oil.
2. Grill eggplant slices on one side for six minutes, turn them, top with cheese, and grill until cheese melts and eggplant is tender. Toast the bread on the grill, 1-2 minutes each side.
3. To assemble sandwiches, spread basil mayonnaise on four slices of bread. Top with cheesy eggplant, onion, tomato, and remaining bread slice.

## Zucchini Soup

- 1 small onion, thinly sliced
- 2 Tbsp olive oil
- 1 - 1.5 lb zucchini, halved lengthwise and cut into 1/8" thick slices
- 2 tsp fresh lemon zest
- 1 tsp salt
- 1/4 tsp black pepper
- 1 3/4 cup chicken broth
- 1 3/4 cup water
- 1 cup loosely packed parsley leaves
- 1 Tbsp finely chopped fresh dill
- 1/2 cup buttermilk or plain yogurt, optional

1. Cook onions in oil, stirring occasionally, until onions are soft. Add zucchini, zest, salt and pepper, and cook, stirring occasionally, until zucchini is softened, about 5 min.
2. Add broth and water and simmer until zucchini is tender, about 3-5 min. Puree soup with parsley and dill until smooth. Adjust seasoning.
3. Serve at room temperature or chilled. Optionally, stir a dollop of yogurt or buttermilk into each bowl before serving. We prefer the soup with the yogurt. The taste of the dill and the parsley is more intense without the yogurt.

## Kids' Corner



Hi,

Last week I was watching Emily wash summer squash. I saw one shaped like a chicken, and two that grew together. Yesterday I saw a dragonfly while I helped pick beans.

~Katie