

Two Onion Farm

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Week of August 20th, 2006

We are distributing our cherry tomatoes in clear plastic, lidded pint containers. The containers are not recyclable in many places. However, we can reuse the containers and lids. If you want to return the containers to us, please save them. We'll announce when the cherry tomato season is over and you can return the containers all at once. We'd prefer you return them all at once in this way rather than returning them one at a time each week.

These are the vegetables we're distributing this week. You'll receive a selection of them in your box, but not all of them.

Tomatoes. Slicing tomatoes you may receive are:

'Black Prince' - small to medium sized fruit that is brownish red to green, with a rich, full flavor.

'Pink Beauty' - dark pink, with a pleasant delicate tomatoey flavor.

'Garden Peach' - pale yellow, slightly fuzzy, small fruit, with a very mild, subdued taste.

'Striped German' - large, unruly yellow tomato with a red blush. Smooth texture, delicious.

Cherry tomatoes we're distributing:

'Sun Gold': sweet, yellow-orange.

'White Cherry': pale yellowish white. Subtle, very pleasant flavor.

'Sun Cherry': good basic red cherry tomato.

'Red Grape': long & red, firm meaty texture, good for cooking or fresh eating.

Peppers. Green, red, or yellow. Green peppers are simply pepper fruits that are picked while not fully mature. Red, yellow, or orange peppers are the same fruits picked at full maturity. Our pepper plantings are beginning to yield the first fully ripe red and yellow

peppers. Peppers picked green are less sweet than the reds and yellows.

Garlic. Fully or almost fully cured.

Should store for at least a few weeks outside the refrigerator.

Onions. These yellow storage onions are quite pungent and excellent for cooking. They are cured and dry, and they should store well outside the refrigerator.

**Carrots, Summer Squash,
Cucumbers, Broccoli, Potatoes,
Lettuce.**

Special offers. We are offering paste (Roma) tomatoes for sale at \$8.00 per 5 lb; please order in 5 lb increments. These are suitable for canning or freezing. The early blight wrecked havoc with our paste tomato plants so we only have a limited supply of the tomatoes.

Paste tomatoes are very easy to freeze - simply place the whole tomatoes in a ziplock bag and put it in the freezer. Later, take out a few tomatoes to cook in any recipe which calls for canned tomatoes. If you need to slice or chop the tomatoes after you take them out of the freezer, microwave them very briefly until they have softened but are still partially frozen; in that condition they slice very easily.

Email farmer@twoonionfarm.com or call 608-762-5335 to place an order. We'll respond to confirm your order, and then you can pick it up at one of your scheduled vegetable pickups.

Summer Squash Ankara

¼ cup olive oil
 2 cups chopped onion
 4 garlic cloves, minced or crushed
 1 tsp dry marjoram
 3 medium summer squash, quartered
 lengthwise and then sliced ½ inch thick
 1 cup cooked chick peas
 ½ cup sliced black olives
 1 Tbsp cumin
 Dash of cayenne
 4 Tbsp lemon juice
 Salt and pepper to taste
 Crumbled feta cheese (optional)

Sauté onions and garlic in olive oil. Add squash and marjoram and cook until squash is just tender. Add remaining ingredients. If dish is not juicy, add up to ¼ cup water. Continue cooking until chick peas are heated through. Serve hot over rice or couscous, topped with feta cheese. In place of the feta cheese, you can also top the dish with the garlic potato sauce below.

Garlic Potato Sauce

This recipe makes 2 cups or a bit less. This simple but delicious sauce is great with fish or fried/grilled summer squash. It's also a nice dip for raw vegetables like carrot sticks.

2 medium potatoes, cubed, boiled, and drained
 ¾ cup plain yogurt
 2 garlic cloves, minced or crushed
 ¼ tsp salt
 2-3 Tbsp lemon juice
 2 Tbsp chopped walnuts, almonds, or pine nuts

Blend yogurt and cooked potatoes in a food processor or with a potato masher. Stir in other ingredients. Best served at room temperature. Sauce can be stored in the fridge.

Storage

Vegetable	Refrigerate?	Approximate Storage Life	Comments
Broccoli	Yes	1 week	Keep bagged.
Carrots	Yes	3-4 wks	Keep bagged.
Cucumbers	Yes	1 week	Keep bagged.
Garlic	No	Weeks	
Lettuce	Yes	1 week	Keep bagged.
Onions	No	>3-4 wks	
Pepper	Yes	1 week	Keep bagged.
Potatoes	No	Weeks	Keep away from light (e.g., in a closed paper bag)
Squash, Summer	Yes	1 week	Keep bagged.
Tomatoes	No	Up to 1 week	Store at room temperature or slightly cooler.

Other recipes

As a reminder, on www.twoonionfarm.com you can view all of our past newsletters. You can also view all of the recipes we've ever distributed for a specific vegetable (just click on the Recipe Search link from our homepage).

Here are a few relevant recipes we've distributed in the past, along with the newsletter in which they were printed:

Greek salad (cool summer salad of cucumbers, tomatoes, & peppers) – Aug 15 2005

Potato salad with potatoes, peppers, and onion – Aug 22 2005

Roasted peppers – Aug 29 2005. These can be refrigerated and added to pasta dishes, salads, pizzas, and other dishes. You can also freeze roasted peppers and use them over the winter.