

Two Onion Farm

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Week of August 24, 2008

Enjoy. In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Carrot	Yes	Yes	2-3 wks	
Cucumber	Yes	Yes	1 wk	
Lettuce	Yes	Yes	1 wk	Summercrisp
Onion	No	No	2-3 wks	
Pepper	Yes	Yes	1 wk	All are sweet, not hot
Tomatoes	No	No	<1 wk	Cherry and slicing tomatoes.
Turnip	Yes	Yes	1-2 wks	White round salad turnip
Cabbage	Yes	Yes	1-2 wks	Not in all boxes
Cauliflower	Yes	Yes	1-2 wks	Not in all boxes

Onions. A mix this week of yellow cooking onions and long large Ailsa Craig Onions. Both are excellent cooked or raw, with the smaller, yellow onions being somewhat better suited for long cooking.

Turnips. These white salad turnips are quite different from your everyday turnips which hold such a low place in public opinion. The salad turnips are juicy, tender, and sweet, with a touch of pungency. They are excellent eaten raw on sandwiches or salads. This week's lettuce, cucumber, tomato, and turnip can make an excellent fresh salad.

Generally we only distribute turnips at the beginning of the year, in June. The salad turnip foliage is a favorite of flea beetles. Very early plantings have a chance to grow before the flea beetles destroy them. But later plantings are usually devastated. This summer the flea beetles have been few and done little damage, and so we bring you another round of turnips.

We've heard that on occasion the swap boxes at our delivery sites have consisted of nothing but turnips at the end of the day, so many

people having traded their turnips for other items. This makes us very sad... however other members say that the turnips are among their favorite vegetables. If you haven't already, you should try them.

Tomatoes. Our tomatoes come in several shades and hues. You may wonder how to tell when your tomatoes are ripe. A good rule of thumb is that when the tomato is soft it is ready to eat, regardless of color. Just a little soft... don't wait until it's completely squishy and mushy. There are some exceptions to this rule but it will work for all the tomato varieties that we grow. We often pick the tomatoes slightly unripe so they will be less likely to bruise in handling and shipping. Leave them on the counter for a day or several until they are soft. The different colors vary somewhat in flavor and texture but they are all fairly interchangeable. Also, you should really store tomatoes outside the refrigerator unless you've already cut them open. Refrigeration reduces the flavor.

Cabbage. This week's cabbage is the 'Tendersweet' variety, with flat green heads.

The leaves are very tender and won't make your teeth ache if you eat them raw! Excellent in salads, including the recipe on the back of this page.

Cauliflower. Our fall cauliflower is just beginning to produce and there won't be enough for every box this week. We expect more in the coming weeks.

Cabbage Salad with Rice Vinegar and Red Peppers

A quick to prepare, very pleasant side dish.

2 cups shredded or finely sliced cabbage
1/2 cup thinly sliced red or yellow pepper
1/3 cup thinly sliced onion
2 Tbsp rice wine vinegar
2 Tbsp olive oil
1/4 tsp salt
Black pepper

Toss together in a serving bowl.

Cauliflower and Feta Omelet

5 large eggs
2 1/2 Tbsp olive oil
1/2 medium head cauliflower, cut into 1-inch-wide florets (3 cups)
1 small onion, thinly sliced
1/2 c crumbled feta (2 oz)

Beat eggs with 1/4 tsp salt.
Heat oil in a 10-inch heavy skillet over medium-high heat, then sauté cauliflower and onion until browned and tender, 5-9 minutes. Sprinkle with 1/4 tsp salt and pepper to taste, and mix.

Pour eggs over cauliflower. Cook, lifting edges to let uncooked egg run underneath and shaking skillet occasionally to loosen omelet, until almost set, 4-5 minutes.

Slide out onto a large plate. Put skillet over omelet and, using pot holders, firmly hold plate and skillet together, then invert omelet back into skillet and cook 1-2 minutes. Slide out onto plate and sprinkle with feta.

Autumn Season Memberships

If you signed up for a full season membership, you will continue receiving vegetables through November 1. Many of you, however, signed up for a summer season membership, with deliveries through September 6th. You can extend your membership for the autumn season, through November 1. Cooler fall weather brings out the most sweetness in many vegetables. Not just an afterthought to summer, autumn is actually the peak season for many vegetables. Autumn season deliveries include much lettuce, broccoli, magnificently sweet carrots, winter squash, and onions. Our October harvested Brussels sprouts regularly make five year-olds and husbands into Brussels sprout worshippers. They'll make you want to move to Belgium.

Other vegetables which we plan to distribute occasionally in the autumn season include cauliflower, garlic, kale, cabbage, celeriac, beauty heart radish, spinach, potatoes, rutabagas, and beets.

If you extend an existing summer season membership through the autumn, then you only need to pay the difference between a summer and full season membership. The prices for extending a summer season membership through the autumn are:

Weekly Large Box	\$260
Biweekly Large Box	\$140
Weekly Small Box	\$155
Biweekly Small Box	\$80

We have a limited number of autumn memberships still available.

If you would like to extend your summer season membership into the autumn, contact us at farmer@twoonionfarm.com or (608) 762-5335.