

# Two Onion Farm

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## Week of August 25, 2013

I spent last week in Budapest, Hungary where I was born and raised. I surprised my mom who is turning 60 next week. This was my first summer vacation ever since Chris and I started farming. Needless to say it felt very strange and wonderful. I did manage to stick my hand in the Hungarian soil and helped my sister harvest her carrot crop (see photo).

Our fields exploded with vegetables, though our harvest has been abundant throughout the season. Broccoli, cabbage and cauliflower are part of your box this week, along with red peppers and tomatoes. Chris and the crew started harvesting buttercup squash yesterday. Sure sign of autumn, right? Well, the crew didn't think so - it was above 90! ~ Juli



### In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	
Cabbage	Yes	Yes	1-2 wks	
Carrot	Yes	Yes	2 wks	
Cauliflower	Yes	Yes	1 wk	
Cucumber	Yes	Yes	1 wk	
Cherry tomato	?	No	<1 wk	
Garlic bulb	No	No	2+ wks	
Lettuce	Yes	Yes	1 wk	Summercrisp
Onion	No	No	2+ wks	
Pepper, red	Yes	Yes	1 wk	Sweet, red Italian
Tomato	?	No	1 wk	Red and/or pink slicing tomato

**Paste Tomatoes.** We are offering 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:

<http://www.twoonionfarm.com/index.php/current-members/pastetomatoes>

**Cauliflower** – One of our favorite ways to prepare cauliflower is to separate the head into small flowerets, place them in an oiled baking sheet, season with salt and pepper and bake in the oven on 350F until they are slightly brown and tender, perhaps 35-40 minutes, turning once.

**This week's recipes from Local Thyme:**



**Japanese Cabbage Fritters**

1/2 cup Mayonnaise  
2 tablespoons Soy Sauce or Tamari, use gluten free, if desired  
2 teaspoons Sriracha Sauce  
4 Eggs  
1 teaspoon Soy Sauce or Tamari  
1 teaspoon Toasted Sesame Oil  
1/3 cup Flour, or Gluten Free Flour Mix  
4 cups Cabbage, finely shredded  
1/2 cup Scallion, trimmed and chopped  
3/4 cup Shrimp, raw, peeled and deveined, chopped if large (optional)  
Canola Oil, for frying, or Peanut Oil  
2 tablespoons Sesame Seeds, toasted  
Bonito Flakes (optional)

1. Whisk together mayonnaise, soy sauce and Sriracha sauce. Reserve.
2. Preheat oven to 200°.
3. Make the batter by whisking together in a large bowl the eggs, 1 teaspoon each of soy sauce and sesame oil. Slowly whisk in the flour until most of the lumps are gone. Then mix in the shredded cabbage, scallions and shrimp (if using).
4. Preheat a large skillet over medium high heat. When it's hot, add enough oil to the skillet that the entire pan has a thin film of oil. When the oil is glistening, add 1/4 cup dollops of batter, and allow them to flatten out as you would pancake batter. Cook until lightly browned, and flip, about 3 minutes each side. Transfer to towel-lined plate, cover and keep in warming oven as you cook these in batches.
5. To serve, scatter with toasted sesame seeds and bonito flakes, and dip in sauce.

**Norwegian Tomato and Cucumber Salad**

The Norwegian way of making cucumber salad includes sugar and vinegar diluted with water; this makes a mild salad, slightly sweet, and very refreshing.

2 Cucumbers, peeled, halved lengthwise  
1/2 Red Onion, sliced into 1/8 inch half moons  
2 Slicing Tomatoes, sliced into wedges  
2/3 cup White Vinegar  
2/3 cup Water  
3 1/2 tablespoons Sugar  
1/2 teaspoon Salt  
Pepper, to taste

1. Scrape seeds out of cucumber with a spoon. Slice cucumbers into 1/4-1/2 inch half moons. Place cucumbers, onions, and tomato in a narrow bowl or jar. In a separate bowl stir together remaining ingredients until sugar and salt dissolve. Pour over cucumber mixture. Chill before serving.