

# Two Onion Farm

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Week of August 26, 2012

On the farm we've been fighting weeds for the past several weeks. We do a good job of keeping weeds in check throughout the growing season, and we rarely lose any yield of vegetables because of competition between weeds and our crops. However, there are always a few weeds sneaking in somewhere. One key strategy we use against weeds is to prevent them from producing seeds. One lone pigweed, foxtail, or lambsquarters plant in the broccoli patch can produce many thousand seeds and give us work for years to come. Hence the old saying, "One year's seeding, seven year's weeding." Late summer is the most difficult time to keep weeds from going to seed. As the days shorten and temperatures cool, the weeds sense that they must seed now, before they die from autumn frost. Even very small weed plants begin to flower and produce seed at this time of year, and we're constantly busy removing them from our field.

We'll also begin sowing autumn cover crops of oats this week in plots where we've finished harvesting spring and summer vegetables such as lettuce, zucchini, and carrots. The oats will grow through the fall, protect the soil from erosion, smother weeds, and contribute valuable organic matter to the soil when they are tilled into the ground in November. This week we will also seed fescue (a short grass) and white clover in areas where we will be planting apples, sour cherries, kiwifruit, and other fruits next spring. The grass/clover mix will be a permanent groundcover between the widely spaced fruit plants.

Enjoy lots of red peppers and cucumbers from your boxes this week. We expect yields of both vegetables to decline soon.

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## Organic produce in this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	Not in all boxes - more to come
Cauliflower	Yes	Yes	1 wk	Not in all boxes - more to come
Carrot	Yes	Yes	2 wks	
Celery	Yes	Yes	1-2 wks	
Cucumber	Yes	Yes	1 wk	
Garlic	No	No	2 wks	
Lettuce	Yes	Yes	1 wk	Summercrisp
Onion	No	No	2 wks	
Parsley	Yes	Yes	1 wk	
Pepper	Yes	Yes	1 wk	Red Italian, sweet, pepper
Squash, Acorn	No	No	2 wks	Not in all boxes - more to come
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.

## Refrigerator Pickles

Recipe submitted by a member.

Combine the following in a glass bowl:

1 sliced onion  
2 sliced cucumbers  
1 or 2 sprigs fresh dill

Boil the following ingredients and pour over those above. Cover and refrigerate for a few hours. (Overnight is best.) Keeps for about two weeks in refrigerator.

1 c. sugar  
1/2 c. white or cider vinegar  
1/2 c. water  
2 tsp. salt

## Greek Dip Platter

This recipe comes from one of our employees.

Serve this as a dip with pita bread wedges, tortilla chips, sliced cucumbers, carrots, celery, or pretzels.

6 oz plain Greek yogurt  
10 oz hummus (can be flavored)  
1 cucumber  
1 large or 2 small tomatoes  
1 can black olives  
Crumbled feta or chevre cheese  
Salt and pepper to taste  
1 Tbsp fresh parsley, chopped

Spread Greek yogurt on the bottom of a large plate or platter and a layer of hummus over that. Chop cucumber, tomatoes, and olives into bite-sized pieces and spread on top of yogurt and hummus. Season on top with salt and pepper, parsley, and cheese.



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

Greek Salad (A cool, refreshing summer salad with cucumbers, tomatoes, and peppers)

([8/15/2005](#))

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