

# Two Onion Farm

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## Week of August 27<sup>th</sup>, 2006

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:

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

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

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. All are sweet, not hot.

**Leek.** The flavor of leeks is similar but distinctly different from that of onions: leeks have a subtler, more refined taste than onions.

Leeks can be eaten raw or cooked. Like onions, leeks will sweeten when cooked. You can substitute leeks for onions in most recipes and appreciate the subtle changes in taste. Try thin slices of raw leek in a sandwich with sliced tomatoes and melted cheese.

Cleaning leeks can be tricky, because soil particles are often trapped within the bases of the leaves. One way to clean: start by chopping off the green tops and rooty bottoms. Then peel off the outer layer if it has turned slimy or brown, which happens naturally as the leeks mature and age. Now slice the leeks and place them in a colander. Rinse the leeks under running water to wash the dirt away. Another method is to trim the tops and bottoms and then slice the leeks in half

lengthwise. Hold each half under running water and gently spread the layers apart to wash away grit trapped between layers.

**Onions.** Red onions. Partially cured and dry, they can be stored in or out of the refrigerator and used within a few weeks.

**Lemon Basil.** A basil with lemony flavor. Leaves can be minced and added to salads and cooked dishes. Basil is usually an excellent accompaniment to tomatoes. This week's pepper sauce recipe calls for basil.

**Eggplant, Cucumbers, Broccoli, Potatoes, Lettuce.**

### Storage

Vegetable	Refrigerate?	Approximate Storage Life	Comments
Basil	Yes	Several days	Wrap in a slightly damp towel and bag.
Broccoli	Yes	1 week	Keep bagged.
Cucumbers	Yes	1 week	Keep bagged.
Eggplant	Yes	3-5 days	Keep bagged.
Leeks	Yes	2-3 wks	Keep bagged.
Lettuce	Yes	1 week	Keep bagged.
Onions	Maybe	2 weeks	
Pepper	Yes	1 week	Keep bagged.
Potatoes	No	Weeks	Keep away from light (e.g., in a closed paper bag)
Tomatoes	No	Up to 1 week	Store at room temperature.

## Leek, Pepper, and Tomato Pasta Sauce

This sauce is especially colorful if it's made with yellow peppers. The recipe makes enough for 4 servings.

4 medium leeks, washed and thinly sliced  
¼ cup olive oil  
2 yellow or red bell peppers, cut into short, thin slices  
1 tsp thyme  
1 tsp salt  
1 large (or 2 small) tomatoes, diced

Heat the oil in a large frying pan. Add the leeks along with ¼ cup water and cook covered over medium heat until leeks are tender, about 8 minutes. Uncover and stir in peppers, thyme, and salt. Cook until peppers are just tender and then add tomatoes. Cook another two minutes or so and then serve over pasta.

## Roasted Pepper Sauce

Delicious colorful pasta sauce.

2 large red or yellow bell peppers  
1 Tbsp pine nuts or chopped walnuts  
½ garlic clove, minced or crushed  
2 Tbsp olive oil  
¼ cup grated parmesan cheese  
1 Tbsp minced fresh basil leaves  
1 tsp salt  
black pepper

Roast the peppers: Place them on a cookie sheet and cook under a broiler, turning often, until the skins are charred on all sides, but not completely blackened. Then place the peppers in a closed paper bag and let them sit for 15 or 20 minutes, which will loosen the skins. Peel the peppers and remove the seeds from inside them. Peeling is a little messy but not hard; the charred skins will slip off easily.

Process peppers, pine nuts, and garlic in a food processor until smooth. Add the oil while the motor is running. Add cheese, basil, salt, and pepper, and continue processing just enough to mix everything together. Serve over pasta. The sauce can be stored in the refrigerator for several days, or frozen.

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Madison members – The seventh annual **Empty Bowls Madison** event will be held on Saturday, October 28th. The Madison Area CSA Coalition (MACSAC) arranges this event to raise money for MACSAC's Partner Shares Program.

Empty Bowls Madison will be held at the Madison Senior Center, 330 W. Mifflin St. between 11 a.m. and 2 p.m. Warm up with free soup and bread served in beautiful, handmade bowls. In exchange for a minimum donation of \$15, you can choose and keep your bowl made by a local potter.

All donations go to support the Partner Shares Program, which links households that meet federal poverty guidelines with Community Supported Agriculture farms. MACSAC's Partner Shares Program subsidizes the cost of a CSA share by 50 percent, making it more financially accessible for low-income households. About 50 households benefited from this financial assistance during the 2006 growing season with a budget of less than \$20,000, and MACSAC hopes to expand the program by at least 20 households next year.