

# Two Onion Farm

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## Week of August 3, 2008

### In this weeks box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Tomatoes	Maybe		<1 wk	Cherry and slicing tomatoes
Pepper or eggplant	Yes	Yes	1 wk	
Lettuce	Yes	Yes	1 wk	Red or green summercrisp
Garlic	No	No	1-2 wks	Garlic is only partially cured and may not store well for long periods.
Ailsa Craig Onion	Yes	Yes	1-2 wks	Fresh, uncured onions – store in the fridge and eat quickly
Summer squash	Yes	Yes	1 wk	Zucchini or bicolored yellow/green summer squash
Broccoli	Yes	Yes	1 wk	
Kohlrabi	Yes	Yes	1 wk	
Cinnamon basil	No	No	<1 wk	
Parsley	Yes	Yes	1 wk	
Green or Yellow Beans	Yes	Yes	1 wk	Not in all boxes
Cucumber	Yes	Yes	1 wk	Not in all boxes

**Basil.** This week we are giving out cinnamon basil, which has spicy, cinnamon-like flavor tones. Chopped basil is delicious in salads. In cooked dishes, add it near the end of the cooking time to preserve its delicate flavor.

Basil storage: Cut off the bottom of the stem and store on the countertop, upright in a vase or jar with water at the bottom. You can also store the leaves wrapped in paper towels and bagged in the fridge. In the fridge the leaves will tend to blacken because of the cold temperatures; in the vase the leaves may wilt.

**Tomatoes.** We're growing three varieties of cherries this year: 'Sun Gold' is a small orange variety, very sweet; 'Yellow Mini' is a larger yellow to orange tomato, slightly less sweet but with a very pleasant fruit flavor;

'Favorita' is a sweet red cherry tomato. We try to rotate our distribution of cherry tomatoes so that most of you will receive each of them at some point.

**Ailsa Craig Onion.** This is an old Scottish onion variety. It can achieve enormous size and of old it was commonly grown for exhibition at fairs. It is very juicy and moderately pungent, excellent for light cooking or fresh eating.

**Beans.** Some of you will receive round yellow (wax) beans this week. These can be used very much like green beans. Others will receive green beans. And some boxes will include flat podded, Romano-type beans. These can be prepared like round beans and have an exceptionally rich, buttery flavor.

## Zucchini Soup with Pasta

One of our members submitted this recipe.

4 Tbsp olive oil  
2 onions, finely chopped  
7 cups vegetable stock  
2 lb zucchini or other summer squash, grated  
1 cup small pasta shells or other small pasta  
Fresh lemon juice  
2 Tbsp chopped fresh parsley  
Salt and black pepper  
Sour cream

Sauté onions in olive oil and large saucepan until soft. Add stock and bring to a boil. Add grated summer squash and pasta, reduce heat, and simmer until pasta is tender. Season to taste with lemon juice, salt, and pepper. Stir in parsley and sour cream before serving.

## Green Beans Braised with Tomatoes, Wine, and Basil

These beans can be served as a side dish or eaten over pasta.

1-2 Tbsp olive oil  
2-3 garlic cloves, crushed or minced  
1 lb green beans, trimmed and cut into bite sized pieces  
4 medium tomatoes, chopped. You can substitute 6-8 paste tomatoes.  
8 black olives, chopped  
1/4 cup white wine  
2 Tbsp minced fresh basil leaves  
Salt and pepper to taste

In a large pan, sauté the garlic in olive oil over medium heat until it turns golden. Add beans and mix with garlic and oil. Add tomatoes, olives, and wine and bring to a boil. Reduce heat, cover, and simmer, stirring occasionally, until beans are tender with a little crispness. Remove cover, raise heat and boil rapidly to remove remaining liquid. Remove from heat, stir in basil, and season generously with salt and pepper. Serve hot.

**Paste Tomatoes.** 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.

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.

We have two types of paste tomato: red and yellow. The red is a good basic Roma tomato; the yellow is slightly smaller, slightly juicier, and adds a new color to your cooking. You can order these to pick up at the same time as your regular vegetable deliveries.

Members who pick up on Tuesdays, we expect that you can order paste tomatoes for pickup on August 12, 19, or 26; we will probably have the most tomatoes on the 19th so that is the best day for larger orders. Members with Friday pickups, you can order for pickup on August 15 or 22; we will probably have the most tomatoes on the 15th, so that is the best date for larger orders. Please place orders at least 3 days before your desired delivery date. Call 608-762-5335 or email [farmer@twoonionfarm.com](mailto:farmer@twoonionfarm.com) with your order, including desired delivery date, the amount you want, and the type (red or yellow); we will reply to confirm. We will include an invoice with your tomatoes and you can pay us after you receive them.