

Two Onion Farm

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Farming is not only a mean of earning a living for us. Farming allows us to work at home, not to commute, work together as a couple, eat three meals a day together (plenty of dishes to wash), show our children what their parents do for living, include them in the work and raise happy, healthy kids. Our three children, Panka (12), Andrew (8) and Kata (5) help out as much as their age and interest allows them. Together they fold the boxes on each harvest day for next day's delivery. After that Panka will join her dad to harvest certain crops – they make a great broccoli harvest team. The younger ones will spend a couple hours with me and the rest of the crew picking peas, beans or cherry tomatoes while talking up a storm with the employees. We love to have them around us, they delight in finding strange bugs, a bird nest here and there, and they are proud of being part of the crew. You, our farm members, not only receive a box of vegetables each week in exchange of your membership fee, but you also take a very active part in supporting our family to live our dream. Thank you!

The fields look great! We are not only harvesting a bounty of colorful summer vegetables, but we are also busy tending to the fall crops. The fall brassica plantings are healthy and robust: Brussels sprouts, broccoli, cabbage and cauliflower are all growing well. We have neat rows of carrots and Beauty heart radishes, too. Last week we harvested all the garlic from the field, and the bulbs are now curing in the packing shed along with some of the onions. You can expect cured onion and garlic in your box for the rest of the season.

This week there will be no green beans in your boxes. We are waiting for the third bean planting to start producing. Beans will be back next week!
~ Juli

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Carrots	Yes	Yes	2 wks	
Celery	Yes	Yes	2 wks	
Cherry tomatoes	No	No	1 wk	
Cucumber	Yes	Yes	1 wk	
Eggplant	Yes	Yes	1 wk	
Garlic	No	No	2+ wks	
Kohlrabi	Yes	Yes	1 wk	Pale green and round
Lettuce	Yes	Yes	1 wk	Summercrisp
Onion, yellow	No	No	2+ wks	
Pepper	Yes	Yes	1 wk	
Radish	Yes	Yes	2 wks	
Tomato, slicing	No	No	1 wk	
Zucchini	Yes	Yes	1 wk	

Paste Tomatoes. We are offering paste tomatoes for sale. These tomatoes are suitable for canning or freezing. You can order 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>.

Tomatoes. To reduce the chance that the slicing tomatoes will get bruised during handling, we pick some of them before they are completely ripe. Keep tomatoes on your counter top until they are soft and then they will be at peak flavor and taste.

Kohlrabi. We give out kohlrabi a few times a year. This vegetable often ends up in the swap boxes at the drop off sites. Give it a chance! Juli grew up in Hungary where there is no soup made without kohlrabi. While her mom chopped up the vegetables for the soup, Juli and her two sisters happily munched on raw, sliced kohlrabi. As an added bonus: "It offers generous amounts of vitamins A and C, and emphasizes the minerals potassium and calcium. It's high in fiber and contains only 40 calories per cup." – *From Asparagus to Zucchini*

Eggplant. We have many tasty eggplant recipes on our [website](#): Grilled Eggplant Sandwich (7/25/2005 newsletter), Grilled Lemony Eggplant (7/16/2006), Ratatouille (8/8/2005), Tomato Pasta Sauce with Fried Eggplant (8/5/2007), just to name a few.

Eggplant Cheese Casserole

Adapted from *From Asparagus to Zucchini*, 3rd Edition.

Olive oil
1 lb eggplant, sliced 1/3" thick
1 onion, sliced
1 red or green bell pepper, cores removed and sliced crosswise
2 cups chopped fresh tomatoes
3-4 Tbsp chopped fresh basil
1 cup grated mozzarella or parmesan
Salt and pepper

1. Preheat oven to 375 degrees. Cook eggplant in 2 Tbsp olive oil in a skillet on both sides until barely tender. Remove eggplant, add a

little more oil to skillet and then sauté onions and pepper until tender.

2. In an oiled baking dish, lay eggplant on bottom, season with salt and pepper. Layer onions and pepper over eggplant and season with salt and pepper again. Then cover with tomatoes and basil and top with cheese. Bake for 45 minutes or until cheese browns.

Simple Sautéed Tomatoes

A recipe from a member.

2-4 slicing tomatoes, ripe or green, sliced
2 cloves garlic, minced
1 medium onion, chopped
1/2 medium pepper, chopped
2 Tbsp olive oil
Salt and pepper, to taste
Oregano, to taste

Heat olive oil in a sauté pan, add onion and cook until translucent. Add garlic, pepper and tomatoes. Stir occasionally and add spices. Simmer until tomatoes cook down and everything is tender.

Serve on pasta, rice, eggs, or enjoy alone!

Share a Share! – FairShare CSA Coalition is holding a donation drive to support their Partner Shares program from **July 21** through **Aug. 8**. For more information about Partner Shares and how you can donate please visit FairShare's website: <http://www.csacoalition.org/news/partner-shares-donation-drive-july-21-august-8/>