

Two Onion Farm

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Week of August 31, 2008

Right now at the beginning of the week we are having a heat wave, but summer is ending, and we are nearly done harvesting heat-loving summer vegetables such as tomatoes, peppers, and cucumbers. Fall favorites such as leeks, carrots, broccoli, and cauliflower are coming into the boxes.

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
Cabbage	Yes	Yes	1-2 wks	Not in all boxes
Carrot	Yes	Yes	2-3 wks	
Cauliflower	Yes	Yes	1-2 wks	Not in all boxes
Cucumber	Yes	Yes	1 wk	
Fennel	Yes	Yes	1 wk	
Garlic	No	No	3-4 wks	
Leek	Yes	Yes	1-2 wks	
Lettuce	Yes	Yes	1 wk	Summercrisp or Red Romaine/Bibb type
Onion	No	No	3-4 wks	
Pepper	Yes	Yes	1 wk	All are sweet, not hot
Tomatoes	No	No	<1 wk	Slicing tomatoes: pink, red, or yellow

Onions. For the rest of the season we'll be giving out yellow cooking onions - very pungent when raw, but sweet when thoroughly cooked. Excellent in sauces, soups, sautés, and stir-fries. They also make very good caramelized onions. Give them time to cook, which will mellow their pungency and bring out their nice sweetness.

Leek. Leeks resemble onions in flavor, but have a gentler, more refined taste. Leeks can be eaten raw but are usually cooked. Like onions, they will sweeten when cooked. You can substitute leeks for onions in most recipes for a slight change in the taste.

Generally the white portion of the leeks and the lower portion of the green leaves are eaten. Cleaning leeks can be tricky, because soil particles are often trapped within the bases of the leaves. Here's how we handle a

particularly dirty leek: start by chopping off the green tops to within 2 inches of the white portion (in most cases we've already done this for you so that the leeks will fit in the boxes). Then peel off the outer layer if it has turned slimy or brown, which happens naturally as the leeks mature. Now slice the leeks and place them in a colander. Rinse the leeks under running water to wash the dirt away.

Tomatoes. Our tomatoes come in several shades and hues. You may wonder how to tell when your tomatoes are ripe. A good rule of thumb is that when the tomato is soft it is ready to eat, regardless of color. Just a little soft... don't wait until it's completely squishy and mushy. There are some exceptions to this rule but it will work for all the tomato varieties that we grow. We often pick the tomatoes slightly unripe so they will be less likely to bruise in handling and

shipping. Leave them on the counter for a day or several until they are soft. The different colors vary somewhat in flavor and texture but they are all fairly interchangeable. Also, you should really store tomatoes outside the refrigerator unless you've already cut them open. Refrigeration reduces the flavor.

Leeks and Carrots with Almonds

Very simple and pleasant side dish.

1 large leek, sliced
2-4 carrots, thinly sliced
Butter
Salt and pepper
1/4 cup sliced or slivered almonds

In a small skillet, cook the leek and carrots in butter, salt and pepper until the vegetables are tender. Add almonds and serve.

Raw Tomato Sauce with Fennel

A member recommended this recipe to us. It is a quick, easy to prepare pasta sauce using raw tomatoes and fennel. The recipe makes enough sauce for approx 1 lb pasta.

1-1/2 lbs tomatoes
1 small fennel bulb
1/4 cup olive oil
1/4 cup chopped basil leaves
1/2 tsp salt
1/4 tsp black pepper

Slice each tomato in half and remove the seedy pulp. You can often do this by turning the tomato half upside-down, squeezing it gently, and giving a little shake. Discard the pulp and chop the tomato in 1/2" chunks.

Slice the fennel bulb in half, cut out the triangular shaped core piece near bottom, and slice thin.

Combine all ingredients and serve over pasta with parmesan cheese.

Leek, Pepper, and Tomato Pasta Sauce

4 medium leeks, washed and thinly sliced
1/4 cup olive oil
2 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 1/4 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.

Summer Season Members

This is the last week of our summer delivery season and the last vegetables which some of you will receive from us. (If you signed up for a full season membership, you will continue receiving vegetables through November 1.) Summer season members, thank you for joining us this year. We have emailed you all a notice with your last delivery date. The email also includes a link to an online survey which we hope you will complete. We take the survey results very seriously as we plan which vegetables to grow next season and where and when we will deliver our produce.

Autumn Season Memberships

We still have a small number of autumn season memberships available. If you have a friend who is interested, please tell them that they can obtain a brochure and sign up form from our website.

Summer season members are welcome to extend their memberships through the autumn at the prices in the table below.

Weekly Large Box	\$260
Biweekly Large Box	\$140
Weekly Small Box	\$155
Biweekly Small Box	\$80

If you would like to extend your summer season membership into the autumn, contact us at farmer@twoonionfarm.com or (608) 762-5335.