

# Two Onion Farm

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## Week of August 4, 2013

Our farm has been a member of FairShare CSA Coalition since 2006. It is a non-profit organization based in Madison, WI that supports and connects CSA farmers and eaters. FairShare is organizing many exciting events this summer and fall. Here are a few of the events copied from FairShare's website, [www.csacoalition.org](http://www.csacoalition.org).

**Sh\*tty Barn CSA Party, Aug. 24:** Three Bands, fresh grilled pizza, Furthermore brews and a dilapidated barn in a semi-industrial park in Spring Green — all on Saturday, Aug. 24. What's not to love?! MUSIC: Juniper Tar, Dead Pigeons, Peter Mulvey. Doors open at 4:30 p.m.; music starts at 5:15 p.m. Tickets \$15. Ian's Pizza will be grilling. Yum! (<http://www.csacoalition.org/our-work/special-events/>)

**Bike the Barns:** FairShare's spectacular fundraising bicycle ride that features local farms and local food. When you participate in Bike the Barns, you not only enjoy a day biking to local farms and eating artisan delicacies, but you also support our community's health – the health of our neighbors, our land, our farmers, and our local economies. Proceeds from this event benefit FairShare's Partner Shares Program, which helps low - income families purchase local, organic vegetables and have a direct connection with their food and farm through community supported agriculture. Date: Sunday, September 15th. Visit <http://www.csacoalition.org/our-work/bike-the-barns/> for more details.

### In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Beet	Yes	Yes	2+ wks	Red, round
Carrot	Yes	Yes	2 wks	
Cucumber	Yes	Yes	1 wk	
Cherry tomato	?	No	<1 wk	
Eggplant	Yes	Yes	1 wk	
Garlic bulb	No	No	2+ wks	
Kohlrabi	Yes	Yes	1-2 wks	
Lettuce	Yes	Yes	1 wk	Romaine
Onion, yellow	No	No	2+ wks	
Pepper	Yes	Yes	1 wk	
Radish	Yes	Yes	2 wks	Long, pinkish-red, cylindrical
Zucchini	Yes	Yes	1 wk	
Tomato	?	No	1 wk	Red and/or pink slicing tomato

**Pepper.** This is a white bell pepper which we are very fond of. It's not overly sweet, however. Sweet peppers only arrive later in the summer, as the pepper fruits mature and turn red. The white peppers are like green peppers, immature and not sweet. However we prefer them over green peppers, because they lack the harsh "green" taste that many green peppers have.

**Green Beans.** We are in between two green bean plantings this week. Our third green planting is close to maturity, we might be picking it on Thursday. We plan to include green beans again in all boxes next week.

### This week's recipes from Local Thyme:



#### Summer Ratatouille

- 1 pound Eggplant, cubed
- 2 tsp Kosher Salt
- 3 Tbsp Olive Oil
- 1 White Bell Pepper, diced
- 1 Onion, diced
- 1 Tbsp Garlic, minced
- 2 Zucchini, diced
- 2 cups Marinara Sauce
- 2 tsp Herbes De Provence
- Salt and Pepper, to taste

1. Put the cubed eggplant in a colander and sprinkle with kosher salt. Toss well and set aside to drain.
2. After about 20-30 minutes, rinse off eggplant, pat dry. Heat the olive oil over medium - high heat in large skillet or wok. Add the eggplant and cook, stirring occasionally, until lightly browned. Add in the bell pepper, onion, and garlic. Cover and cook over medium heat, stirring occasionally, until the vegetables are soft, about 25 minutes.
3. Stir in the zucchini, marinara, and herbs cover, and cook until just tender, about 10-20 minutes. Season to taste with salt and pepper, and serve.

## Keralan Summer Stew

- 2 Tbsp Canola Oil
- 3 Tbsp Ginger, peeled and julienned
- 1 Zucchini, diced
- 4 cloves Garlic, thinly sliced
- 2 Bay Leaf, or 10 fresh curry leaves, sometimes available at Asian groceries
- 1/2 tsp Cayenne, to taste
- 3 tsp Turmeric
- 1 Tbsp Black Pepper, freshly ground
- Salt, to taste
- 2 cup Vegetable Stock
- 2 14 ounce cans Coconut Milk
- 1 Kohlrabi, peeled, diced
- 2-4 Carrot, diced
- 1 White Bell Pepper, seeded and chopped
- 1/2 pint Cherry Tomato, halved
- 1 pound Shrimp, peeled and deveined
- OR \*
- 1 14 ounce can Chickpea, drained and rinsed

1. Heat canola oil over medium heat in a soup pot until oil shimmers. Add onion, garlic, ginger, bay or curry leaves, cayenne, turmeric and black pepper, season with a bit of salt and stir until onion wilts, about 7 minutes. Add stock, coconut milk, kohlrabi and carrot and bring to a boil, then simmer about 10 minutes.
2. Stir in bell pepper and zucchini, and simmer about 5 minutes, add in tomatoes, shrimp or chickpeas, and cook until shrimp is just cooked through and the vegetables are tender, about 2-3 minutes longer. Adjust seasonings and serve.