

# Two Onion Farm

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We've received a number of recipes from members in the last several weeks. We included two in last week's newsletter, and all three of the recipes in this week's newsletter are also from members. We're delighted to share some different cooking styles and perspectives with you.

Each of the members who submitted recipes is now wearing one of our awesome tee shirts. You can wear one too if you submit three recipes which we can use in our newsletter. If you don't want to submit recipes, you can also order a shirt for \$10. See [our website](#) for pictures of the shirts along with instructions for ordering one or submitting recipes.

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## Organic produce in this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Basil	No	No	<1 wk	Store on countertop in a vase with water at bottom. Place plastic bag upside down over basil and vase to maintain humidity.
Bean	Yes	Yes	1 wk	
Carrot	Yes	Yes	2 wks	
Celery	Yes	Yes	1 wk	
Cucumber	Yes	Yes	1 wk	
Garlic	No	No	2 wks	
Lettuce	Yes	Yes	1 wk	Summercrisp
Onion	No	No	2 wks	
Parsley	Yes	Yes	1 wk	
Pepper	Yes	Yes	1 wk	White bell pepper – some are starting to turn orange
Summer squash	Yes	Yes	1 wk	Not in all boxes
Tomato	?	No	<1 wk	Refrigeration prolongs life but decreases flavor

**Beans.** This week we are harvesting large, flat podded, Romano beans. The Romano beans can be used similarly to round green beans but they require a slightly longer cooking time. We enjoy their rich beany flavor.

**Paste tomatoes.** We are offering paste (Roma) tomatoes for sale. These are suitable for canning or freezing – freezing is an easy method of preservation which allows you to enjoy Two Onion Farm tomatoes over the winter. You can order tomatoes to receive along with one of your upcoming vegetable deliveries – see <http://www.twoonionfarm.com/index.php/current-members/pastetomatoes> for details and information on how to order.

## Chilled Mint and Cucumber Soup

2 cucumbers  
3 green onions or 1 small bulb onion  
1 t lemon juice  
3-5 springs of mint  
2 c plain yogurt  
1 t sea salt

Slice cucumbers and onions into small pieces. Remove leaves from mint sprigs. Place cucumber pieces, onion pieces, lemon juice, mint leaves, yogurt and sea salt into a blender and blend until smooth. Add small amounts of water if a thin consistency is desired. Refrigerate for an hour or two (up to a day) before serving. Garnish with mint leaves.

## Basil Parmesan Dip

4 pita breads  
cooking spray  
1/4 tsp black pepper  
1/4 tsp salt  
1 c lightly packed basil  
3/4 c parmesan  
3/4 c sour cream  
2 tsp lemon juice  
1 garlic clove (or scapes)

Preheat oven to 375. Split pitas in half then cut in to wedges and spray w/cooking spray. Salt and pepper optional. Bake 12 minutes until crisp.

Place basil in food processor and process into pieces, add the rest of the ingredients and process until smooth. Serve with pita chips. (Also good with vegetables - red peppers and cucumbers especially.)

## Carrot Muffins

2 1/2 cups flour (whole-wheat preferred)  
2 teaspoons baking powder  
1 teaspoon baking soda  
2 teaspoons ground cinnamon  
1 teaspoon pumpkin pie spice  
1/2 teaspoon salt  
2 eggs  
1/2 cup sugar  
1/3 cup oil  
1 1/3 cups buttermilk  
1 teaspoon vanilla extract  
2/3 cup raisins tossed with 1 teaspoon unbleached all-purpose flour  
2/3 cup chopped pecans or walnuts  
1 1/2 cups grated carrots

Preheat the oven to 375 degrees. Grease muffin tins for 12 muffins.

Combine flour, baking powder, baking soda, spices and salt.

In a separate bowl, beat together the eggs, sugar, oil, buttermilk and vanilla.

Stir the dry ingredients into the wet ingredients and mix until well combined.

Fold in the raisins, pecans and the carrots.

Spoon batter into muffin tins.

Bake about 25 minutes, until golden brown on top and cooked through.

## Recipes From Past Newsletters

Walnut-Tarragon Green Beans ([8/9/2009](#))

Green Bean Vinaigrette ([7/20/2008](#))

Green Beans Braised with Tomatoes, Wine, and Basil ([8/3/2008](#))

Green Bean and Tomato Salad ([7/29/2007](#))