

Two Onion Farm

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Week of August 6th, 2006

Please remember to break down and return your boxes to the pickup location. We've gradually been losing boxes the past few weeks. Thank you!

These are the vegetables we're distributing this week. You'll receive a selection of them in your box, but not all of them.

Tomatoes. We're distributing several varieties of large slicing tomatoes, as well as cherry tomatoes. The slicing tomato varieties you may receive are: First Lady (a good basic all purpose red tomato), Black Prince (small to medium sized fruit that is brownish red to green, with a rich, full flavor), Pink Beauty (dark pink, with a pleasant delicate tomatoey flavor), Garden Peach (pale yellow, slightly fuzzy, small fruit, with a very mild, subdued taste).

The Cherry tomatoes we're harvesting include a red variety, the sweet yellow-orange 'Sun Gold' variety, a very pale white variety, and a red elongated grape tomato.

Some of our tomato varieties are suffering from Early Blight, a fungal disease which causes drying and withering of the leaves, rotting of the fruit, and reduced yields. Wet, drizzly weather in mid July promoted the blight. Nighttime mammalian marauders, perhaps raccoons, have also been eating the ripe fruits. Both the blight and the raccoons have been particularly severe on our slicing tomatoes. The cherry tomatoes have been less affected.

Note that we often pick our tomatoes a day or two before they are completely ripe. This is particularly true for our slicing tomatoes. Dead ripe slicing tomatoes bruise exceptionally easily and don't store well for you. If you

receive a slicing tomato that isn't completely ripe leave it on your counter for a day or two. In our experience tomatoes which complete their ripening this way taste indistinguishable from those ripened completely on the vine.

On another note, we don't wash the tomatoes. Although we clean almost all of our vegetables, we leave the tomatoes unwashed because wetting the tomatoes makes them more susceptible to rotting, and because washing them would require us to pick up and handle the fruit one more time, increasing the chance that they would bruise. We realize that some of the tomatoes are a little muddy after Sunday's rain.

Green pepper. We're only distributing green peppers to a few of you this week. We expect to be harvesting red and yellow bell peppers in a few weeks.

Green bean. The foggy, drizzly weather in mid-late July promoted the development of diseases, particularly bacterial brown spot and Sclerotinia white mold, in our green bean planting. These diseases defoliate and weaken the plant, causing fewer bean pods to develop, and they also cause some of the pods which do develop to rot prematurely. So our bean yields this week, and in coming weeks as well, are not what we hoped for.

Garlic. These are partially cured garlic bulbs. Store in the fridge or on the counter and use within a few weeks.

Lettuce. Romaine or crisphead lettuce.

Kohlrabi.

Onions. These red onions are freshly harvested and have not been cured; keep them in the refrigerator and use within 1-2 weeks.

Summer Squash.

Cucumbers.

Broccoli.

Carrots.

Cooking Class

For those of you in the greater Galena area, Patricia Lehnhardt at the Great Galena Cookery is offering cooking classes on August 24th and 25th on how to cook with local seasonal vegetables. Here's more from Patricia: "With all the farmers' markets brimming with fresh fruits and vegetables and our local CSA box of vegetables arriving every week...why not take advantage of the harvest and try some new recipes. We will devise the recipes to suit what is fresh and local that week. You will go home with basic recipes that can be suited to what you have on hand. Knife techniques will be shown---how to attack those veggies!! Our local organic farmer, Chris McGuire, will be attending the Friday class to answer all your questions about how they grow such wonderful vegetables."

The class will be held at The Great Galena Cookery, 412 Spring Street, Galena, IL, 815-777-1556. Price is \$50 per person. Call for reservations. For more details check the website:
http://www.galenapeddlery.com/o3cook_1class.html

Storage

Vegetable	Refrigerate?	Approximate Storage Life	Comments
Beans, Green	Yes	1 week	Keep bagged.
Broccoli	Yes	1 week	Keep bagged.
Carrot	Yes	2+ weeks	Keep bagged.
Cucumbers	Yes	1 week	Keep bagged.
Garlic	Maybe	1-2 weeks	
Kohlrabi	Yes	2 weeks	Keep bagged
Lettuce	Yes	1 week	Keep bagged.
Onions	Yes	1-2 weeks	Keep bagged.
Pepper	Yes	1 week	Keep bagged.
Squash, Summer	Yes	1 week	Keep bagged.
Tomatoes	No	Up to 1 week	Store at room temperature or slightly cooler.

Here are two salad dressings to liven up your lettuce salads. Both can be made in batches and stored in a closed container in the fridge.

Creamy Mustard Vinaigrette

1 Tbsp good quality mustard
 4 tsp red wine vinegar
 2 Tbsp dry wine
 1/4 cup olive oil
 2 Tbsp plain yogurt
 Salt and pepper to taste, and a dash of cayenne

Sesame Orange Dressing

1/2 cup orange juice
 2 Tbsp red wine vinegar
 1 1/2 tsp soy sauce
 1 Tbsp sesame oil
 1/4 cup mild vegetable oil (such as Canola oil)
 1/4 tsp salt
 1/4 tsp dry mustard
 1/2 tsp dry dill
 1 clove garlic, crushed or minced