

# Two Onion Farm

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Week of August 7, 2011

Cooler weather has finally arrived, but the warmth earlier in the summer promoted excellent growth of the heat-loving summer vegetables. We're expecting big harvests of cucumber, tomato, and pepper this week. We foresee several more weeks of this summertime eating: many more tomatoes, white peppers and also sweet red peppers are all ripening in the field. Our bean vines are in an unexpected lull and most of you will not receive them this week, but we anticipate another round of good bean harvests in the next week or two. Looking further ahead, most of our fall vegetables are growing well and in late August and September we'll begin harvesting broccoli, cauliflower, leeks, cabbage, winter squash, sweet autumn carrots and other goodies.

**Paste tomatoes for sale.** We are offering paste (Roma) tomatoes for sale for canning or freezing. You can order these and receive them together with a vegetable delivery in August or early September. Read instructions on how to order online at:  
<http://www.twoonionfarm.com/PasteTomatoOffer.pdf>.

## Organic produce in this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Basil	No	Yes	<1 wk	Store upright on countertop away from direct sun in vase or glass with water at bottom. Cover entire plant with inverted plastic bag.
Bean, Green	Yes	Yes	1 wk	Not in all boxes
Carrot	Yes	Yes	2 wks	
Celery	Yes	Yes	1 wk	Not in all boxes
Cucumber	Yes	Yes	1 wk	
Eggplant	Yes	Yes	1 wk	
Garlic	No	No	2+ wks	
Green onion	Yes	Yes	1 wk	
Lettuce	Yes	Yes	1 wk	Romaine or summercrisp
Parsley	Yes	Yes	1 wk	Not in all boxes
Pepper	Yes	Yes	1 wk	White, red, or green – all are sweet, not hot
Radish	Yes	Yes	1 wk	
Summer squash	Yes	Yes	1 wk	
Tomato	No	No	<1 wk	Cherry and slicing tomatoes

**Basil.** We highly recommend the storage instructions listed in the table above. If you put basil in the fridge the leaves will often blacken from the cold temperatures. In any case, plan to eat it quickly.

## Pasta Salad with Grilled Vegetables

Salad:

2-3 zucchini or summer squash, sliced into long 1/2" slices  
2 eggplant, sliced into 1/4" slices  
4-6 tomatoes, sliced in half  
1-2 red or green bell peppers, quartered and cored  
1 medium onion, sliced into 1/4" slices  
Olive oil, garlic powder, salt and pepper  
3/4 lb pasta, cooked, drained, and cooled  
4 oz fresh mozzarella or feta cheese  
4-5 Tbsp chopped fresh basil

Dressing:

1/2 cup olive oil  
3 Tbsp Balsamic vinegar or red wine vinegar  
1/2 tsp salt  
1 clove garlic minced

Coat veggies with light coating of olive oil and sprinkle with garlic powder, salt and pepper. Grill until lightly charred and tender. Chop grilled vegetables and mix with pasta, cheese, and basil. Toss with dressing and season with salt and pepper.

## Greek Salad

1 green pepper  
1 small cucumber  
2-3 medium tomatoes  
4 oz feta cheese  
2-3 Tbsp red wine vinegar  
5-6 Tbsp olive oil  
salt and pepper to taste

Chop the pepper, cucumber, and tomatoes, into larger bite-sized pieces. Crumble the feta cheese into large pieces. Combine all ingredients in a salad bowl and serve cold. Feta cheese is salty enough that you may not want any additional salt.

## Cucumber Salad

1/4 cup thinly sliced onion  
2 cucumbers, thinly sliced  
1/2 tsp salt  
black pepper  
1/2 cup yogurt  
1 small clove garlic, minced  
1/2 or 1 tsp honey (optional)  
2 tsp dry mint leaves  
1 sprig each parsley and dill, finely minced

Mix everything, chill, and serve cold.