

Two Onion Farm

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Week of August 7, 2016

Field news



Late summer is here. When I wake up early in the morning I don't hear the red-winged blackbirds' song anymore; they recently left the countryside to migrate south. Crickets chirp ceaselessly, and the young swallows join their parents in flight, leaving their nests behind.

The ever changing fields keep one delighted and awed. Our eggplant and zucchini plantings came to the end of their life, but our favorite red pepper variety, Carmen, just started ripening. The third bean planting will yield abundantly by the end of the week, and sweet basil is back for two weeks. The onion in

your boxes this week is a sweet Scottish variety, called Ailsa Craig. We've been growing this onion for 13 years, and never stop liking its juicy, mild taste. It's great fresh and lightly cooked!

Though it is only the second week of August, this Wednesday we will harvest from the earliest ripening winter squash planting - the acorn squash. We harvest two or three times from the same planting. Winter squash blooms from June into the fall, so its fruits reach maturity at different times. Multiple harvesting ensures we pick winter squash at the right stage of ripeness.

We will also harvest another planting of carrots this week. We have lots of carrots on the farm! Even our dog munches on freshly dug carrots while we work nearby. Have a great week! ~ Juli



Who's Who at Two Onion Farm? Kelsey Dalton -I was born in California, then moved to Dubuque when I was 2. I came to work at Two Onion Farm, because college was not a good fit. I wanted to do something outside, and loved the idea of working with organic vegetables. This is my second year on the farm. I'm the weeding supervisor and the delivery truck driver on Fridays. I operate the tractor and help growing the produce. In my spare time I like to read, hike, and visit Milwaukee where my boyfriend lives.



Kids' Corner

Hi! After a two-week-long break, our second planting of basil matured, so you should receive it through next week. Basil is one my favorite crops to harvest. It is easy - all you do is cut the stem at ground level with your pruner and set the plant in a crate -, it is fast, and, best of all, it smells really good! Washing basil is also fairly straightforward. We swish the plants gently around in water to wash the dirt off the stem and the bottom leaves, then we remove any yellowed or bug-chewed leaves, and place the basil plants upright in a crate. The crate has an

inch or two of water on the bottom. Placing the stems in water overnight keeps the basil fresh for your boxes the next day!. ~Panka

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Basil	No	No	1 wk	See storage tips below
Carrot	Yes	Yes	>2 wks	
Cherry tomato	No	No	1 wk	
Cucumber	Yes	Yes	1 wk	
Eggplant	Yes	Yes	1 wk	Last harvest, not in all boxes.
Garlic	No	No	>2 wks	
Lettuce	Yes	Yes	1 wk	Summercrisp.
Onion	No	No	>2 wks	Ailsa Craig
Pepper	Yes	Yes	1 wk	Bianca and Carmen (a red, sweet pepper)
Tomato	No	No	1 wk	
Zucchini	Yes	Yes	1 wk	Last harvest, not in all boxes.

Basil – Basil is a very perishable herb. We found it is best kept like a flower: stand it in a jar of water and keep it on your counter top. Optionally, put a plastic bag over the basil plant to prolong its life. Plan to eat it very soon, in a few days.

Tomato – We currently grow 4 different varieties of slicing tomatoes, red and pink. We pick them before they get very ripe, because tomatoes are easily damaged when rubbing against each other in crates. Leave them on your kitchen counter and they fully ripen within a day or two.

We never wash tomatoes on our farm to prolong their shelf life (washing them can introduce and spread disease among tomatoes). Please wash your tomatoes before eating.

Paste Tomato

Every year we offer paste tomatoes for sale. These tomatoes are suitable for canning or freezing. You can order them to receive in addition to your regular deliveries. For more information and to order, see our [website](#).

Taco Salad

*(Adapted from Good and Cheap:
Eat Well on \$4/Day - serves 4)*

4 cups chopped lettuce
 1 cup cooked bean, pulled pork, or ground beef
 2 small tomatoes, chopped
 1 small cucumber, chopped
 1 pepper, chopped
 1/3 cup onion, sliced
 1 cup tortilla chips, roughly crushed
 1/4 cup shredded sharp Cheddar cheese or queso fresco

Dressing

1/4 cup sour cream or yogurt
 Juice of 1 lime
 Salt and pepper, to taste

1. Mix salad ingredients in a large bowl.
2. In a small bowl, stir together the sour cream, lime juice, salt and pepper. Taste it and adjust the seasoning to your liking.
3. Just before serving, pour the dressing over the salad and toss to coat. Eat immediately, maybe with a few extra chips on the side.