

# Two Onion Farm

Chris & Juli McGuire • 19638 Cottage Inn Road, Belmont, WI 53510  
[farmer@twoonionfarm.com](mailto:farmer@twoonionfarm.com) • (608) 762-5335

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## Week of August 8<sup>th</sup>, 2005

**Tomato.** Again, we're trying to give everyone this week a pint of cherry tomatoes and slicing tomatoes. We've included a ratatouille recipe which will use several slicing tomatoes.

**Green Pepper.** This is a sweet, not hot, bell pepper. You can eat peppers raw, which preserves their Vitamin C: try them as a finger food, chopped in salads, or sliced crosswise and layered in sandwiches. Green peppers can also be cooked – see for example our ratatouille recipe.

**Melon or Potato.** We are trying to give as many people as possible a watermelon or muskmelon this week, as our melons are beginning to ripen. We expect to have more watermelons and muskmelons in the next few weeks.

**Green Bean.** We've included a very nice recipe for green bean salad which will also use your onions and garlic.

**Lettuce.** This lettuce is from this year's final planting of Jericho lettuce, a type of Romaine lettuce which we grow in the summer because it tolerates hot, dry conditions. After this week there will be a hiatus in our lettuce harvests, and in a few weeks we will begin harvesting from some of our fall lettuce plantings.

**Garlic.** You are receiving a bulb of dry garlic which you can store on your countertop. Both of our recipes this week call for garlic.

Roasted garlic is also delicious – take your entire garlic bulb and cut enough of the top off to expose the individual cloves. Brush or dab the exposed cloves with olive oil and bake for

about an hour at 350 degrees, or until the cloves are quite soft. You can then squeeze the individual cloves out of their skins and spread them on bread or toast.

You'll notice that your garlic has a few large cloves, unlike most of the garlic sold in the supermarket, which generally has many smaller cloves. This is because the garlic represents two different types: hardneck garlic, which has a few large cloves, and softneck garlic which has many small cloves. The two types are so named because hardneck garlic has a very hard, stiff stem (or "neck") growing up through the middle of the bulb, where as softneck garlic does not. We prefer to grow hardneck garlic because we think they generally have a richer, more complex flavor and because they are much easier to work with in the kitchen – large cloves are easier to peel.

**Onion.** A fairly mild and sweet white onion. These are very nice raw but can also be cooked. These onions are partially dried and can be stored in the refrigerator or on your countertop.

**Eggplant.** This week's ratatouille recipe calls for eggplant.

**Summer Squash.** The ratatouille recipe also calls for squash.

**Carrot.**

## Ratatouille

1 1/2 Tbsp olive oil  
2 cloves garlic, minced  
1 cup chopped onion  
1 bay leaf  
1 small or medium eggplant, cubed  
3/4 tsp salt  
3/4 tsp basil  
1/2 tsp marjoram or oregano  
1/4 tsp rosemary  
1/4 tsp thyme  
1 small or medium summer squash, cubed  
1 bell pepper, cut into strips  
black pepper  
3 tomatoes, coarsely chopped

Sauté garlic, onion, and bay leaf in olive oil. Add eggplant, salt, and herbs, and cook covered until eggplant is soft, about 5-7 minutes. Add summer squash, bell pepper, black pepper, and tomatoes. Cover and cook until tomatoes and peppers are soft, about ten minutes. Serve warm, at room temperature, or chilled.

## Green Bean Salad

3 Tbsp olive oil  
2 Tbsp red wine vinegar  
heaping 1/2 tsp salt  
1 clove garlic, minced  
black pepper  
3/4 cup thinly sliced onion  
2 cups boiling water  
3/4 lb green beans

Combine oil, vinegar, salt, garlic, and pepper in large bowl. Place sliced onions in a colander in the sink and slowly pour the boiling water over the onions to soften them. Drain the onions well and add to the marinade. Steam green beans until just tender and then place them in a colander and run cold water over them. Drain the beans well and add to the marinade. Mix

everything well and marinate in the refrigerator for several hours.

**Special offers.** We're reprinting this from last week's newsletter for the sake of biweekly members: In the coming weeks we will have some vegetables available in bulk if you wish to purchase extra for preserving. You can email [farmer@twoonionfarm.com](mailto:farmer@twoonionfarm.com) or call 608-762-5335 to place an order and then pick it up at one of your scheduled vegetable pickups.

Currently we have a lot of extra basil and garlic available for anyone who wishes to make pesto. You can make pesto now and keep it for many, many months in the freezer in small batches, taking out a container now and then for a quick spaghetti dinner or for use on sandwiches. A simple basil pesto recipe uses 3 cups packed fresh basil leaves, 3-4 large cloves garlic, 1/3 cups pine nuts (optional), 1/3 cups olive oil, 1/3 cups grated parmesan cheese, and salt and pepper to taste. (We can provide you with the instructions on how to combine the ingredients into pesto.) Those amounts will make a cup or a little more of pesto; you would probably want to multiply the recipe if you will freeze a lot. We will include small amounts of basil and garlic in your boxes some weeks, but if you wish to make a quantity of pesto you will need to place a special order. The prices are \$6.50 per lb of basil (makes about 12 cups packed basil leaves) and \$2.50 for three heads of garlic (generally 4-5 cloves per head).

We also will have paste (Roma) tomatoes ripening soon – these are the best tomatoes for making into sauces and pastes which you can freeze or can. You can also freeze whole paste tomatoes and store them in a zip-lock bag in the freezer, withdrawing a few at a time over the winter when you wish to use them in cooking. Paste tomatoes are \$8.00 per 5 lb.

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