

# Two Onion Farm

Chris & Juli McGuire • 19638 Cottage Inn Road, Belmont, WI 53510  
farmer@twoonionfarm.com • (608) 762-5335 (home office) • (608) 726-2550 (cell)

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## Week of August 9, 2015

### Field News



Every season has its unique features. This spring weather was very erratic with big temperature fluctuations and plenty of precipitation. July did not seem to arrive this year: most nights the temperature cooled down to the 50's which is wonderful for sleeping without the AC turned on, but the tomatoes were confused. We wonder what August and the fall bring to us.

Fall plantings are looking good: lots of carrot, radish, winter squash, broccoli, cauliflower and Brussels sprouts beds occupy the fields. Weed pressure is winding down aided by the lack of rain these last few weeks. We are looking forward to

spending the last couple of weeks working together with our summer employees, who will soon leave our farm to go back to school.

This is the last week for beans. We usually have 3 plantings of beans to give us a continuous harvest in July and August. This year our third planting germinated very poorly. It was seeded on June 16th during a cool, wet spell. Most of the seeds rotted in the ground, and never amounted to anything. Though we are sad about losing that planting, we accept it as part of farming - we can't control the weather. The other two bean plantings yielded phenomenally which is a consolation.

This is also the last week for eggplants. Member surveys tell us eggplant is not a favorite in many households. So a few years ago we decided to harvest eggplants for a few weeks, then abandon the planting. Tomatoes are ripening slowly, but steadily. We spotted a few of our favorite red peppers (a variety called Carmen) turning color, we hope to harvest them in a couple of weeks.

Have a great week,  
Juli

**Paste Tomatoes** – 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](#).

## In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Basil	No	No	<1 wk	
Bean, green	Yes	Yes	1 wk	
Beet	Yes	Yes	>2 wks	
Carrot	Yes	Yes	2 wks	
Cherry tomato	No	No	<1 wk	
Cucumber	Yes	Yes	1 wk	
Eggplant	Yes	Yes	1 wk	
Garlic	No	No	1 wk	
Kale	Yes	Yes	1 wk	In some boxes every week.
Lettuce	Yes	Yes	1 wk	Summercrisp.
Onion	Yes	Yes	2 wks	
Pepper	Yes	Yes	1 wk	
Zucchini	Yes	Yes	1 wk	
Tomato	No	No	<1 wk	

**Beet** – Beet is a very versatile vegetable, lending itself well to many uses from salads, through main dishes, and to desserts. Beets are high in nutrients, such as vitamins A and C, and also carotenes. Beets are long storing, sweet and delicious, and colorful.

**Cherry Tomato** – The orange little gems are called Sungold, the yellow ones are Yellow Mini. We aim to give out both to everyone the same number of times. We have a planting of each variety in the hoop house, and one in the field. This year the Sungold variety is slow to mature in the field, thus we can pick fewer orange cherry tomatoes overall. Yellow Mini is yielding well. As a result, you will see the yellow cherry tomato more often in your box.

**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.

## Green Bean Salad

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

1. Combine oil, vinegar, salt, garlic, and pepper in large bowl.
2. 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.
3. Steam beans until just tender. Run cold water over them as well. Drain beans well and add to the marinade. Mix everything well and marinate in the refrigerator for several hours.

## Beet Salad with Apples

*(Recipe submitted by a member.)*

1/2 - 3/4 lbs beets (about 1 medium)  
1 large or 2 small apples  
1 small onion, finely chopped  
1 Tbsp lemon juice  
1.5 tsp honey  
1 Tbsp olive oil  
Dash of salt

1. Peel (optional) and grate the beets. Peel and grate the apples. Mix beets, apples and onions in a bowl.
2. Add the lemon juice, salt, olive oil, and honey. Mix thoroughly, and let it stand in the fridge for a few hours. Store salad refrigerated, and eat in within 36 hours.

## Kids' Corner



Hi,

I found this joke on the computer:

"We don't have any vegetable jokes yet, so if you do, lettuce know."

~Andrew