

Two Onion Farm

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Week of July 3, 2012

Hot, dry.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	
Cabbage	Yes	Yes	1 wk	Small round green variety
Carrot	Yes	Yes	2 wks	
Cucumber	Yes	Yes	1 wk	
Garlic	?	No	1-2 wks	Fresh, uncured garlic, not intended for long storage. Refrigerate and/or use quickly
Kohlrabi	Yes	Yes	1-2 wks	Flattish-round, white vegetable
Lettuce	Yes	Yes	1 wk	Summercrisp
Onion, green	Yes	Yes	1 wk	
Summer squash	Yes	Yes	1 wk	
Tomato, cherry	?	No	<1 wk	Not in all boxes – yellow or orange cherry tomatoes. Refrigeration will prolong lifespan but decrease flavor

Garlic in your boxes this week is freshly harvested and uncured. You'll notice that many of the wrappers around the cloves are still juicy, not dry and papery. Garlic in this condition may not store well. You should refrigerate the garlic or plan to eat it soon. Back on the farm we have plenty of garlic curing under fans in our shed and you'll be receiving dry, cured garlic in many weeks to come.

Kohlrabi. This is the white, flattish-round shaped vegetable. It has a crisp, juicy texture and a slightly mustardy, slightly fruity taste. Before eating, peel off the tough skin.

You can eat kohlrabi raw and unaccompanied, or you can add grated or thinly sliced kohlrabi to a salad or coleslaw. Or sauté kohlrabi in butter or oil with salt and pepper. We regularly eat grated kohlrabi cooked with parmesan cheese – the recipe is in our [7/9/2006](#) newsletter.

Cherry tomatoes. This week's cherry tomatoes are from our hoop house planting. Our cherry tomatoes planted outside in the field are beginning to ripen as well. We don't have enough cherry tomatoes this week for every box but we expect to have many more in the future.

Carrot Puree with Honey and Ginger

8 medium carrots, sliced 1-inch thick
1 bunch green onions, sliced
1 small fresh ginger, roughly chopped
1 Tbsp vegetable oil
2 Tbsp honey
Salt

Cook carrots and ginger in salty water, until soft. Strain carrots and ginger and set aside.

Heat oil in skillet. Add onions and sauté briefly. Add carrots and ginger and sauté for 3-5 minutes, or until onions turn color. Turn off heat, add honey and salt to taste, mix well.

Puree carrot mixture while warm. Use caution while handling hot food. Let it cool completely.

Serve with meat or eat it alone. It's delicious!

For more recipes, see our website www.twoonionfarm.com. You can view the recipes from all of our past newsletters.