

# Two Onion Farm

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

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## Week of July 10, 2011

We're expecting another week of high yields and beautiful produce. We're excited that we can begin delivering tomatoes from our hoopouses in some of this week's boxes. This will be the last week for some spring crops, such as cabbage and kohlrabi. Next week will probably be the last for peas and broccoli. We're transitioning instead to our summer crops and we should begin harvesting peppers and eggplants in the coming weeks.

**Onions** – Those of you who were members in past years know that we usually distribute onion bulbs in almost every box of the season. This year, however, you will receive very few, if any, onion bulbs. In April we transplanted to the field our usual large planting of onions. Unfortunately the planting of bulb onions was almost completely destroyed by an outbreak of seed corn maggot. The maggots devoured the roots of the young onion plants and starved them of water. Twenty-two to twenty-four thousand onion plants wilted and died between May 3 and May 10. This was stunning and unprecedented on our farm. Once the maggots are present in the soil in spring, there's no effective way to control them organically while they complete their 1-2 week feeding cycle.

Daylength governs the development of bulb onions – at our latitude onions must be planted no later than March or early April to develop bulbs. So there was no option to replant after the maggot outbreak in May. Green onions, however, are not affected by daylength. To replace the onion bulbs in your boxes this year, we've made regular succession plantings of green onions and we plan to include these in your boxes for most weeks from now until mid fall. Our two onion relatives, leeks and garlic, also look healthy and we expect good harvests of both. We've begun researching methods to protect plants in the future and we're reasonably confident that we'll grow bulb onions again.

Onions are one of our favorite vegetables to eat and to grow, and we are extremely disappointed by this year's crop failure. With the added green onions and with the twenty-plus other vegetables that we grow, we expect that you will receive ample vegetables in your boxes. We hope for your understanding and support.

## In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Bean, Green	Yes	Yes	1 wk	
Broccoli	Yes	Yes	1 wk	
Cabbage	Yes	Yes	1-2 wks	
Carrot	Yes	Yes	2 wks	
Cucumber	Yes	Yes	1 wk	
Dill	Yes	Yes	<1 wk	
Green onion	Yes	Yes	1-2 wks	
Kohlrabi	Yes	Yes	1 wk	
Lettuce	Yes	Yes	1 wk	Summercrisp
Pea	Yes	Yes	1 wk	Snap peas – eat pods and seeds both
Summer squash	Yes	Yes	1 wk	
Tomato	No	No	<1 wk	Not in all boxes – harvest just beginning

**Lettuce.** We had a heavy wind and rain storm less than two hours before we began harvesting lettuce this week. Many of the tender lettuce heads were damaged. We did our best to exclude the most battered heads but you may still find some damaged leaves in your head.

**Green bean.** Most boxes will contain a standard round green bean, but some will receive a flattened Romano type bean. Both can be used similarly.

**Summer squash.** We have several different types of squash. Some folks will receive green zucchini from our hoopouses. Others will receive a thick gray 'Cousa' style squash or yellow summer squash. There are some differences in flavor or texture, but all fairly interchangeable in recipes.

**Cabbage.** We're giving out cabbage two weeks in a row. This is unplanned - our two spring cabbage plantings were expected to mature three weeks apart. The cold spring greatly delayed the first planting, but the second planting has developed right on schedule.

**Kohlrabi.** This is the white, round vegetable with protruding stalks. 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.

## Grilled Marinated Summer Squash

2 Tbsp fresh lemon juice  
1 tsp white wine or cider vinegar  
1 large garlic clove minced and mashed together with 1/2 teaspoon salt  
Black pepper to taste  
1/4 cup vegetable oil  
2 zucchini or summer squash (about 1.5" in diameter), halved lengthwise

Whisk together lemon juice, vinegar, garlic paste, and black peppers and then whisk in the oil. Lay the squash halves in one layer at the bottom of a shallow baking dish and pour the marinade over them. Marinate overnight, turning the squash several times. Grill the squash on an oiled rack 5-6 inches above glowing coals for 8 minutes. Brush them with some of the marinade, turn them, and grill them 6-8 minutes more, or until tender. Slice the grilled squash and serve.

## Curried Cabbage

1 Tbsp canola oil  
1.5 tsp curry powder  
1 medium onion or 4-5 green onions, thinly sliced  
4 cups thinly sliced cabbage  
1.5 tsp lemon juice  
2 Tbsp plain yogurt  
Salt to taste

Heat the oil in a large skillet over medium heat. Add curry powder and cook until fragrant, about 30 seconds. Stir in onion and sauté until translucent, about 3 minutes. Add cabbage and cook, stirring occasionally, until wilted and just tender. Remove from heat, stir in lemon juice, yogurt, and salt.