

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)

Week of July 10, 2016

Field news



We plan the week's work over the weekend, then adjust it as the weather prompts us to. Last week we were planning to harvest some of our onion and garlic planting for curing. The week turned out wetter than we expected, so we changed plans. Instead, we weeded a good part of our fields, trellised tomatoes and trained cucumbers. The vegetable beds are looking very nice, indeed!

There was rain again predicted for this week, and it came last night. Yesterday, after we finished harvesting for today, we pulled up most of the onions that were ready. Onions are ready for harvest when their green tops fall over and lie down on the ground. The rest will have to wait a few days until the storms pass. We don't harvest onion and garlic for storage when they are wet, because the curing time will be longer and the chances of them molding or rotting will be higher.

We are excited to give out the first peppers and eggplant of the season! Our children found a few ripe cherry tomatoes in the field, the ones in the hoophouse are yielding more on every new harvest day. There is still not enough for every box, but we'll get there in a couple of weeks. Our first green bean planting didn't germinate well, and recent strong winds knocked some of them over. We don't expect a good yield from it, but the next planting is not far from producing. We are also happy to see the first beets of the year in the boxes this week. Enjoy them!

I think it's time to introduce you to the people who grow your produce at Two Onion Farm. From this week on I will feature somebody from the farm in each newsletter. I hope you will enjoy getting to know us a little better.

Have a great week!

~ Juli

Who's Who at Two Onion Farm?



Chris McGuire – I was born and raised in New York City. I became interested in farming while spending summers at my grandparents' farm in Illinois as a child. I studied horticulture and plant science in college. Juli and I started Two Onion Farm in 2003.

I've done almost every different task on the farm over the years.

Today I share the planting, weeding, harvesting and washing with our wonderful employees. I am also responsible for planning the year's production, most of the tractor work, equipment maintenance, construction projects and everything to do with apple growing. Plants

fascinate me; I have an immense and abiding love for working with them and watching them grow. I'm very grateful to do this work with my family.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Basil	No	No	< 1 wk	See care instructions below!
Beet	Yes	Yes	2 wks	
Carrot	Yes	Yes	2 wks	
Cherry tomato	No	No	1 wk	Not in all boxes.
Cucumber	Yes	Yes	1 wk	
Eggplant	Yes	Yes	1 wk	Not in all boxes. First harvest, more to come!
Garlic	No	No	1 wk	Fresh, uncured garlic.
Green Bean	Yes	Yes	1 wk	
Kale	Yes	Yes	1 wk	In some boxes every week.
Lettuce	Yes	Yes	1 wk	Summercrisp.
Onion, red	Yes	Yes	1 wk	Fresh, uncured onion.
Pepper	Yes	Yes	1 wk	
Summer squash	Yes	Yes	1 wk	

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.

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.

Pepper - You will find a white pepper in your box this week (some members will receive a green pepper). This variety is called Bianca, and in its green (unripe) stage this pepper is white. Bianca is not as sweet as red or yellow peppers - it's closer in taste to a green pepper. We will have red peppers later in the summer when they are ripe. Bianca is excellent in salads, as pizza topping or as a finger food.

Roasted Beet with Toasted Spice Vinaigrette

2-3 beets
 1 tsp coriander seed
 1 tsp cumin seed
 1 tsp fennel seed
 1/4 cup + 1 Tbsp olive oil
 2 Tbsp white wine vinegar
 1 tsp Dijon mustard
 Salt and pepper to taste

1. Preheat oven to 350 degrees.
2. Trim beets and cut them into bite size pieces. Add 1 Tbsp oil to large casserole dish, and spread beets in a single layer in it. Sprinkle with a little salt and pepper, mix, cover, and roast until beets are fork tender, 50-60 minutes.
3. Meanwhile, toast seeds in a small skillet over medium heat, until fragrant, about 3 minutes. Let cool, then transfer to a cutting board, place the cool skillet over seeds and crush them.
4. Whisk seeds with remaining 1/4 cup oil, vinegar and mustard in a small bowl; season with salt and pepper.
5. Divide beets between plates, spoon some vinaigrette over, and enjoy! Keep leftover vinaigrette in a jar refrigerated. Bring to room temperature before using it again.

Lemon Risotto with Summer Squash

(4-6 servings)

7-8 cups well seasoned chicken or vegetable stock

2 Tbsp olive oil

1/2 cup minced onion

1 lb summer squash, diced

1 1/2 cups arborio or carnaroli rice

1-2 garlic cloves, minced

Salt and pepper to taste

1/2 cup dry white wine

2 tsp lemon zest, finely chopped

1-2 Tbsp lemon juice (to taste)

2 Tbsp basil, finely chopped

1/2 cup Parmesan cheese, grated

1. Put your stock into a saucepan, and bring it to simmer over low heat. Make sure that the stock or broth is well seasoned.

2. Heat the olive oil over medium heat in a wide, heavy nonstick skillet. Add the onion. Cook, stirring, until tender, about five minutes. Add the summer squash and a generous pinch of salt. Turn the heat up to medium, and cook, stirring often, until the

squash is translucent, but not too soft, about five minutes.

3. Stir in the rice and the garlic, and stir until the grains separate and begin to crackle. Add the wine, and stir until it has been absorbed. Turn the heat back down to medium, and begin adding the simmering stock a couple of ladlefuls at a time. The stock should just cover the rice and should be bubbling, not too slowly but not too quickly. Cook, stirring often, until the stock is just about absorbed. Add another ladleful or two of stock, and continue to cook in this fashion, stirring in more stock when the rice is almost dry. You do not have to stir constantly, but stir often.

4. When the rice is tender all the way through but still chewy, in about 25 minutes, it is done. Taste now and adjust seasoning, adding salt and pepper. Add another ladleful of stock to the rice. Stir in lemon zest, lemon juice, basil and cheese. Remove from heat and serve.

Kids' Corner



Hi!

I was glad to pick cherry tomatoes from the field yesterday. I found enough for two containers.

~Katie