

Two Onion Farm

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Eggplant. We are harvesting our first eggplants earlier than expected. Like its relatives pepper and tomato, eggplant is a heat loving plant, and it thrived during the warm weather we experienced in June.

You can sauté eggplant in oil or butter until lightly browned and then season with salt and pepper, parsley, and/or parmesan cheese. You can also bread the eggplant in flour, egg, and/or bread crumbs before sautéing.

Grilled eggplant is quite adorable.

Eggplant contains a lot of water. To eliminate excess moisture, it's often a good idea to slice your eggplant, lightly salt it, and place it in a colander for 15 minutes or so before cooking. This will drain some water from the eggplant. To remove even more moisture, you can squeeze the eggplant after it has sat in the colander.

Eggplant should always be cooked; peeling is optional. You can store your eggplant in the fridge or on your counter.

Potatoes. These are our first potatoes of the season. At this young age, the potatoes have tender and delicate skins and they will not store well. Keep the potatoes in the fridge and use in a few weeks. Since the skins are not tough there is generally no need to peel these potatoes before cooking.

For a nice quick dish, cut your potatoes into bite sized cubes and boil them in salted water until just tender (don't overcook). Then fry the potatoes in a pan with a little butter or oil on moderately high heat, turning regularly with a spatula, until they are browned. Sprinkle with chopped dill or parsley and black pepper and serve warm.

Cipollini Onion. These are delicious, whitish, flat-shaped onions. You can use them anywhere where you would use other onions, either raw or cooked.

A traditional use for Cipollini onions is to roast or braise them with olive oil and balsamic vinegar. We've included a recipe for roasted Cipollini onions on the back page. It is a great side dish with any kind of meat.

Dill is the herb in your box with feathery foliage. It goes wonderfully with potatoes, cucumber, broccoli, cauliflower, cabbage, and eggs, and cheese.

Parsley. This herb is wonderful in salads and with many cooked foods – try it with your eggplant, cucumbers, cabbage, zucchini, lettuce, or potatoes. When using parsley to season cooked food, either add the raw parsley after the other ingredients are completely cooked or add the parsley toward the very end of cooking. Don't overcook the parsley.

Lettuce. One head of Romaine lettuce.

Cabbage, Broccoli, or Cauliflower. Cauliflower and broccoli are nice when breaded and fried. Or steam the cauliflower or broccoli until they are just tender, melt cheese over them in the microwave, and serve with chopped dill sprinkled on top. You can also steam cauliflower or broccoli until they are just tender, place them in baking pan, cover them with a white sauce and bake for 10-15 minutes at 350 degrees.

Cabbage also goes well with dill – try sliced cabbage dressed with vinaigrette and chopped dill.

Cucumber or Zucchini. Our cucumbers are just beginning to bear fruit. Sliced cucumbers are a nice addition to a lettuce salad. You can also eat cucumbers alone in a salad with vinaigrette or mayonnaise. A little chopped fresh dill is great in a cucumber salad.

If you receive zucchini, it is a good accompaniment to eggplant, either grilled or sautéed.

Golden Beet. You can use golden beets anywhere you would use other beets. They are sweet. Compared to red beets, they have a less pronounced beet taste. Golden beets are colorful and delicious in the Beet and Fruit salad recipe we've included in this newsletter.

Carrots. One bag of carrots, delicious as carrot sticks, grated into salads or cole slaw, or juiced.

Roasted Cippolini Onion

It's important to use balsamic vinegar in this recipe. Balsamic vinegar has a sweet taste, unlike most other vinegars.

3 cippolini onions, peeled and ends cut off
1 tsp unsalted butter
1 Tbsp balsamic vinegar
2 Tbsp olive oil
2 Tbsp water
dash of rosemary
salt and pepper to taste

Preheat oven to 400 degrees. Melt butter over medium heat in a frying pan. Saute whole onions in butter until lightly browned. Place onions in a small roasting pan and add remaining ingredients. Cover pan and roast in oven until onions are tender when pierced with knife, usually 20-35 minutes.

Beet and Fruit Salad

A colorful salad when made with Golden beets. You can try substituting raisins for the prunes.

3 medium beets
1 Tbsp lemon juice
4 prunes, pitted and thinly sliced.
½ of a small onion, sliced thinly
¼ tsp salt
black pepper to taste
½ cup finely chopped pineapple chunks
(canned pineapple is fine)
¼ cup chopped walnuts or pecans, optional

Quarter or halve the beets lengthwise and slice them into ¼" slices. Steam until tender. (You can also roast or boil the beets – they just need to be cooked). Add remaining ingredients and mix well. Chill until serving time. We've had the best results chilling the salad for an entire day before eating.

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