

Two Onion Farm

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One of the joys of working outside is seeing, hearing, and smelling firsthand the changes of the seasons: whether it's the scent from wild plum blossoms while we transplant spring broccoli or ice on leaves of our Brussels sprouts leaves after fall's first frost.

Some of this week's landmark events:

- The first ripe cherry tomatoes – a single orange fruit has ripened on some of our Sun Gold cherry tomatoes. Right now there are only a handful of cherry tomatoes ripe, not enough to make a single pint basket; but we hope to begin harvesting cherry tomatoes for your boxes within 2-3 weeks. Slicing tomatoes usually appear in your boxes a week or two after that.
- Mounds of garlic curing on racks, pallets, and crates in our sheds after last week's garlic harvest.
- Pigweed and foxtail flowering. These are the two most troublesome weeds on our farm. Weeds are the main problem on almost every vegetable farm, and we spend far more time and money on killing weeds than on controlling insect and disease pests. Weed control has two parts: first to keep the weeds few and small enough that they do not compete with our crops, and second to keep the weeds from flowering and producing seeds which will contribute to next year's weed problem. The sight of the first pigweed and foxtail flowers lends a grim urgency to our regular weeding, cultivating, and mowing tasks. If left unkilld for another week or two, the pigweed plant which is flowering today will have produced ten bazillion million seeds, approximately, enough to blanket that area of our field with seedlings for several springs to come.

Onions and garlic are both uncured. After harvest, onion and garlic bulbs both need to cure before they will store well. Curing means placing the bulbs in a warm, well-ventilated place for several weeks, during which time the outer skins of the bulb dry and harden. The dry outer layers will then protect the bulbs from rot and moisture loss. The garlic and onions you're receiving this week are relatively fresh and not completely cured. The garlic is partly cured. We recommend that you leave the garlic unbagged on your countertop and plan to use it in the next week or two. The onions will do best bagged in the fridge and eaten within a week or so.

Dill is the herb in your box with feathery foliage. Dill is very tasty in chilled soups or salads. It is often used with cabbage, egg, cheese, potato, cucumbers. You can add minced dill to scrambled eggs.

Cabbage is excellent in coleslaw: mix thinly sliced or shredded cabbage with grated carrots, sliced green onions or minced onion bulb, and a mayonnaise/yogurt dressing, salt, and pepper. We usually use half plain yogurt and half mayonnaise in our dressing, about 1/3 to 1/2 cup of each for a medium head of cabbage. Mayonnaise alone is fine as well. Also, try adding celery seed (about 1/4 to 1/2 tsp per head of cabbage) and dill (about 1/2 to 1 tsp dried dill or 1 Tbsp fresh dill per head of cabbage). The celery seed and dill really improve coleslaw.

Peas and beans. We are just finishing our pea harvest this week – only a few of the Tuesday boxes will receive peas. Bean harvest is just beginning; and we may not have enough to include in all boxes.

Kohlrabi. We are including kohlrabi only in our Tuesday boxes. See last week's newsletter for some preparation suggestions and a popular recipe for kohlrabi with parmesan cheese: www.twoonionfarm.com/Newsletters/July_5_2009.pdf

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Beans, Green	Yes	Yes	1 wk	Not in all boxes
Broccoli	Yes	Yes	1 wk	
Cabbage	Yes	Yes	1-2 wks	
Cucumber	Yes	Yes	1 wk	
Dill	Yes	Yes	<1 wk	
Garlic	No	No	1-2 wks	Store in dry well ventilated location
Onions, yellow	Yes	Yes	1 wk	
Kohlrabi	Yes	Yes	1-2 wks	Tuesday boxes only
Lettuce	Yes	Yes	1 wk	Summercrisp
Snap pea	Yes	Yes	1 wk	Not in all boxes
Summer Squash	Yes	Yes	1 wk	Yellow-green bicolor and/or zucchini

Cabbage with Walnuts and Apples

1 small head green or red cabbage, thinly sliced
 10 bacon strips, sliced, OR 2 Tbsp vegetable oil
 1 apple, unpeeled and cubed
 2 Tbsp apple cider vinegar
 1/2 cup walnuts, chopped
 2 Tbsp vegetable oil (in addition to that above)
 1/2 tsp cinnamon
 1 tsp marjoram
 Salt and black pepper to taste

Drizzle cubed apple with vinegar. Roast walnut in a large skillet on medium-high heat until lightly brown; set aside. Add bacon pieces to skillet and fry; set them aside. Pour off excess bacon fat. If not using bacon, add 2 Tbsp oil to skillet. Add cabbage to skillet and cook on medium-high until it begins to soften, but is still crispy, about 5 minutes or less depending on the cabbage. Add apple, bacon, 2 Tbsp vegetable oil, and spices. Mix well, cover, and cook for one minute. Add walnut and serve warm.

Yogurt Cilantro Salad Dressing

This recipe was submitted by one of our members, who enjoys it on lettuce salads.

1 cup plain yogurt
 1/3 cup cilantro, finely chopped
 2 Tbsp minced green onion
 2 tsp fresh lime juice
 Salt to taste

Mix all the ingredients and let stand for at least an hour for flavors to blend. Keeps 3-4 days in the refrigerator.

Relevant recipes from past newsletters, all available on our website:

Cucumber salad with garlic, onion, and dill ([7/25/2005](#)).

Summer squash Ankara: summer squash cooked with onions, garlic, black olives, and chick peas ([8/20/2006](#)).