

# Two Onion Farm

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## Week of July 12, 2015

### Summer Time!



Last Saturday we harvested half of our garlic planting with 7 members. Thank you for your help! The rain held off right until we were putting the last bulbs into crates. We were very happy for that, since garlic has to be kept dry once it is pulled from the ground to avoid spoiling. Crates, full of garlic, are drying on a platform in our packing shed now. Two huge fans are forcing air through them to aid the curing process. It smells wonderful as you walk into that building! We will harvest the rest of the planting later this week.

This week brings a definite shift into summer vegetables on our farm. Gone are the peas and

broccoli from your boxes. We harvested hundreds of cucumbers and summer squash instead. Our bush bean planting started yielding, and the first picking was surprisingly good, so we can put beans to all boxes even on Tuesday. Though we still do not have enough cherry tomatoes for everyone, we are getting close!

The weather also turned hot and muggy, perhaps for the first time this summer. It almost felt strange. The Monday evening storms avoided us this time which we were very grateful for.

Have a great week,

Juli

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### Bike the Barns 2015

Bike the Barns is a recreational bike ride touring CSA farms and the beautiful Southern WI countryside - fueled by fresh, local, delicious food! It raises funds for FairShare CSA Coalition, a 501(c)3 nonprofit organization.

Registration includes farm-fresh snacks and a delectable plated lunch. Plus, after the ride, stick around for a foodie picnic paradise; beer, live music, camaraderie and fun at the After Party! We often hear riders celebrating the fact that BTB is the one ride where they take in more calories than they burn...and that's a good thing when the calories are this tasty!

Folks return to this beloved ride year after year (even after they've moved away!) to ride with friends. Some even build their own mobile party to celebrate birthdays, bridesmaids celebrations and more!

This year, you can choose from two routes - 55 or 38 miles. See a route map and learn more at [www.csacoalition.org](http://www.csacoalition.org).

## In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Bean	Yes	Yes	1 wk	First harvest of the year!
Carrot	Yes	Yes	2 wks	
Cherry tomato	No	No	1 wk	Not in all boxes.
Celery	Yes	Yes	1-2 wks	
Cucumber	Yes	Yes	1 wk	
Garlic	No	No	1 wk	Fresh, uncured garlic.
Kale	Yes	Yes	1 wk	In some boxes every week.
Lettuce	Yes	Yes	1 wk	Summercrisp.
Onion	Yes	Yes	2 wks	Fresh, uncured onion.
Summer squash	Yes	Yes	1 wk	

**Summer squash** – This week summer squash started maturing in earnest, a sure sign of summer! The featured recipes are very easy, and the result is delicious. We have many other great recipes [here!](#)

**Garlic** – Fresh, uncured garlic in your boxes this week! You'll notice that the wrappers around the cloves are still juicy, not dry and papery. Garlic in this condition does not store well. You can keep it on your counter, but plan to eat it soon. You will receive dry, cured garlic in many weeks to come.

### Cucumber Salad

1/4 cup thinly sliced onion  
 2 cucumbers, thinly sliced  
 1/4 - 1/2 tsp salt  
 black pepper  
 1/2 cup yogurt  
 1 small clove garlic, minced  
 1/2 - 1 tsp honey (optional)  
 2 tsp dry mint leaves

Mix everything, chill, and serve cold.

**Celery** – Celery is not an easy vegetable to grow in our climate, but we've been getting better at it over the years. We are planning to include celery in your boxes this week and the next.

**Onion** – We are giving out fresh yellow, bulb onions this week. These onions had no time to form the dry, protective layer that helps them store for months. Keep these in your fridge in a bag. You will receive dry, cured onion in a couple of weeks.

### Simple Roasted Summer Squash

*(Eat it as a side dish, or add to salads and sandwiches)*

2-3 small summer squash  
 2-3 Tbsp olive oil  
 Salt and pepper to taste

1. Preheat oven to 425 degrees.
2. Trim ends of the summer squash. Slice them into 1/4-inch-thick circles, or slice them lengthwise into 1/4-inch-thick pieces.
3. Oil 1-2 baking sheets. Place squash pieces on them in a single layer. Sprinkle summer squash with salt and pepper. Roast for 10-15 minutes one side, turn each piece, and roast for 10-15 minutes more, or until slices are golden brown.
4. Alternatively, you can grill summer squash slices. In that case, put slices in a bowl, mix with oil, salt and pepper to taste. Place slices

on grill, and grill them until golden brown on both sides.

## Summer Squash (or zucchini) Cheese Muffins

*(Makes 12 muffins)*

2 Tbsp minced onion  
2 Tbsp butter or oil, plus more  
1 egg, lightly beaten  
1/2 cup rolled oats  
1/2 cup cheddar or Swiss cheese, grated  
1 1/2 cups grated summer squash or zucchini  
2/3 cup water  
1 1/3 cup flour (we use whole wheat pastry)

1/2 tsp salt (or more)  
2 1/2 tsp baking powder

1. Preheat oven to 375 degrees.
2. Saute onion in butter or oil.
3. Mix together egg, 2 Tbsp melted butter or oil, onion, and oats. Mix in cheese, summer squash (or zucchini), and water.
4. Sift together flour, salt and baking powder in a separate bowl. Add dry ingredients to the summer squash mixture, stirring just enough to mix.
5. Spoon into muffin tin and bake 20-25 minutes.

## Kids' Corner



Hi,

We have kittens! We found 5 kittens in the grass last week. We call one Tom, but we don't have names for the rest, yet. One is white, the other four are striped orange. Tom is my favorite, he is striped, and I just like him.

The wild raspberries are ripe.

~ Katie