

# Two Onion Farm

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## Week of July 13th, 2008

### In this weeks box:

| Vegetable                    | Refrigerate? | Store In Plastic Bag To Retain Moisture? | Approx. Storage Life | Comments  |
|------------------------------|--------------|--|----------------------|---|
| Lettuce                      | Yes          | Yes                                      | 1 wk                 | Romaine or summercrisp  |
| White or yellow onions       | Yes          | Yes                                      | 1-2 wks              | Juicy, moderately sweet and pungent   |
| Snap peas and/or green beans | Yes          | Yes                                      | 1 wk                 |   |
| Collard greens               | Yes          | Yes                                      | 1 wk                 |   |
| Summer squash                | Yes          | Yes                                      | 1 wk                 | Zucchini or bicolored yellow/green summer squash                                  |
| Basil                        | No           | No                                       | Days                 | Best stored outside the fridge, in a container with a little water at the bottom. |
| Parsley                      | Yes          | Yes                                      | 1 wk                 |   |
| Cucumber                     | Yes          | Yes                                      | 1 wk                 | Not in all boxes  |
| Garlic                       | Yes          | Yes                                      | 1-2 wks              | Fresh, uncured garlic. Best stored in the fridge and used quickly.                |
| Broccoli                     | Yes          | Yes                                      | 1 wk                 | Not in all boxes  |
| Beets                        | Yes          | Yes                                      | 1-2 wks              | Not in all boxes  |

**Garlic.** You're receiving one of our first heads of garlic. The garlic is freshly harvested and uncured. Your fresh garlic will not store well and should be stored in the refrigerator. You will notice as you cook with it that the garlic is quite juicy. Later in the season we expect to also have dry, cured garlic. Curing is the process of drying garlic for several weeks after harvest in a warm, dry, well ventilated place; cured garlic stores better. The taste of cured and uncured garlic is similar and you can use the two interchangeably in recipes.

You can use garlic in just about anything. In general, raw garlic will have a much stronger taste than cooked garlic. You can sauté a little minced garlic in oil at the start of making a sauce, soup, or stir-fry. Try a little minced or pressed garlic in a vinaigrette.

**Basil.** Basil's sweet, clove-like flavor is wonderful in almost any salad or cooked dish. Basil dislikes cold temperatures and it will blacken and discolor if stored in the fridge. You can store it on the kitchen counter by placing the cut stems upright in a container with water at the bottom.

**Collard greens** are closely related to cabbage, broccoli, Brussels sprouts, and the like. Collards are generally eaten cooked. Use them similarly to kale and Swiss chard. However, collards are quite tough, and you will probably want to cook them a bit longer than kale or chard. Also, collards do not reduce in volume while they are cooked as much as chard or kale. The stalk and midvein of the collard leaves is quite tough, so we

recommend that you cut them away and discard them before cooking.

A simple way to cook collard greens is to sauté onions and garlic, then add chopped collards with a small amount of water and braise covered for about 15-20 minutes, until greens have almost reached the desired texture. Remove the cover and continue cooking to boil away the water until greens reach desired consistency. Season with salt, pepper and/or fried bacon pieces, and serve.

## Collard Green Frittata

1 bu collard, destemmed, leaves chopped  
½ and ¼ c grated parmesan cheese  
1 onion, chopped  
1 clove garlic, mashed  
1 Tbsp butter  
3 Tbsp olive oil, divided  
6 eggs, divided  
1 zucchini, cut into 1/8 -inch thick slices

Steam collard leaves for 5-7 minutes. Put them in a bowl, and mix in ½ c cheese and salt to taste.

Cook onion, garlic, 1/8 tsp salt and 1/8 tsp pepper in butter and 1 Tbsp olive oil in an ovenproof skillet over medium heat, stirring

occasionally until onion is golden, about 10 minutes. Stir it into collard mixture.

Beat 4 eggs in another bowl and stir into the collard mixture.

Heat remaining 2 Tbsp oil in skillet over medium high heat. Cook collard and egg mixture, stirring, until eggs begin to set, 8-10 minutes.

Remove from heat. Smooth top of frittata and arrange zucchini pieces over it in one layer. Sprinkle with ¼ c cheese.

Beat 2 eggs in a bowl and pour evenly over zucchini.

Bake frittata in oven on 300F until golden on top, about 45 minutes.

Gently separate frittata from side of skillet. Invert large plate on top of skillet, and, holding the plate and skillet together, invert frittata onto plate. Slide frittata back into skillet, and bake 10 minutes more. (Use oven mittens when handling hot skillet)

Invert frittata back onto plate. Cool for 15 minutes. Serve warm or at room temperature.

**Swap Boxes.** At each of our pickup sites we arrange a swap box every week. You're welcome to exchange vegetables from your box for other items from the swap box. This allows you to customize your box and accommodate your personal likes and dislikes. Please be fair in your trades: the idea is that you should leave something in the swap box which is equivalent in value to what you take out, so the swap box is never depleted and is available to every member. We leave guidelines each week about what constitutes an equivalent exchange with the swap box.

**Farm work shifts.** We welcome members to work on the farm. Member workers help out with important farm work and experience first hand how their food is grown. We anticipate needing some extra help in the coming weeks, and so we have scheduled a number of additional work shifts on Wednesday afternoons and Saturday mornings in July and August. If you're interested in working, read about our worker program on the member services page of our website. The schedule of available work shifts is at <http://www.twoonionfarm.com/WorkSchedule.pdf>, and information about the worker member program is at <http://www.twoonionfarm.com/WorkerInformation.pdf>.