

# Two Onion Farm

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## Week of July 13, 2014

**The weather** turned rather cool this week. While we prefer working outside when temperatures are in the 70's rather than in the 90's, heat loving vegetables (tomato, pepper, eggplant etc.) will slow down in their ripening. This is the third week we are picking cherry tomatoes from our hoophouse. We are also picking a very small amount from the outside field planting. Even so, we are not able to put cherry tomatoes into all boxes. It often happens during the growing season that a particular vegetable doesn't yield enough to go around – specifically when that vegetable starts bearing, and when the planting gets old and stops producing. (E.g.: peas, beans, tomato, summer squash, eggplant, pepper, etc.) In these cases we include the vegetable in every box at one or two pick-up sites, or perhaps put it into all the large boxes that week. The following week, if we still can't harvest enough of that vegetable to include in all boxes, we will give it to every box at different pick-up sites than the week before. Doing so, we can keep careful track of who received a certain vegetable, and make sure that everyone gets a fair share of the harvest. We balance the box contents by giving a bigger portion of other vegetables to make up for the missing item: we might put fewer cucumbers into the boxes with cherry tomatoes. As the season progresses, and each vegetable yields more abundantly, all members will receive their share of it. Thank you for your understanding!

We are harvesting the last of the spring broccoli planting this week. It yielded very well! Part of the fall broccoli planting was recently transplanted to the field, the rest will follow this week and the next. So, even though you won't see broccoli in your boxes for weeks to come, we are tending to it. We will begin harvesting broccoli again around the end of August.

### In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Bean	Yes	Yes	1 wk	
Broccoli	Yes	Yes	1 wk	Last week for broccoli until fall
Carrots	Yes	Yes	2 wks	
Celery	Yes	Yes	1-2 wks	Friday: at some sites only
Cherry tomatoes	No	No	1 wk	At some sites only
Cucumber	Yes	Yes	1 wk	
Eggplant	Yes	Yes	1 wk	At some sites only
Garlic	No	No	1 wk	Fresh, uncured
Lettuce	Yes	Yes	1 wk	Summercrisp or Romaine
Onion, yellow	Yes	Yes	1-2 wks	Fresh, uncured onion
Summer Squash	Yes	Yes	1 wk	

**Summer Squash.** We are giving out yellow summer squash. Our family loves to eat it the following way: slice the squash in 1/4 inch thick slices (if the squash is small, slice it lengthwise), salt and pepper it, then either grill, broil, or pan fry it in a little oil until well browned on each side. We put the browned squash circles on sandwiches, salads, fried rice or eat it plain. We are including two new recipes for summer squash in this newsletter. Search for more recipes on our [website](#).

**Garlic** in your boxes this week is freshly harvested and uncured. 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.

## Summer Squash Pancake with Garlic Yogurt

This recipe is adapted from the Willy Street Co-op Reader. We liked it a lot.

2/3 cup plain yogurt, full fat, Greek-style  
2 cloves garlic, crushed  
Salt  
3 medium summer squash/zucchini shredded  
Black pepper  
3 eggs, beaten  
1/2 cup flour  
1 Tbsp olive oil  
1 cup crumbled feta cheese  
Half of a small onion, finely minced  
1 tsp baking powder  
Vegetable oil for cooking

1. In a small bowl, stir together yogurt, crushed garlic, and 1/2 tsp salt. Set aside.
2. Mix the shredded summer squash with 1/2 tsp salt, and place in a colander over the sink or a bowl. Let drain for 10 minutes. Transfer to a cloth kitchen towel, and squeeze hard to extract as much moisture as possible. The volume will be about half of what you started with.
3. Combine summer squash and eggs in a large mixing bowl. Add the flour, 1/2 tsp of salt,

olive oil, feta, onion, and 1/2 tsp of pepper. Mix well. Mix in the baking powder.

4. Heat 2 Tbsp vegetable oil in a heavy skillet over medium heat until shimmering. Scoop batter into the skillet (a heaping tablespoon or so), leaving ample space between each pancake. Each one should be about 3/8 - inch - thick; flatten with spatula if necessary. Fry until the underside is golden, then flip and fry the other side, about 2-3 minutes on each side, until crisp and deep golden. As they cook, transfer to oven-safe dish and keep warm in the oven (on 250 degrees). Repeat with the remaining batter, adding more oil to the skillet as needed.
5. Serve the summer squash pancakes hot, or at room temperature with dollops of garlic yogurt. Makes app. 12 pancakes.

## Chocolate-Zucchini Cake II

A very sweet way to use your summer squash. Recipe submitted by a member.

3 cups all-purpose flour  
1 1/2 tsp baking powder  
1 tsp baking soda  
1 tsp salt  
4 large eggs  
3 cups sugar (decrease amount if you wish)  
3 oz unsweetened chocolate baking squares,  
melted  
1 1/2 cups vegetable oil  
3 cups grated summer squash  
1 cup pecans, chopped  
Powdered sugar

1. Combine first 4 ingredients in a bowl.
2. Beat eggs at medium speed with an electric mixer in a large bowl. Gradually add sugar; beat until blends. Add chocolate and oil; beat until blended. Slowly add flour mixture; beat at low speed until blended. Fold in summer squash and pecans.
3. Pour batter into a well-greased and floured Bundt pan. Bake at 350 degrees for 1 hour and 15 minutes or until a wooden pick inserted in center comes out clean. Cool in pan for 15 minutes. Remove from pan; cool completely on a wire rack. Sprinkle with powdered sugar before serving.