

# Two Onion Farm

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## Week of July 14, 2013



It is time to introduce you the 2013 crew: (from top left) Kevin, Juli, Chris, Emily W., Rebecca, Emily B., Amy, Rachel, (from bottom left) Panka, Angie, Nicole, Phoebe. Some of them are returning employees (Kevin, Rachel, Emily W.), many of them are new. Our daughter, Panka, is the youngest crew member ever (10). She is one of the best pea and cherry tomato picker – she takes after her mother. Angie has been our CSA member from the very beginning, since 2005. We

have three more CSA members on the crew this year (all from Platteville). We are dedicated, hard workers and try our best to grow your vegetables!

This week we set a target to weed the entire field. We will continue harvesting our garlic planting we started last week, I will write about that in the next newsletter. We will transplant lettuce, kale and broccoli for the fall. Lastly we will harvest, wash, pack and deliver your vegetables.

### In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	
Bean, green	Yes	Yes	1 wk	
Beet	Yes	Yes	2+ wks	Red, round
Cabbage	Yes	Yes	1 wk	Small round green variety
Carrot	Yes	Yes	2 wks	
Cucumber	Yes	Yes	1 wk	
Cherry tomato	?	No	<1 wk	Not in all boxes – more to come!
Dill	Yes	Yes	<1 wk	
Eggplant	Yes	Yes	1 wk	Not in all boxes
Garlic bulb	?	No	2+ wks	Uncured
Onion, yellow	Yes	Yes	1-2 wks	Uncured
Lettuce	Yes	Yes	1 wk	Summercrisp
Summer squash/Zucchini	Yes	Yes	1 wk	

**Garlic** and **onions** in your boxes this week are freshly harvested and uncured. You'll notice that many of the wrappers around the bulbs and cloves are still juicy, not dry and papery. Garlic and onions in this condition may not store well. You should refrigerate them or plan to eat them soon. You will receive dry, cured garlic and onion bulbs in many weeks to come.

### This week's recipes from Local Thyme:



#### Ensenada Slaw with Adobo Grilled Pork

1/2 head Cabbage , cored and shredded  
2 Carrot , peeled and shredded  
1/2 cup Mayonnaise  
4 tsp Lime Juice  
4 or more dashes Tabasco Sauce , to taste  
Salt and Pepper  
2 1/2 Tbsp Olive Oil  
2 Tbsp Paprika  
1 1/2 Tbsp Dried Oregano  
1 Tbsp Garlic , minced  
1 1/2 tsp Cumin  
1 1/2 tsp Red Pepper Flake  
1 1/2 tsp Lime Zest  
1 1/2 tsp Kosher Salt  
1/4 tsp Pepper  
4 Bone-in Loin Pork Chop

1. Mix veggies together in a bowl. In separate bowl whisk together mayo, lime juice and tabasco. Toss with veggies and sprinkle to taste with salt and pepper. Put in fridge while you prep the pork chops.

2. Preheat grill to high heat. Make a spice rub by combining olive oil, paprika, oregano, garlic, cumin, red pepper flakes, lime zest, kosher salt and pepper, then rub it all over the pork chops. Grill the pork over direct heat until nicely charred, about 4 minutes per side. Move to indirect heat, and cover. Grill until internal temperature of pork reaches about 140° for medium, 155° for well-done. Remove, cover and allow to rest at least 5 minutes. Serve over bed of slaw.

#### Mom's Pickled Beets

It is a simple and delicious dish. You can reserve the pickling liquid to reuse when the next batch of beets comes along. It is also a very forgiving recipe -- I've pickled small batches to large bunches of beets in this amount of pickling liquid.

1 bunch Beet , trimmed and scrubbed  
1/2 Onion , slivered  
1/2 cup Water  
1/2 cup Apple Cider Vinegar  
1/4 cup Sugar  
1 tsp Salt

1. Cook beets in any method you choose -- you can wrap in foil and roast in 400° oven for about 45 minutes, until tender. You can pierce the beets with the tines of a fork, place in a microwave safe bowl with water, cover and microwave until tender -- microwaves really vary in strength, so trust your judgment. When you can smell the beets they are just about done -- 30-40 minutes. You can boil the beets until tender. Slip off peels when they are cooked, and slice them. Place them in a bowl with the slivered onions.

2. Meanwhile, boil the water, vinegar, sugar and salt just until the sugar and salt dissolve. Marinate the beets in the brine in the refrigerator for at least 30 minutes. Keeps in fridge for at least 2 weeks.