

Two Onion Farm

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Some areas of southern Wisconsin received water last week, but it remained completely hot and dry here. Summer crops such as eggplant, pepper, and tomato are coming into their own. On the flip side, Tuesday boxes this week will contain the last of the spring broccoli. We've enjoyed a number of weeks of good broccoli harvests, and we look forward to picking more when our fall broccoli matures, usually in late August.

We are now in the critical flowering period for our large planting of winter squash. Acorn and buttercup squash are in peak bloom, and butternut squash, which grow and mature more slowly, will be in peak bloom within 7-10 days. The picture to the right shows an acorn squash blossom. We rely on abundant bees to carry pollen between flowers and pollinate them. We have a honeybee hive adjacent to the squash patch and we also benefit from a large population of wild native squash bees. The squash bees are a specialist species of bee which only pollinates squash. They live for a single summer and spend their entire lives foraging on squash flowers and starting another generation of bees. Their lives are so dependent on squash that the male squash bees even spend their nights sleeping inside squash flowers. The flowering period is also the time when the squash vines require the most water and we have been irrigating heavily every 4-5 days. If the bees do their job and the plant has adequate water, the small green ridged object in the photo, just to the upper left of the yellow blossom, will swell and develop into an acorn squash.



In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Basil	No	No	1 wk	See next page for storage tips!
Bean	Yes	Yes	1 wk	
Broccoli	Yes	Yes	1 wk	Not in all boxes
Carrot	Yes	Yes	2 wks	
Cucumber	Yes	Yes	1 wk	
Eggplant	Yes	Yes	1 wk	
Garlic	No	No	2+ wks	
Kale	Yes	Yes	1 wk	Not in all boxes
Lettuce	Yes	Yes	1 wk	Romaine or Summercrisp
Onion, yellow	No	No	2 wks	
Parsley	Yes	Yes	1 wk	
Pepper	Yes	Yes	1 wk	White bell pepper
Summer squash	Yes	Yes	1 wk	
Tomato	?	No	<1 wk	Refrigeration prolongs life but decreases flavor

Basil. Store your basil upright in a vase with water on countertop and out of direct sun. Covering vase with plastic bag will prolong life. Use it quickly – it's delicious in many salads and pasta dishes.

Pepper. This is a white bell pepper which we are very fond of. It's not overly sweet, however. Sweet peppers only arrive later in the summer, as the pepper fruits mature and turn red. The white peppers are like green peppers, immature and not sweet. However we prefer them over green peppers because they lack the harsh "green" taste that many green peppers have.

Kale. This week is the first delivery of kale for some folks. You are receiving Lacinato type kale (also known as dinosaur kale). Kale is generally cooked, either steamed or sautéed. Typically you will chop the leaves and discard the tough midrib before cooking. Aim to cook the kale until it is limp but still retains some texture. Steamed kale can be dressed with olive oil, lemon juice or vinegar, salt and pepper. Or sauté kale in oil or butter with onions and garlic. Garlic generally accompanies kale nicely.

Eggplant Puree

This recipe comes from Hungary.

2 medium eggplants
Mayonnaise
1/3 cup onion, finely minced
1 clove garlic, minced (optional)
1 tsp honey or sugar
1 Tbsp lemon or lime juice
Salt and pepper

Cut top off of eggplants. Roast them on the grill or under the broiler, turning frequently, until skin is blackened.

Transfer eggplants on a cutting board, and let them cool until you can handle them. Cut them in half and scoop out the flesh onto the cutting board.

Chop eggplants up finely with a sharp knife. Place the board on a large tray. Let the eggplant

mash sit on the board for an hour or so to let the juice run off. This can be done best if you prop one side of the board up a bit, so the board is slanted. The tray will collect the juice.

Measure eggplant mash (it will be app. 1 cup) and transfer it into a small, non-metallic bowl. Add half as much mayonnaise, onion, optional garlic, lemon juice, honey, salt and pepper to taste. Mix well and adjust seasoning.

Refrigerate for a couple of hours. Serve it as a spread over toast topped with tomato slices.

Quinoa Salad with Sautéed Vegetables

This recipe comes from a friend. She uses whatever vegetables she has in her fridge to make the salad. Feel free to substitute the broccoli with kale or add steamed green beans to the salad.

1 cup quinoa
2+4 Tbsp olive oil, divided
1 small onion, finely chopped
2 cloves garlic, minced
3 small carrots, sliced
1 small summer squash, quartered and sliced
1 broccoli, separated into small florets
Salt and pepper
2 Tbsp rice vinegar, or more
1 cucumber, quartered and sliced
1 pepper, chopped
1 tomato, chopped
2 Tbsp fresh basil and parsley, finely chopped

Cook quinoa in salty water. Transfer it into a large bowl and set aside.

Heat 2 Tbsp olive oil in a skillet. Sauté onion until translucent. Add garlic, sauté briefly. Add carrots, continue to cook, stirring occasionally. Season with salt and pepper to taste. When carrots begin to soften (3-5 minutes), stir in summer squash and broccoli. Cook, stirring until vegetables are crisp-tender. Add this to the quinoa.

Mix in the raw vegetables, 4 Tbsp olive oil, rice vinegar and fresh herbs. Stir to combine. Let it cool in the fridge. Adjust seasoning, and serve it on a bed of lettuce if you wish.