

# Two Onion Farm

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## Week of July 16<sup>th</sup>, 2006

These are the vegetables we're distributing this week. You'll receive a selection of them in your box, but not all of them.

**Lettuce.** Red and/or green summer crisp lettuce.

**Cabbage.** This is Tendersweet cabbage, a variety with flattened heads and tender, thin leaves. Great for salads – chop the cabbage and mix it with garlic vinaigrette, or try the cabbage salad with horseradish dressing in the August 22, 2005 newsletter (available on [www.twoonionfarm.com](http://www.twoonionfarm.com)). Tendersweet is also good lightly cooked.

**Garlic.** You are receiving young garlic bulbs this week. These bulbs are freshly harvested and they have not yet had time to go through a drying, curing process. You'll notice that the wrappers surrounding the cloves are still a bit fleshy and juicy. We think that garlic is delicious at this stage. You can use it anywhere you would use dried garlic. However, the young garlic you're receiving will not store well – keep it refrigerated and use within a week or two.

**Onions.** Red Round of Tropea, a red onion variety from Italy, for cooking or fresh use. These onions are freshly harvested and have not been cured; keep them in the refrigerator and use within 1-2 weeks.

**Broccoli.**

**Summer Squash.** We raise several different types of summer squash, all of them similarly flavored. Now we're distributing zucchini, patty pan squash, green and yellow bicolored squash, and a light green Middle Eastern "Cousa" squash. All are similar in

flavor and fairly interchangeable in recipes. We've included a recipe for a summer squash quick bread.

**Cucumbers.** Some of you will receive regular long green cucumbers; others will receive lemon cucumbers – pale yellow, round, tennis ball sized. You can eat them like any cucumber.

**Eggplant.** Grilled eggplant is excellent – see this week's recipe. You can sauté eggplant in oil or butter until lightly browned and then season with salt, pepper, and parmesan cheese. You can also bread the eggplant in flour, egg, and/or bread crumbs before sautéing. Eggplant should always be cooked to neutralize toxins in raw eggplant; peeling is optional.

### Storage

Vegetable	Refrigerate?	Approximate Storage Life	Comments
Broccoli	Yes	1 week	Keep bagged.
Cabbage	Yes	1-2 weeks	Keep bagged.
Cucumbers	Yes	1 week	
Eggplants	Yes	3-5 days	Keep bagged
Garlic, Fresh	Yes	1-2 weeks	Keep bagged.
Lettuce	Yes	1 week	Keep bagged.
Onions, Fresh Bulb	Yes	1-2 weeks	Keep bagged.
Squash, Summer	Yes	1 week	Keep bagged.

## Summer Squash Bread

2 cups grated summer squash  
6 Tbs butter  
2 eggs  
1 1/2 tsp vanilla extract  
1/3 cup sugar  
1 cup each white and whole wheat flour  
3/4 tsp salt  
2 1/2 tsp baking powder  
3/4 tsp allspice  
1 tsp cinnamon  
1/4 tsp nutmeg  
1/2 tsp dry ginger  
1/2 cup chopped walnuts

Preheat oven to 350 degrees. Let the grated squash stand in a colander in the sink for 10 minutes to drain; then squeeze out excess moisture with your hands. Mix butter, eggs, vanilla, and sugar in a bowl. Add the dry ingredients, zucchini, and nuts, and mix. Spoon batter into a medium loaf pan and bake for 50-60 minutes, until a knife inserted into the center comes out clean. Remove from pan and let cool before slicing.

## Grilled Lemony Eggplant

2 Tbsp olive oil  
1/4 cup lemon juice  
2 garlic cloves, crushed  
1/2 tsp dry oregano  
salt and pepper  
2 eggplants (about 1 lb total)

Whisk together oil, lemon juice, garlic, oregano, salt, and pepper. Slice eggplant into slices 1/2 - 3/4 inches thick. Place eggplant slices and marinade in a sealed plastic container or ziplock bag. Turn container over several times to coat eggplant slices with marinade and let marinate for one hour. Grill slices over medium flame, turning once, until exterior of eggplant is dark (around 10 minutes).

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