

# Two Onion Farm

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Week of July 17, 2011

We expect excellent yields and full boxes again this week. This is our first time ever to distribute celery. Enjoy! It's a busy week on the farm – harvesting the last half of our garlic planting; transplanting fall broccoli, kohlrabi, lettuce, and green onion; seeding 1.34 miles of carrot and beet rows for fall harvest; and fighting in hand-to-hand combat with the weeds, which are growing madly in the heat and rain from recent thunderstorms. We're eagerly awaiting cooler weather at the end of the week.

## In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Bean, Green	Yes	Yes	1 wk	
Beet	Yes	Yes	2 wks	
Broccoli	Yes	Yes	1 wk	May not be enough for all boxes
Carrot	Yes	Yes	2 wks	
Celery	Yes	Yes	1-2 wks	
Cucumber	Yes	Yes	1 wk	
Eggplant	Yes	Yes	1 wk	
Green onion	Yes	Yes	1-2 wks	
Lettuce	Yes	Yes	1 wk	Summercrisp
Pea	Yes	Yes	1 wk	Snap peas – eat pods and seeds both
Summer squash	Yes	Yes	1 wk	
Tomato	No	No	<1 wk	Cherry or slicing tomatoes

**Eggplant.** We'll be harvesting a mix of purple and black varieties this week.

**Green bean.** Most boxes will contain a standard round green bean, but some will receive a flattened Romano type bean. Both can be used similarly.

**Summer squash.** We have several different types of squash. Some folks will receive green zucchini from our hoopouses. Others will receive a thick gray 'Cousa' style squash or yellow summer squash. There are some differences in flavor or texture, but all fairly interchangeable in recipes.

**Peas.** Last week of the year for peas. After this week the pea trellis must be quickly disassembled and the peas mowed and tilled

under so we can immediately replant the pea plot in fall kale and kohlrabi.

**Broccoli.** Last week for spring broccoli – we expect to have much more in September and October.

**Tomato** yields are increasing week by week and we hope to have enough this week to give everyone either a slicing or cherry tomato. Most of what we're harvesting is from our protected hoopouse plantings.

## Beet and Green Onion Salad

4-5 beets

4 green onions, sliced

2 hard boiled eggs, sliced

Lettuce

Dressing: Combine 1 1/2 Tbsp red wine vinegar, 2 tsp balsamic vinegar, 1 tsp Dijon mustard, 1/8 tsp salt, black pepper, 3 Tbsp olive oil, and 2 Tbsp walnut oil.

Cook and slice the beets by your favorite method (by steaming, boiling or roasting).

Mix the beets, onions, and vinaigrette and serve over the lettuce. Garnish with eggs.

## Hearty Eggplant Zucchini Sauce

1 medium eggplant, peeled and cut into chunks

1 large (or 2 small) zucchini, cut into half-circles 1/4" thick

1 large onion, chopped

4 cloves garlic, minced

3 tomatoes

1 Tbsp olive oil

2 Tbsp dry oregano

1 tsp salt

Black pepper

1 Tbsp fresh basil, cut into strips

Heat oil in large skillet. Add all ingredients except basil. Toss well; cover pan; cook, stirring occasionally, about 10-15 minutes.

Remove cover, add basil, and cook to reduce sauce to desired consistency. Serve over rice.