

# Two Onion Farm

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## Week of July 17, 2016

### Field news



As you can see in the photo above, winter squash is gracefully and very rapidly growing in our field. Most of their fruits set a week or so ago, and we can see them among the lush green foliage as we walk by. Our honeybees have been happily visiting their gigantic flowers, and it shows - I'm getting ready to harvest honey soon.

Last week we harvested some of the onions and garlic for curing. The garlic and the red onion in your boxes this week are partially cured. Their stems are still a bit juicy, but their outer layers have started to dry out. At this stage it is difficult to clean them well. You will find some dirt still clinging to them. You can keep them both on your counter, but plan to eat the onion soon.

We have enough cherry tomatoes for every box this week! The hoophouse planting is in full swing. Our eggplants are not producing much, perhaps the hot days this week will prompt them to do so.

Last week I started a column about the people who grow your produce at Two Onion Farm. Each week I will feature somebody from the farm in this newsletter. First I wrote about Chris, and if you missed that article because you are a biweekly member you can [click here](#) to read it. I hope you will enjoy getting to know us a little better.

Have a great week!  
~ Juli

### In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Basil	No	No	< 1 wk	See care instructions below!
Carrot	Yes	Yes	2 wks	
Celery	Yes	Yes	2 wks	
Cherry tomato	No	No	1 wk	
Cucumber	Yes	Yes	1 wk	
Eggplant	Yes	Yes	1 wk	Not in all boxes.
Garlic	No	No	1 wk	Partially cured garlic.
Green Bean	Yes	Yes	1 wk	
Kale	Yes	Yes	1 wk	In some boxes every week.
Lettuce	Yes	Yes	1 wk	Summercrisp.
Onion, red	No	No	1 wk	Partially cured onion.
Pepper	Yes	Yes	1 wk	
Summer squash and/or zucchini	Yes	Yes	1 wk	

## Who's Who at Two Onion Farm?



**Juli McGuire** - I was born and raised in Budapest, the capital of Hungary. After college, where I earned a business degree, I decided to spend a year in the United States. I met Chris and decided to extend my stay; that was 18 years ago. Chris and I started Two Onion Farm in 2003.

I had no previous experience in farming, my story is the classic I-became-the-farmer's-wife. The first couple of years Chris and I worked side by side with our first child following us everywhere. Growing vegetables made me realize how much I enjoy doing physical labor outside. I also love to eat good food, and that we have in abundance.

More children and employees arrived, and I've been working part-time on the farm for the last 9 years. I am a crew leader on harvest days, write the newsletter, and try out new recipes. I am the beekeeper and also the resident Jack-of-all-trades: I can jump on the tractor, deliver the boxes and help out wherever and whenever there is a need on the farm.

When not farming or taking care of the family I bake bread, preserve food and tend to my flower garden. I like to take long walks with Chris, and I dabble into pottery, basket making and crocheting. Last winter I took up kickboxing, and decided that that will be my winter activity along with skiing with the children.

**Basil** – Basil is a very perishable herb. We found it is best kept like a flower: stand it in a jar of water and keep it on your counter top. Optionally, put a plastic bag over the basil plant to prolong its life. Plan to eat it very soon, in a few days.

**Celery** – Our celery planting didn't do well this year. Most likely this will be the only week we can put them in your boxes.

**Pepper** – You will find a white pepper in your box this week (some members will receive a green pepper). This variety is called Bianca, and in its green (unripe) stage this pepper is white. Bianca is not as sweet as red or yellow peppers - it's closer in taste to a green pepper. We will have red peppers later in the summer when they are ripe. Bianca is excellent in salads, as pizza topping or as a finger food.

## Carrot Cake

1 1/2 cups oil  
2 cups sugar  
4 eggs  
2 cups flour  
2 tsp baking soda  
1 pinch salt  
3 cups grated carrots (fully packed)  
2 tsp cinnamon  
1 tsp vanilla

**Icing**  
1/4 cup butter  
8 oz cream cheese  
1 lb powdered sugar

1. Beat oil and sugar, then add eggs.
2. Add and mix the rest of the cake ingredients in the order given. Beat for 1 minute.
3. Pour into 9x13-inch prepared baking pan.
4. Bake at 350°F for 35 - 45 minutes, or until toothpick inserted into cake comes out clean.
5. Icing: Mix butter and cream cheese together until smooth, then add sugar a little at a time. Beat until smooth. Spread icing on cake.

## Zucchini Soup

*(A cool soup for this hot week)*

- 1 small onion, thinly sliced
- 2 Tbsp olive oil
- 1 - 1.5 lb zucchini and/or summer squash, halved lengthwise, then sliced
- 2 tsp fresh lemon zest
- 1 tsp salt
- 1/4 tsp black pepper
- 1 3/4 cup chicken broth
- 1 3/4 cup water
- 1 cup loosely packed parsley leaves
- 1 Tbsp finely chopped fresh dill
- 1/2 cup buttermilk or plain yogurt, optional

1. Cook onions in oil, stirring occasionally, until onions are soft. Add zucchini, zest, salt and pepper, and cook, stirring occasionally, until zucchini is softened, about 5 min.
2. Add broth and water and simmer until zucchini is tender, about 3-5 min. Puree soup with parsley and dill until smooth. Adjust seasoning.
3. Serve at room temperature or chilled. Optionally, stir a dollop of yogurt or buttermilk into each bowl before serving. We prefer the soup with the yogurt. The taste of the dill and the parsley is more intense without the yogurt.

## Kids' Corner



Hi!

Last Saturday Katie found the first ripe slicing tomato! Yippee! It's amazing how much one little

slice of tomato can do to a sandwich. The weather forecast says it will be hot this week (low 90s on Thursday and Friday) which should help the tomatoes ripen faster.

We are harvesting celery this week. Celery is one of my favorite vegetables, so I'm always excited when its season arrives. I don't make ants on a log, though - I don't like raisins.

~Panka