

# Two Onion Farm

Chris & Juli McGuire • 19638 Cottage Inn Road, Belmont, WI 53510  
julichris@tds.net • (608) 762-5335

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## Week of July 18<sup>th</sup>, 2005

**Garlic.** You're receiving one of our first heads of garlic. The garlic is freshly harvested and uncured. Your fresh garlic will not store well and should be stored in the refrigerator. You will notice as you cook with it that the garlic is quite juicy. Later in the season we expect to also have dry, cured garlic. Curing is the process of drying garlic for several weeks after harvest in a warm, dry, well ventilated place; cured garlic stores better. The taste of cured and uncured garlic is similar and you can use the two interchangeably in recipes.

You can use garlic in just about anything. In general, raw garlic will have a much stronger taste than cooked garlic. You can sauté a little minced garlic in oil at the start of making a sauce, soup, or stir-fry. Try a little minced or pressed garlic in a vinaigrette. We have included a recipe for basil pesto which uses a lot of garlic.

**Potatoes.** You've received a bag of potatoes. These are newly dug potatoes which have not had a chance to form their tough, dry skins. Like the uncured garlic, store new potatoes in the fridge.

**Fennel Bulb.** Fennel bulb is the flattish, white vegetable in your box. The bulb has overlapping layers; the outer layer or two can be a little tough and stringy; so you may want to discard those and eat only the inner layers. Fennel bulb has a spicy, licorice-like flavor and can be eaten raw and cooked. We have included a broccoli salad which uses fennel. We are also reprinting a beet fennel salad recipe which we distributed in June, for the benefit of biweekly and late-season shareholders who did not receive the recipe then.

**Wonderful Fresh Basil.** Basil is a very delicate herb which does not store well, so you should try to use it quickly. You can wrap basil in a lightly moistened paper towel, bag it, and store it in the fridge. Beware that the leaves may turn a little brown in the fridge – that's because basil is a heat loving plant and cold temperatures damage the leaves. You can also store basil briefly by placing the sprigs into a cup with water in the bottom and leaving the cup on the kitchen counter, out of the sun.

A little chopped fresh basil is wonderful in salad dressings. We have also included a recipe for basil pesto.

**Red Onion.** This week's red onions are an Italian variety named 'Round Red of Tropea'. We're growing a small planting of this variety for the first time this year and we are very impressed with the taste. The onions are juicy, sweet, and moderately pungent. We think they're particularly good raw, sliced in salads and sandwiches.

**Lettuce.** One head of Romaine lettuce.

**Broccoli.** You can try this week's Broccoli Fennel salad recipe.

**Cucumber or Zucchini.**

**Chioggia Beet.** Some of you have received these before – Chioggia beets are a beet with a very mild flavor and without the strong beet taste of red beets. Try them anywhere you would use red beets. We've included two beet salad recipes.

**Carrots.**

## Basil Pesto

This is a basic recipe for basil pesto. Pesto is a strongly flavored sauce and a little goes a long way. Mix a small amount with cooked spaghetti. Or try spreading pesto on bread and topping with slices of cheddar cheese and onion.

3 c packed fresh basil leaves  
3-4 large cloves garlic  
1/3 c lightly toasted pine nuts (optional)  
1/3 c olive oil  
1/3 c grated parmesan cheese  
salt and pepper to taste

In a food processor, mince the garlic, basil leaves, and nuts. Slowly drizzle in olive oil with machine running until you have a smooth paste. Transfer to a bowl and stir in cheese, salt, and pepper.

## Chioggia Beets in Raspberry Vinaigrette

This recipe calls for raspberry vinegar, which we did not have and we had to buy specially for this salad. It was worth buying, however – the salad is delicious.

4-6 Chioggia beets  
3 Tblsp minced red onion  
2 1/2 Tblsp raspberry vinegar  
2 tsp fresh lemon juice  
2 Tblsp chopped fresh mint, or 2 tsp dried  
3/4 tsp dried orange zest  
1/2 tsp salt  
1/2 tsp black pepper  
1/4 c olive oil

Cook beets as you like and peel them if you prefer. One method of cooking and peeling is to boil the whole beets in water until they are fork tender; let the beets cool enough to handle and the skins will slip off easily. After cooking and peeling, cut the beets into 1/4 inch slices.

Whisk together the other ingredients to make a dressing and mix dressing with beets. Serve warm or chilled.

## Broccoli Salad with Fennel and Raisins

1 lb broccoli, with florets separated and stems sliced  
1 cup diced red onion  
1/2 cup finely diced fennel bulb  
1 cup raisins  
1/3 cup toasted pine nuts (optional)  
1/4 tsp dry orange zest  
3 Tblsp balsamic vinegar  
2 Tblsp orange juice  
1 Tblsp olive oil  
salt and pepper to taste  
1 tsp dry tarragon leaves  
1/4 tsp dry mint leaves

Steam broccoli until just tender. Combine broccoli, onions, fennel, raisins, and nuts in a bowl. Whisk together remaining ingredients to make dressing. Stir dressing into salad and chill before serving.

## Beet and Fennel Salad

3-4 medium beets  
1 tsp Dijon mustard  
salt and pepper to taste  
1/4 cup olive oil  
2-3 Tbsp balsamic vinegar  
1 fennel bulb, thinly sliced  
chopped pecans or roasted pine nuts (optional)

Cook the beets as you prefer, either boiling, steaming, or roasting. Slice the cooked beets to a comfortable bite size. Mix the mustard, oil, vinegar, salt and pepper together to make the dressing. Stir together the beets, fennel, nuts, and dressing, refrigerate, and serve chilled.

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