

# Two Onion Farm

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Week of July 18, 2010

First week for eggplants, peppers, and cherry tomatoes – eggplants and cherry tomatoes are just beginning to bear and we won't have enough for every box this week. Many more should follow. This week we are finishing picking our first planting of green beans. We expect that many of the boxes on Friday the 23rd and Tuesday the 27th will not have beans. After that we will begin harvesting from our second planting of beans.

We finished our garlic harvest on Saturday the 17th. Many thanks to the large and enthusiastic crews of member workers who helped us pull our garlic on the last two Saturdays! About 11,000 garlic bulbs are now drying in our shed – we plan to include 1 or 2 in almost every box for the remainder of the season as well as to have an ample number to save and replant for next year. In a few weeks it will be time to begin harvesting and drying our yellow storage onions.

We're also in the thick of our fall plantings – this week we aim to transplant our last fall broccoli, kale, and kohlrabi as well as to sow our last and largest carrot planting in the field – about a mile's worth of carrot rows for harvest in October.

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## In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Beans, green	Yes	Yes	1 wk	Not in all boxes
Beet	Yes	Yes	1-2 wks	Biweekly boxes only
Broccoli	Yes	Yes	1 wk	Not in all boxes
Cucumber	Yes	Yes	1 wk	
Eggplant	Yes	Yes	1 wk	Not in all boxes – more to come
Garlic	No	No	1-2 wks	Partly cured garlic – may not store for long; use soon
Lettuce	Yes	Yes	1 wk	Romaine and/or summercrisp
Onions, red	Yes	Yes	1-2 wks	Not cured; store in fridge
Onions, yellow	No	No	2+ wks	Cured; store at room temperature
Pepper	Yes	Yes	1 wk	White bell pepper
Summer squash	Yes	Yes	1 wk	
Tomato, Cherry	Yes	No	1 wk	Not in all boxes – harvest just beginning

**Eggplant.** We're raising several varieties of eggplant this year. 'Galine' is a large bell shaped black Italian type; 'Dancer' is a long slender light purple variety; 'Beatrice' is squat and dark purple; and 'Calliope' is round or oblong with speckled purple and white skin. These varieties are largely interchangeable, with some subtle differences in taste and texture. Each individual variety tends to have boom-and-bust cycles of yield, with a heavy

harvest one week and few the next. The four varieties grown together tend to balance each other out and yield a relatively consistent overall harvest.

**Summer squash.** We are currently picking three types of summer squash for your boxes: a standard green zucchini, a "Cousa" style middle eastern squash (pale grey, thicker at one end than the other), and a yellow-green

bicolored squash. All three are largely interchangeable in recipes. The Cousa and bicolor squash have somewhat denser, less watery flesh and are a bit more flavorful; the zucchinis yield more.

**Peppers.** The peppers in this week are 'Bianca', a white bell pepper variety. They are similar to green bell peppers but have a milder flavor. We're expecting to harvest a number of Biancas in the coming weeks followed by sweeter red peppers later in the summer.

## Lettuce Salad Dressings

We grow a lot of head lettuce for your boxes: each week we aim to distribute 1 head of lettuce per small box and 2 per large box. Our lettuce has done very well this year and in a few weeks we've given out an extra head per box.

If you are running out of ideas about how to serve your lettuce, we've printed four recipes for salad dressing here. All can be made in batches and stored in your fridge.

## Apple Vinaigrette

Try this dressing on a lettuce salad with some of these toppings: chopped walnuts; grated cheese; a bit of minced red onion; cooked, sliced, and chilled beets; and/or thinly sliced fennel. The dressing stores well in the fridge.

2 cups apple juice  
1/3 cup cider vinegar  
2 tsp good mustard  
1 clove garlic, crushed  
1/2 tsp salt

## Creamy Mustard Vinaigrette

1 Tbsp good quality mustard  
4 tsp red wine vinegar  
2 Tbsp dry wine  
1/4 cup olive oil  
2 Tbsp plain yogurt  
Salt and pepper to taste, and a dash of cayenne

## Sesame Orange Dressing

1/2 cup orange juice  
2 Tbsp red wine vinegar  
1 1/2 tsp soy sauce  
1 Tbsp sesame oil  
1/4 cup mild vegetable oil (such as Canola oil)  
1/4 tsp salt  
1/4 tsp dry mustard  
1/2 tsp dry dill  
1 clove garlic, crushed or minced

## Simple Vinaigrette

This is our basic everyday salad dressing.

1 cup olive oil  
5 Tbsp red wine vinegar  
1/2 tsp salt  
1 clove minced garlic (optional)  
Lots of black pepper.

If you wish, add dry or fresh herbs (basil, dill, and thyme are excellent). Or add a dollop of Dijon mustard.