

Two Onion Farm

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Eggplant and **peppers** are both heat loving plants. Because of the recent cool weather they have been a bit slower to ripen than in other years. We hope to have more of both in the weeks to come.

Eggplant is sponge-like in nature: it can really soak up oil and marinades. You can sauté eggplant in oil or butter until lightly browned and then season with salt and pepper, parsley, and/or parmesan cheese. You can also bread the eggplant in flour, egg, and/or bread crumbs before sautéing. Eggplant is often grilled; we have several recipes for grilled eggplant on our website:

Grilled Eggplant Sandwich ([7/25/2005](#))

Grilled Lemony Eggplant ([7/16/2006](#))

Eggplant should always be cooked; peeling is optional. The skin is somewhat tough and can be unpleasant in some sautees and cooked dishes. On the other hand if you are grilling eggplant slices you will probably want to leave the skin on in order to hold the slices together.

Pepper this week's pepper is a white variety. Most peppers are green when they first form on the plant and they then turn red as they ripen. But there are all sorts of color variations. The white peppers begin white, instead of green, and later turn a red color. We have trialed several unusual novelty colors of pepper varieties over the years and we really enjoy the nice mild taste of these white peppers.

Onions and garlic are both uncured. After harvest, onion and garlic bulbs both need to cure before they will store well. Curing means placing the bulbs in a warm, well-ventilated place for several weeks, during which time the outer skins of the bulb dry and harden. The dry outer layers will then protect the bulbs from rot and moisture loss. The garlic and onions you're receiving this week are relatively fresh and not completely cured. The garlic is

partly cured. We recommend that you leave the garlic unbagged on your countertop and plan to use it in the next week or two. The onions will do best bagged in the fridge and eaten within a week or so.

Dill is the herb in your box with feathery foliage. Dill is very tasty in chilled soups or salads. It is often used with cabbage, egg, cheese, potato, cucumbers. You can add minced dill to scrambled eggs.

Parsley is a very versatile herb which you can use almost anywhere - except possibly desserts. Try adding it to almost any salad, pasta, chicken, or fish dish. It lends a nice crisp clear fresh taste to food. It's also quite nutritious - very high in Vitamins A and C. Your parsley has flat leaves and looks a bit different than the curly leafed parsley which you may be more familiar with.

Swiss Chard is the large green leafy vegetable with bright colored stems. It is generally cooked. Both the stems and leaves can be eaten; the stems require longer cooking. Generally you should cut the leaf away from the stem and prominent midrib before cooking.

You can sauté the chard: Separate the leaves and stems. Slice the stems, and cut the leaves into 1/2" wide strips. Start the stems sautéing in olive oil with salt and pepper, and, optionally, onions, garlic and/or thinly sliced fennel bulb. When the stems begin to become tender, add the leaves. Continue cooking until the leaves are just tender. Serve over pasta with parmesan cheese. Or dress with lemon juice or vinegar and serve as a side dish.

A number of people have mentioned to us that they really enjoyed our recipe for Swiss Chard cooked with almonds and raisins, which you can find in our [7/6/2008](#) newsletter.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Beans, green	Yes	Yes	1 wk	
Broccoli	Yes	Yes	1 wk	Probably in Friday boxes only
Cucumber	Yes	Yes	1 wk	
Dill	Yes	Yes	<1 wk	
Eggplant	Yes	Yes	1 wk	Not in all boxes
Garlic	No	No	1-2 wks	Store in dry well ventilated location
Onions, red	Yes	Yes	1 wk	
Lettuce	Yes	Yes	1 wk	Summercrisp or Romaine
Parsley	Yes	Yes	<1 wk	
Pepper, white	Yes	Yes	1 wk	Probably in Tuesday boxes only; more to come
Summer squash	Yes	Yes	1 wk	Yellow-green bicolor and/or zucchini
Swiss chard	Yes	Yes	1 wk	Large green leaves with colorful stems

Green Beans with Lemon and Dill

1 lb green beans, ends trimmed
 4 tsp chopped fresh dill
 1/4 c minced red onion
 1 Tbsp olive oil
 1 Tbsp lemon juice
 1 tsp good mustard
 1/4 tsp salt
 1/4 tsp black pepper

Steam green beans until crisp-tender. Whisk remaining ingredients together to make dressing. Toss beans and dressing together in a bowl and let stand for about 10 minutes; then serve.

Cucumber Salad

1/4 cup thinly sliced onion
 2 cucumbers, thinly sliced
 1/2 tsp salt
 black pepper
 1/2 cup yogurt
 1 small clove garlic, minced
 1/2 or 1 tsp honey (optional)
 2 tsp dry mint leaves
 1 sprig each parsley and dill, finely minced

Mix everything, chill, and serve cold.