

# Two Onion Farm

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## Week of July 19, 2015

### Pollinators



We love our pollinators! Many of our vegetables need these busy insects to ensure an abundant harvest.

There are several native pollinators on our farm. Pictured here is a bumble bee pollinating a cherry tomato flower. "Squash bees" are native solitary bees and the most important floral specialists in agriculture. During the first few hours after sunrise male squash bees will be darting between flowers, searching for mates. By noon, they will be fast asleep in the withered flowers. Females, meanwhile, forage at the flowers of squashes, pumpkins

and gourds, the only pollen source for this species. We've also spotted leafcutter bees on the farm before.

This photo I took on Saturday morning in the summer squash patch. A honey bee is trying to land on a flower already occupied by another one. Honey bees and squash bees look very much alike, we have them both on the farm.

We introduced honeybees on our farm after a season of hand pollinating the winter squash patch many years ago. There were not enough native bees around to do the job. For a few years we borrowed hives from other beekeepers. Four years ago we bought our first 'package' of bees, this year we are up to three hives.



To ensure there is abundant food source for all pollinators residing on our farm, and to attract more, we planted pollinator habitat at two locations. We also mow infrequently, so dandelion, clover and other wild flowers (considered weeds by many) can flower and provide important food source to all of these insects.

Think about them this week while you enjoy your summer squash, zucchini, beans, eggplant or cherry tomato!

Have a great week,

Juli

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**Farm News** – The year's whole garlic harvest is curing in our packing shed! It smells great when we walk into that building. It is hard to believe, but our first big carrot harvest from a few weeks ago (all 13,000 of them) is gone. We dug up another seven beds last week to keep those crunchy carrots coming! This week we will enjoy the cooler weather while we harvest beds and beds of storage onion, transplant the last fall broccoli planting, seed the last fall carrot and beet plantings, and continue to weed, weed, weed.

**Share a share!** – This week we are including a message from FairShare CSA Coalition. Some of our members benefit from the Partner Shares program. Please consider donating to make it possible for more families to enjoy our produce.

*FairShare CSA Coalition's Partner Shares program provides funding assistance to make CSA shares more affordable.*

*"Thank you, Partner Shares! We wouldn't have been financially able to participate in a CSA without you! The whole family loves to see what yummy & colorful surprises we get to eat each week!" ~ Heather R., Partner Shares Farm Member*

*Help us raise \$5,000 so that more families can enjoy the bounty of the season by joining a FairShare CSA farm! [Find out more about the Partner Shares program.](#)*

Donation Options:

Donate Online- <http://www.csacoalition.org/news/share-the-seasons-bounty/>

Donate by Mail - Please make checks payable to 'FairShare CSA Coalition' and mail donations to: FairShare CSA Coalition, 303 S. Paterson St. #1B, Madison, WI 53703

### In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Bean	Yes	Yes	1 wk	
Cabbage	Yes	Yes	1 wk	Not in all boxes.
Carrot	Yes	Yes	2 wks	
Cherry tomato	No	No	1 wk	
Celery	Yes	Yes	1-2 wks	
Cucumber	Yes	Yes	1 wk	
Eggplant	Yes	Yes	1 wk	
Garlic	No	No	1 wk	Partially cured.
Kale	Yes	Yes	1 wk	In some boxes every week.
Lettuce	Yes	Yes	1 wk	Summercrisp.
Onion	Yes	Yes	2 wks	Partially cured.
Summer squash and/or zucchini	Yes	Yes	1 wk	

**Eggplant** – We grow two varieties of eggplant. You can receive either one in your box this week. Pictured is Calliope, a small Italian eggplant. The other, Beatrice, can grow larger fruit which is purple. This week's harvest is small, since the plants just started to bear.

**Celery** – Celery is not an easy vegetable to grow in our climate, but we've been getting better at it over the years. This is the second, and last week to put this veggie in your box.

**Green Beans** – Our bush bean planting peaked this week, so there are lots of beans to go around! Bean picking is a very social event on our farm (we want everyone to be down at the patch). We thought about starting a book club to discuss our reading while we pick. [Find more recipes here!](#)

## Roasted Green Beans

*(a simple and very tasty dish)*

1 lb green beans  
1 small onion, sliced  
2-3 Tbsp olive oil  
Salt and pepper to taste  
Balsamic vinegar (optional)

1. Preheat oven to 400 degrees.
2. Oil a large, low-rimmed baking sheet. Spread green beans on it in a single layer with onion slices on top. Sprinkle with salt and pepper.
3. Roast for 20-30 minutes, or until the beans are tender and slightly browned. Check beans after 15 minutes, and stir.
4. Optionally, drizzle the beans with balsamic vinegar when they are done. Serve them warm or at room temperature.

## Sesame Cabbage Salad

*(from Fresh Market Wisconsin by Terese Allen)*

3 Tbsp red wine vinegar  
2 tsp olive oil  
1 tsp sesame oil  
3/4 tsp honey  
1/4-1/2 tsp salt  
Red pepper flakes to taste  
1 small head cabbage, thinly sliced or shredded  
1 carrot, shredded  
1/4 c minced onion

1. Combine first six ingredients in a cup, and whisk together.
2. Pour dressing over vegetables in a bowl, and mix. Serve chilled.

## Kids' Corner



Dear Newsletter,

This past week was the first for the beans. We harvested a remarkably large amount for our first week. The field cherry tomatoes also began to ripen (prior to this we were only picking from inside one of our hoophouses which is given over entirely to the cultivation of *Solanum lycopersicum* - tomato). Eggplant has also been harvested in small quantities.

The weather last week was the hottest yet this year, which was good for the plants, but not so much for the people.

It is also exciting that we have many apples ripening in our orchard!

Enjoy the eggplant,  
Panka