

# Two Onion Farm

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## Week of July 2<sup>nd</sup>, 2006

These are the vegetables we're distributing this week. You'll receive a selection of them in your box, but not all of them.

**Peas.** These are snap peas, which means that you can eat both the pod and the pea seeds inside. The pod is juicy and crunchy and the seeds sweet.

We recommend that you eat your peas soon. Their sugars turn to starch as they remain in storage, so the peas will become less sweet.

You may want to string the pods before cooking them or eating them raw. To do that, snap off the top of the pod toward one side and pull it downward. Strings should come off both sides of the pod.

Try the peas raw. You can also cook the entire pods. Best is to put the pods in boiling, lightly salted water for about 1½ - 2 minutes and then, to stop the cooking process, blanch them immediately by immersing them briefly in ice water. You can then chill the peas for serving in a salad, or you can cook the boiled peas further by sautéing them in butter or oil.

Walnuts can make a nice accompaniment for cooked peas. Boil and blanch the peas as described above. Melt a generous amount of butter in a skillet. Cook chopped walnuts in the butter for a couple minutes, until the walnuts become fragrant. (Try about 2-3 Tbsp chopped walnuts per pound of peas). Add the blanched peas and cook another few minutes, until the peas are heated through. Serve warm.

**Broccoli.** Last week's newsletter contained a recipe for broccoli with balsamic dressing.

**Cabbage.** This week we're distributing more of the Early Jersey Wakefield cabbage, an old variety with especially tender leaves. It is well suited to salads and light stir-frying. See this week's recipe for an Asian style cabbage salad; our website contains other cabbage salad recipes.

**Summer Squash,** in various shapes, sizes, and colors. Grilled summer squash are quick to prepare and pleasant to eat. Slice the squash lengthwise, into long slices that won't fall through the grill rack. Brush both sides of the slices with olive oil and season with salt and pepper. Grill them on one side until you can see dark grill lines; flip and grill the other side until grill lines are there as well. Drizzle with balsamic vinegar before serving. Grilled summer squash are excellent hot or at room temperature.

You can use your summer squash in any recipe that calls for zucchinis or summer squash, including breads or muffins.

**Kohlrabi.** This is the alien looking vegetable: white and round with protruding stalks. It has a crisp, juicy texture and a slightly mustardy, slightly fruity taste. Before eating, peel off the tough skin.

You can eat kohlrabi raw and unaccompanied, or you can add grated or thinly sliced kohlrabi to a salad or coleslaw. Or sauté kohlrabi in butter or oil with salt and pepper.

**Golden Beet.** Some of you will receive Golden beets. Use these like red beets, although the taste is a bit milder and less beet like.

**Lettuce.** This week's lettuce variety is Jericho, a large light-colored Romaine lettuce bred in Israel for resistance to hot dry weather, which turns many lettuce varieties bitter.

**Turnip.** The same turnip as we distributed two weeks ago. If you can't tell the kohlrabi and turnip apart, both are white, but the turnip is smooth (except for a root emerging from the bottom), whereas the kohlrabi has conspicuous protuberances.

**Carrots.** The cabbage salad recipe on this page calls for carrots. Along with the snap peas and kohlrabi, carrots also make a good raw finger food.

**Swiss Chard.** 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 and garlic. 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.

Another possibility is to cook the leaves in their own juice: After cutting the leaves away from the stems and midribs, slice the leaves into 1/2" wide strips. With the leaves still wet from washing, place them in a large pot. Salt lightly. Cook covered, stirring occasionally, until the leaves wilt. Remove the cover and continue cooking until excess water evaporates. You can dress with olive oil and lemon juice/vinegar, season with pepper, and serve warm.

**Storage.** All of this week's vegetables should be stored, bagged, in the refrigerator.

## Asian Cabbage Salad

2 1/2 cups chopped cabbage  
1 medium carrot, or 2 small carrots, grated

Dressing:

2 Tblsp each olive oil and rice vinegar  
1-2 Tblsp soy sauce  
1 tsp honey (optional)  
1/2-1 tsp grated fresh ginger root

Whisk together the dressing and add to the cabbage and carrots. Marinate at room temperature for 15 minutes before serving. Season with salt and pepper to taste if needed. Optionally garnish with chopped peanuts.

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**Extra Newsletters.** We leave a few extra newsletters at each pickup site, under the checkoff sheet on the clipboard. If you share your membership with another household and both households would like their own copy of the newsletter, feel free to take an extra newsletter. The newsletters are also available at [www.twoonionfarm.com](http://www.twoonionfarm.com)

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