

Two Onion Farm

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Week of July 20th, 2008

In this weeks box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Eggplant	Yes	Yes	1 wk	
Pepper	Yes	Yes	1 wk	
Lettuce	Yes	Yes	1 wk	Romaine
Yellow onions	Yes	Yes	1-2 wks	Fresh, uncured onions – store in the fridge and eat quickly
Green Beans	Yes	Yes	1 wk	
Summer squash	Yes	Yes	1 wk	Zucchini or bicolored yellow/green summer squash
Lemon Basil	No	No	Days	Lemon flavored basil variety. Best stored outside the fridge, in a container with a little water at the bottom.
Dill	Yes	Yes	<1 wk	
Cherry tomatoes	Maybe		<1 wk	Not in all boxes – harvest just beginning; more coming soon
Kohlrabi	Yes	Yes	1 wk	
Cucumber	Yes	Yes	1 wk	Not in all boxes
Broccoli	Yes	Yes	1 wk	
Cabbage	Yes	Yes	1-2 wks	

We plead with you, please take the correct box when you pick up

your vegetables. Each of the vegetable boxes has a label – "Weekly Large", "Biweekly Small", etc. If you are not sure which box you signed up for, look at the sheet of paper on the clipboard at the pickup location. Your box type is listed next to your name. If you send someone else to pick up your box, remember to tell them to take the right box. If one member takes the wrong box, then another member who arrives later will not be able to pick up the vegetables they signed up for, which is frustrating and unfair to them. This has happened many times recently. Thank you so much for your cooperation!

Grilled Vegetable Salad

3 Tbsp olive oil
3 Tbsp chopped fresh basil
1 tsp salt
¼ tsp black pepper
1 Tbsp red wine vinegar
1 bell pepper, halved lengthwise, stemmed and seeded
1 eggplant, cut into ¼ - ½ inch thick rounds
1 medium zucchini, cut into ¼ - ½ inch thick pieces lengthwise
1 onion, cut into ½ inch thick rounds

Preheat grill to medium-high.

Combine oil, basil, salt, pepper and vinegar in a small bowl, and set aside.

Brush both sides of the vegetable pieces with oil. Grill the vegetables, turning once, until soft and charred, about 5 minutes per side.

Chop the vegetables into bite size pieces on a cutting board, and place them in a large bowl. Pour the dressing over and mix. Serve it as a side dish or a salad.

Green Bean Vinaigrette

1lb green bean, cut into bite size pieces
2 Tbsp balsamic vinegar
¼ cup sundried tomatoes
1 small onion, thinly sliced
1 tsp Dijon mustard
½ tsp salt
¼ cup olive oil
Fresh ground black pepper
¼ cup toasted pine nuts or walnuts (optional)

Warm up balsamic vinegar in a small bowl. Soak sundried tomatoes in vinegar until soft. Chop tomatoes up, and place them in a small mixing bowl along with the leftover vinegar.

Add onions, mustard, salt, pepper to taste and olive oil, and mix.

Steam green beans to your liking. Put beans in a large mixing bowl, pour dressing over. Add optional nuts, and mix the salad together.

Serve cool.

Farm work shifts. We welcome members to work on the farm. Member workers help out with important farm work and experience first hand how their food is grown. We anticipate needing some extra help in the coming weeks, and so we have scheduled a number of additional work shifts on Wednesday afternoons and Saturday mornings in July and August. If you're interested in working, read about our worker program on the member services page of our website. The schedule of available work shifts is at <http://www.twoonionfarm.com/WorkSchedule.pdf>, and information about the worker member program is at <http://www.twoonionfarm.com/WorkerInformation.pdf>.