

# Two Onion Farm

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## Week of July 20, 2014

**Practice makes a master.** We like to tweak the way we grow vegetables on our farm. There is always a new tool or vegetable variety we read or hear about, or an idea we think up during the growing season to try the following year. Chris read about caterpillar tunnels a few years ago. These movable structures consist of bent plastic pipes for hoops which we set over existing vegetable beds. Both ends of each hoop slide onto a narrower metal rod which has been pounded into the ground 2 feet deep. This gives the caterpillar tunnel's frame. Caterpillar tunnels have two purposes on our farm: in the spring and fall we cover the frame with plastic to protect our crops (lettuce, spinach, salad mix) from cold weather and enhance their growth; during the summer we cover it with insect netting to protect the vegetables underneath from insect pests. We use caterpillar tunnels in addition to our hoophouses. There are several advantages to caterpillar tunnels over hoophouses: they are very affordable, movable and relatively quick to assemble. Caterpillar tunnels revolutionized how we grow cucumbers. We are able to keep the cucumber beetles away when we cover the tunnel with insect netting. Cucumber beetles feed on cucumber plants and transmit bacterial wilt which will prematurely kill the whole plant. Not anymore! Our cucumber plants are happily growing, flowering and fruiting away, because their #1 enemy cannot reach them. Because we don't lose plants to bacterial wilt we can plant fewer cucumber plants than before, when we did not use caterpillar tunnels, AND we still harvest more cucumbers. Farmers won this battle!

We have cherry tomatoes for everyone this week! Our tomato plants finally shifted gear and are producing lots of cherry tomatoes. We also picked the first slicing tomatoes. To reduce the chance that the slicing tomatoes will get bruised during handling, we pick them before they are completely ripe. Keep them on your counter top until they are soft and then they will be at peak flavor and taste. Pepper harvest begun as well. The plants are doing well, and we expect lots of peppers this year. Enjoy your vegetables! - Juli

### In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Bean, green	Yes	Yes	1 wk	Round bean and flat, Romano beans
Carrots	Yes	Yes	2 wks	
Cherry tomatoes	No	No	1 wk	
Cucumber	Yes	Yes	1 wk	
Eggplant	Yes	Yes	1 wk	At some sites only
Garlic	No	No	1-2 wks	Partially cured
Lettuce	Yes	Yes	1 wk	Summercrisp or Romaine
Onion, yellow	No	No	1-2 wks	
Parsley	Yes	Yes	1 wk	
Pepper	Yes	Yes	1 wk	
Summer Squash or Zucchini	Yes	Yes	1 wk	
Tomato, slicing	No	No	1 wk	

**Green bean.** There are lots of beans in the field! This week we are harvesting both round green beans and large, flat podded, Romano beans. Everyone will get both. The Romano beans can be used similarly to round green beans, but they require a slightly longer cooking time. We think Romano beans taste wonderful! They originate from Italy, and they are often braised with other vegetables. We have many great recipes for [green bean](#) on our website.

## Chocolate-Summer Squash Snack Cake

A very good friend of ours treated us once with this cake. We devoured it.

1 3/4 cup whole wheat pastry flour  
1 1/2 tsp baking powder  
1/2 tsp baking soda  
1/4 tsp salt  
2 eggs  
1/2 cup sugar  
1/2 cup low-fat vanilla yogurt  
1/3 cup canola oil  
1 tsp vanilla  
1 1/2 cup shredded summer squash or zucchini  
1 1/2 cups chocolate chips

1. Preheat oven to 350 degrees. Coat an 11x8" baking pan with cooking spray.
2. Combine flour, baking powder, baking soda and salt in a large bowl. Whisk the eggs, sugar, yogurt, oil and vanilla in medium bowl. Whisk in summer squash and the chocolate chips.
3. Stir all into flour mixture just until blended. Spread into pan and bake 30 minutes or until lightly browned. Remove from oven. Let it cool in pan.

## Chicken Lettuce Wraps

Recipe submitted by a member.

3 Tbsp low sodium soy sauce  
3 Tbsp honey  
2 Tbsp canola oil  
1 lb ground chicken  
2 cloves garlic, finely chopped  
1 Tbsp grated ginger

1 bunch of green onions, or 1 small onion, sliced  
1 carrot, chopped  
1 8oz can water chestnuts, drained and chopped  
1 head of lettuce, washed, leaves separated  
1/4 cup roasted cashews, chopped

1. Combine the soy sauce and honey in a small bowl. Set aside.
2. Heat oil in a large skillet over medium-high heat. Add chicken to pan, season it with 1/2 tsp pepper and cook, stirring occasionally, until it is no longer pink. Lower heat to medium and stir in garlic and ginger. Add onions, carrots, and cook for 1 minute.
3. Stir in water chestnuts and half the soy sauce mixture. Continue cooking until the chicken is cooked through, about 4 minutes. Adjust seasoning if needed. Remove from heat.
4. Divide the lettuce leaves among plates and spoon the chicken over the top. Serve with the remaining soy sauce mixture (or your favorite Asian sesame salad dressing) for drizzling. Sprinkle with the cashews.

## Green Beans and Summer Squash

1 Tbsp olive oil  
1/2 lbs green beans, trimmed and halved  
1 small summer squash, halved lengthwise,  
then cut into 1/2-inch slices  
1 clove garlic, minced  
Salt and pepper  
1/4 cup chicken or vegetable broth  
1/2 tsp dried marjoram

Heat oil in large skillet over medium-high heat. Add beans, squash, garlic, salt and pepper and cook, stirring occasionally, until vegetables begin to brown, about 3 minutes.

Add broth, cover and reduce heat. Cook until beans are tender-crisp, 4-5 minutes. Remove from heat and stir in marjoram.

**Paste Tomatoes.** We are offering paste tomatoes for sale. These tomatoes are suitable for canning or freezing. You can order to receive in addition to your regular deliveries. For more information and to order, see our website:  
<http://www.twoonionfarm.com/index.php/current-members/pastetomatoes>.