

# Two Onion Farm

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## Week of July 21, 2013

We love garlic. It is a staple in our diet and it is easy to grow. Last fall we planted 14 beds of garlic, with 3 rows in each bed, and garlic cloves planted 4" apart in each row. Before the ground froze we mulched the garlic planting with straw 4-5" deep. Mulch prevents freezing and thawing cycles from heaving the garlic cloves out from the ground during winter, and mulch also keeps weeds from growing during spring and summer.

We only grow 'hard neck' garlic. Hard neck garlic forms the garlic scape you received in earlier weeks. Hard neck garlic bulbs usually have fewer, but larger, cloves than 'soft neck' garlic. We prefer a few large cloves in our kitchen when it is time to peel the garlic cloves.

We started harvesting our garlic two weeks ago. We grow several varieties to spread out the harvest. By last Wednesday evening we had 5778 garlic bulbs drying in the packing shed. This week we will harvest the rest, about 4800 more. At the end, we will have over 10,000 garlic bulbs in our packing shed. We need about 2900 of those to replant this fall for next year's garlic. You can expect to see garlic in your box every week for the rest of the season. We also sell a small amount to other farmers as seed garlic.

The curing process is a very important postharvest activity for garlic and onion. Chris and Kevin built a new onion/garlic drying platform last February. You can see it in action on the attached photos. Two large fans are built into the end of a rectangular platform. Crates of harvested onions and garlic are placed on top of the platform. The fans force air through holes in the top of the platform and through the crates of drying garlic or onions. The forced air will help the bulbs dry faster.



### In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Basil	No	Yes	<1 wk	See next page for storage tips!
Bean, green	Yes	Yes	1 wk	Flat, Romano beans
Carrot	Yes	Yes	2 wks	
Celery	Yes	Yes	1 wk	
Cucumber	Yes	Yes	1 wk	
Cherry tomato	?	No	<1 wk	
Eggplant	Yes	Yes	1 wk	
Garlic bulb	No	No	2+ wks	Partially cured
Lettuce	Yes	Yes	1 wk	Romaine
Onion, yellow	Yes	Yes	1-2 wks	Uncured
Pepper	Yes	Yes	1 wk	
Zucchini	Yes	Yes	1 wk	

**Beans.** This week we are harvesting large, flat podded, Romano beans. The Romano beans can be used similarly to round green beans but they require a slightly longer cooking time. We enjoy their rich beany flavor.

**Basil.** Store your basil upright in a vase with water on countertop and out of direct sun. Covering vase with plastic bag will prolong life. Use it quickly – it's delicious in many salads and pasta dishes.

**Yellow onions** in your boxes this week are freshly harvested and uncured. You'll notice that many of the wrappers around the bulbs are still juicy, not dry and papery. Onion in this condition may not store well. You should refrigerate it or plan to eat it soon. You will receive dry, cured onion bulbs in many weeks to come.

### This week's recipes from Local Thyme:



#### Celery Soup

- 1 head Celery , coarsely chopped
- 1 Onion , chopped
- 1 Tbsp Olive Oil
- 1 Tbsp Thyme , leaves only
- 1/2 cup White Wine
- 2 quarts Chicken or Vegetable Stock
- 2 Potato , baking-type, peeled and cubed

1. Saute celery and onion in olive oil in a soup pot.
2. Add in thyme and pour white wine over, boiling until almost dry.
3. Add in potatoes and stock, and bring to the boil, skimming any foam that rises.
4. Reduce heat to a simmer and cook until all the veggies are tender, about 20 minutes.
5. Puree the soup in batches, then return it to the pot. Add some water or more stock if it is too thick. Season to taste with salt and pepper and rewarm over medium heat. If you choose to make it richer, stir in a little light cream just before rewarming.

#### Dengaku Style Eggplant

A delicious taste treat from author Harumi Kurihara, Dengaku style miso is spread on many different vegetables in Japan and then broiled or grilled. Try it with zucchini and corn, or just like this on eggplant.

- 6 Tbsp Hatcho Miso , or Red Miso
- 4 Tbsp Sugar
- 4 Tbsp Mirin
- 2 Tbsp Sake
- 1 Eggplant
- 2 Tbsp Canola or Sunflower Oil
- 2 Tbsp Sesame Seed , toasted

1. Combine miso paste, sugar, mirin and sake in a small saucepan and simmer until thickened.
2. Preheat broiler. Cut eggplants in half lengthwise, run a knife around the inside of the eggplant, separating flesh from skin. Score crosshatches through the flesh of the eggplant. Brush eggplant with oil.
3. If you are working with Globe Eggplant: Broil eggplant skin side up for about 5 minutes; flip the eggplant flesh side up and broil another 5 minutes; Brush eggplants with the miso mixture and broil 5 minutes longer. Sprinkle with sesame seeds and serve.
4. If you are working with the more narrow Japanese Eggplant: Broil eggplant skin side up for about 3 minutes; flip the eggplant flesh side up and broil another 2 minutes; Brush eggplants with the miso mixture and broil 2-3 minutes longer. Sprinkle with sesame seeds and serve.

Hatcho Miso is one of many different regional styles of miso available in Japan. It can be found at many fine grocery stores, and Asian markets. Eden Organics also sells it online if you don't find it in your favorite store.