

# Two Onion Farm

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## Week of July 22<sup>nd</sup>, 2007

### In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Lettuce	Yes	Yes	1 wk	Summercrisp, Romaine, or Oakleaf
Broccoli	Yes	Yes	1 wk	
Green Beans	Yes	Yes	1 wk	
Green Pepper	Yes	Yes	1 wk	Not a hot pepper
Red Onions	Yes	Yes or No	2 wks	
Eggplant	No	No	1 wk	Light or dark purple skin
Parsley	Yes	Yes	<1 wk	
Cucumbers	Yes	Yes	1 wk	May not be in all boxes
Summer squash	Yes	Yes	<1 wk	May not be in all boxes
Tomatoes	No	No	<1 wk	May not be in all boxes

We're harvesting our first **peppers** of the season this week. These are green peppers; later we will give out reds and yellows. Actually all peppers begin their development green. As the peppers mature and ripen, they turn color - yellow, orange, or red, depending on the variety. The ripe, colored peppers are sweeter, but they need to be picked later in the season because we need to wait for the peppers to fully ripen. In the meantime we pick green peppers. We earmark some of our pepper rows to be harvested while the peppers are still green, and in other rows we leave the plants alone and pick the peppers when they have turned color.

Why do red or yellow peppers cost more in the store? One reason is that yields are higher when peppers are picked green. This is because a considerable portion of peppers develop small rotten spots or blemishes as they turn from green to red or yellow and thus become unharvestable.

Green peppers can be eaten raw, as a finger food, chopped into salads, or sliced crosswise

and layered into sandwiches. Green peppers can also be cooked in many ways: in sauces, stir-fries, or omelets, or stuffed and roasted. None of the peppers we grow are hot, spicy types.

Our yields of **cucumbers** and **summer squash** are declining and you probably won't receive many this week. Cucumber and summer squash plants are very prone to disease, and individual plants on our farm generally only produce for 3-6 weeks before disease strikes. Bacterial wilt typically kills our cucumbers, and various viral diseases severely stunt the summer squash. Consequently, we raise two plantings of cucumbers and summer squash each year, one planted in early May and one in mid June, and we plant the two plantings as far apart as possible to slow the spread of disease from the first to second planting. Our first plantings are declining now, but we expect the second plantings to begin bearing in the next few weeks.

**Tomatoes** are just beginning to bear fruit on our farm. We will have more slicing tomatoes and cherry tomatoes in weeks to come.

**Eggplant** is excellent marinated and grilled. You can sauté eggplant until lightly browned and then season with salt and pepper, parsley, and/or parmesan cheese. You can also bread the eggplant in flour, egg, and/or bread crumbs before sautéing. Don't eat it raw – it's bitter and slightly toxic if it has not been cooked.



**Biweekly members**, look at the previous week's newsletter, on our website, for a chicken and broccoli stir-fry recipe.

**Other recipes from past newsletters**, available on our website:

**Ratatouille** (8/8/2005 – Cooked dish of eggplant, pepper, tomato, summer squash, and onion)

**Grilled Eggplant Sandwich** (7/25/2005)

**Broccoli Cheese Sauce** (8/15/2005 – creamy pasta sauce with broccoli and green pepper).

## Peanut Sauce

This sauce can be served over steamed green beans or in the eggplant and pepper recipe below.

1/2 cup peanut butter

1/2 cup hot water

2 Tbsp soy sauce

2 Tbsp sugar

1 tsp cider vinegar

2 Tbsp minced fresh parsley

Place peanut butter in mixing bowl. Add hot water and stir until uniform. Stir in remaining ingredients. You can store this in the fridge, but it is best served at room temperature.

## Eggplant and Pepper in Peanut Sauce

1 medium or 2 small eggplants, cut into 1/2" thick slices and then into bite sized pieces  
Salt

1 bell pepper, cut into 1/2" pieces

1 recipe of Peanut sauce, above

Preheat oven to 375 degrees. Spread eggplant pieces on a lightly oiled baking dish and salt lightly. Let stand for 10 minutes. Bake the

eggplant until tender (usually at least 10-15 minutes). During the last 5-7 minutes of baking time, add pepper pieces to the tray. After baking, cool the vegetables and mix them with peanut sauce. Serve at room temperature.

## “BIKE THE BARNS” TOUR OF AREA CSA FARMS TO RAISE FUNDS FOR MACSAC’S PARTNER SHARES PROGRAM

Enjoy the tastes, colors, and smells of fall farms by bike. The Madison Area Community Supported Agriculture Coalition (MACSAC) is pleased to announce Bike the Barns: MACSAC's First Annual Tour de CSA, to raise awareness and funds for their innovative Partner Shares Program, to be held Saturday, September 29, 2007. This exciting bicycle tour will take riders to community supported agriculture (CSA) farms around south-central Wisconsin while raising money to support the Partner Shares Program. (Two Onion Farm will not be a stop on the bike tour – the tour will visit farms closer to Madison).

This is an innovative event for our area – not your every-day fund-raising bike ride. Ours comes with farm tours and gourmet local food, including breakfast, snacks, and a three-course lunch prepared by Underground Food Collective, L'Étoile/Café Soleil and other star cooks from our local food system--all included in the \$35 registration fee. Riders are encouraged to raise additional funds from family and friends. Non-riders can join in the fun for lunch only for \$25.

The Partner Shares Program is a unique initiative aimed at reducing hunger, improving nutrition, and supporting local farmers in south central Wisconsin. The Partner Shares program helps low income households by providing matching funds toward the cost of CSA shares.

For more information and to register for Bike the Barns, visit [www.macsac.org](http://www.macsac.org).