

# Two Onion Farm

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Week of July 22, 2012

Finally, some rain – 0.5” last week, about 0.8” Monday night, and more expected as I write this on Tuesday morning. Definitely not out of the drought yet, but we have been able to slightly reduce our irrigation. Big yields of eggplant this week – this heat loving vegetable is enjoying the hot summer! And we’re now most of the way through our onion harvest. Those of you who were members last year may remember the devastation of the maggots, which destroyed almost all of our bulb onion crop in 2011. We covered our onion seedlings with fabric covers this spring to prevent the adult flies from laying their eggs on our onions. This was a lot of work but has paid off in an abundant crop of onions.

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## Farm Tee Shirts

You can wear one of our farm tee shirts, pictured at right. The shirts are available in three sizes: adult small, medium, and large. Members can order a tee shirt to receive with a regular vegetable delivery. Cost is \$10, which includes sales tax. To order, email us with your shirt size. We will deliver the shirt with an upcoming delivery. We will include an invoice with your shirt and you can mail us a check after receiving it.



**Free Shirts:** We will also give a free tee shirt to any member who submits three recipes which we can include in our weekly newsletter. Email us three of your favorite recipes using Two Onion Farm vegetables, along with your shirt size, and we will deliver your shirt with an upcoming vegetable delivery.

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## In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Basil	No	No	1 wk	See next page for storage tips!
Bean	Yes	Yes	1 wk	Not in all boxes
Carrot	Yes	Yes	2 wks	
Celery	Yes	Yes	1 wk	
Cucumber	Yes	Yes	1 wk	
Eggplant	Yes	Yes	1 wk	
Garlic	No	No	2+ wks	
Lettuce	Yes	Yes	1 wk	Romaine
Onion, yellow	No	No	2 wks	
Pepper	Yes	Yes	1 wk	White bell pepper
Summer squash	Yes	Yes	1 wk	
Tomato	?	No	<1 wk	Refrigeration prolongs life but decreases flavor

**Paste tomatoes.** We are offering paste (Roma) tomatoes for sale. These are suitable for canning or freezing – freezing is an easy method of preservation which allows you to enjoy Two Onion Farm tomatoes over the winter. You can order tomatoes to receive along with one of your upcoming vegetable deliveries – see <http://www.twoonionfarm.com/index.php/current-members/pastetomatoes> for details and information on how to order.

**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.

**Pepper.** This is a white bell pepper which we are very fond of. It's not overly sweet, however. Sweet peppers only arrive later in the summer, as the pepper fruits mature and turn red. The white peppers are like green peppers, immature and not sweet. However we prefer them over green peppers because they lack the harsh "green" taste that many green peppers have.

### **Eggplant Cheese Casserole**

Adopted from From Asparagus to Zucchini, 3rd Edition.

Olive oil, salt, and pepper  
1 lb eggplant, sliced 1/3" thick  
1 onion, sliced  
1 red or white bell pepper, cores removed and sliced crosswise  
2 cups chopped fresh tomatoes  
3-4 Tbsp chopped fresh basil  
1 cup grated mozzarella or parmesan

Preheat oven to 375 degrees. Cook eggplant in 2 Tbsp olive oil in a skillet on both sides until barely tender. Remove eggplant, add a little more oil to skillet and then sauté onions and pepper until tender. In a baking dish, lay eggplant on bottom, season with salt and pepper. Layer onions and pepper over eggplant and season with salt and pepper again. Then cover with tomatoes and basil and top with cheese. Bake for 45 minutes or until cheese browns.

### **Shrimps and Pepper Bow Ties**

This recipe was submitted by a member who is wearing one of our tee shirts now. You could wear one too!

1 lb of farfalle pasta (bow ties)  
1 package of shrimp, raw and peeled  
2 white bell peppers  
2 cloves of garlic  
4 tbsp of extra virgin olive oil  
Some dry white wine or vodka  
salt and black pepper to taste

Thaw the shrimps ahead of time. Start heating abundant salted water for the pasta while you will be preparing the sauce. Peel the garlic by crashing the cloves on a cutting board with the side of a large kitchen knife. This will facilitate the peeling and will slightly crush the cloves allowing them to release their flavor. In a large skillet warm up the oil (medium high heat, you should have enough oil to cover completely the skillet). Add the garlic and cook until the garlic gets a light golden color. Cut the peppers into slices about two inches long and half an inch wide, and add them to the skillet. At medium low heat, cook the peppers until they become softer then raise the heat and add the shrimp. Sprinkle with the wine or vodka and let it evaporate. Move the skillet contents to let the shrimps cook evenly. They will be ready when they have completely and evenly turned from gray to pink. Add salt and black pepper to taste (be careful - shrimp are already salty).

Cook the bow ties (farfalle) al dente, drain them, transfer in a large serving bowl together with the sauce, mix well and serve immediately. If your skillet is large enough, leave the shrimps and peppers sauce in the skillet and transfer the pasta in it. Sauté on high heat for 1 minute or two. This will pull together pasta and sauce and raise the temperature of the pasta so that it will stay warmer in the plates for a longer time.