

Two Onion Farm

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Week of July 23rd, 2006

These are the vegetables we're distributing this week. You'll receive a selection of them in your box, but not all of them.

Green pepper. This is a sweet, not hot, pepper. You can eat it raw: as a finger food, chopped in salads, or sliced crosswise and layered in sandwiches. Green peppers can also be cooked in many ways: in sauces, stir-fries, or omelets, or stuffed and roasted.

Green bean. Our green bean planting is just beginning to yield. We're only harvesting a few this week, but we expect more to come.

We're growing a variety which bears exceptionally long beans. They have excellent flavor.

The only preparation needed for green beans is to trim the ends off. The basic cooking methods are steaming or boiling, until the beans are just tender. Serve hot, or marinate in a vinaigrette and serve cold.

Lettuce. Romaine or Crisphead lettuce.

Onions. Ailsa Craig, an old variety from Scotland. A juicy, mild onion, for cooking or fresh use. These onions are freshly harvested and have not been cured; keep them in the refrigerator and use within 1-2 weeks.

Broccoli. We've included a recipe for a broccoli stir-fry.

Summer Squash. We've printed a recipe for a summer squash pancake. Biweekly members, see www.twoonionfarm.com as well for the bread recipe in last week's newsletter. Shredded summer squash can also be frozen for later use in muffins, breads, or pancakes.

Cucumbers. Regular long green cucumbers or round, yellow 'lemon' cukes.

Tomatoes. These are the first tomatoes of the season, and we won't have enough for everyone. We're distributing an orange slicing tomato. It's very juicy, somewhat sweet, and has low to moderate acidity.

Eggplant.

Cabbage.

Storage

Vegetable	Refrigerate?	Approximate Storage Life	Comments
Beans, Green	Yes	1 week	Keep bagged.
Broccoli	Yes	1 week	Keep bagged.
Cabbage	Yes	1-2 weeks	Keep bagged.
Cucumbers	Yes	1 week	Keep bagged.
Eggplants	Yes	3-5 days	Keep bagged.
Lettuce	Yes	1 week	Keep bagged.
Onions, Fresh Bulb	Yes	1-2 weeks	Keep bagged.
Pepper	Yes	1 week	Keep bagged.
Squash, Summer	Yes	1 week	Keep bagged.
Tomatoes	No	Up to 1 week	Store at room temperature or slightly cooler.

Summer Squash Pancake

Makes 10 pancakes. It makes a nice, light supper with a salad.

Beat together:

2 eggs AND
1/2 cup milk AND
1 Tblsp vegetable oil

Mix in:

1 cup whole wheat pastry flour or all-purpose white flour AND
1 tsp baking powder AND
1/2 tsp salt

Add:

1 1/2 cups grated summer squash (Cut off ends before grating; no need to peel) AND
1/2 cup grated Parmesan cheese AND
1 tsp dry basil AND
1/4 tsp rosemary AND
Black pepper to taste

Melt some butter in a large skillet over medium heat. Spoon four rounds of batter at a time into pan and cook like regular pancakes, turning once when bottom of pancakes are brown. Serve it plain or top it with sour cream.

Broccoli stir-fry with sesame

A nice side dish.

1/4 cup vegetable or chicken stock
1 1/2 tsp soy sauce
1 1/2 tsp sesame oil
1 1/2 tsp sesame seeds
2 tsp peanut oil
About 3/4 lb broccoli florets, broken into bite sized pieces.
1 clove garlic, crushed or minced
1 1/2 tsp minced fresh ginger

Combine stock, soy sauce, and sesame oil in a bowl and set aside. You can make the whole dish in one large skillet. Start out by cooking the sesame seeds in over medium heat, stirring frequently, until the seeds are lightly browned, just a few minutes. Put them aside in a small bowl. Add 1 1/2 tsp of the peanut oil and heat over high heat for about a minute, until the oil is shimmering. Add broccoli florets and stirfry for 30 seconds to a minute, until the oil coats the broccoli. Make a space in the middle of the skillet and add garlic, ginger and remaining 1/2 tsp peanut oil. Cook about 30 seconds, until the ginger and garlic are fragrant, then stir them into the broccoli. Add stock, soy sauce, and sesame oil mixture to pan and cook covered over medium heat until broccoli is just tender, about two minutes. If desired and needed you can remove the cover toward the end of the cooking to reduce the liquid. Stir in sesame seeds and serve hot.

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