

Two Onion Farm

Chris & Juli McGuire • 19638 Cottage Inn Road, Belmont, WI 53510
farmer@twoonionfarm.com • (608) 762-5335

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We are making the transition from early to late summer on the farm. Spring crops such as peas and broccoli are finished and our plantings for fall harvest are almost all in the ground. Over the next few weeks we'll concentrate on harvesting summer crops such as pepper and tomato and hoeing and weeding our fall harvested crops such as broccoli and carrots.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Basil	No	Yes	<1 wk	Store upright on countertop away from direct sun in vase or glass with water at bottom. Cover entire plant with inverted plastic bag.
Bean, Green	Yes	Yes	1 wk	
Beet	Yes	Yes	2 wks	
Carrot	Yes	Yes	2 wks	
Cucumber	Yes	Yes	1 wk	
Eggplant	Yes	Yes	1 wk	
Garlic	No	No	2+ wks	
Green onion	Yes	Yes	1-2 wks	
Lettuce	Yes	Yes	1 wk	Romaine
Pepper	Yes	Yes	1 wk	White bell
Summer squash	Yes	Yes	1 wk	
Tomato	No	No	<1 wk	Cherry and/or slicing tomatoes

Basil. We highly recommend the storage instructions listed in the table above. If you put basil in the fridge the leaves will often blacken from the cold temperatures. In any case, plan to eat it quickly.

Pepper. Most pepper fruits begin their lives green and turn red (or orange or yellow) as they ripen. For the next several weeks we'll harvest an unusual white pepper. Instead of beginning green, this variety starts white and later turns red. Harvested white it has a milder flavor than most green peppers. Our pepper plants have lots of fruits on them, and barring any misfortune it looks like we'll have good crops of white peppers for the next few weeks and after that lots of red peppers.

Eggplant. We're expecting high yields of purple and black varieties this week.

Green bean. Most boxes will contain a standard round green bean, but some will receive a flattened Romano type bean. Both can be used similarly.

Summer squash. Mostly zucchini and yellow summer squash. We expect somewhat lower yields this week, as our first planting declines from age and our second planting has not yet reached peak production.

Cucumber. We had lots of cucumbers to pick the past several weeks. This week yields will be lower; our first planting is waning because of age and disease, and our second planting is just starting to bear.

Spiced Eggplant-Lentil Salad

A very interesting and flavorful salad, and easy to prepare despite the long ingredient list.

2 1/2 Tbsp peanut oil or olive oil, divided
1 1/4 tsp chili powder, divided
1 1/4 tsp curry powder, divided
1 medium eggplant (3/4 lb), trimmed and cut into 1-inch cubes
2-3 Tbsp lime or lemon juice
2 Tbsp prepared salsa
2 Tbsp honey
1/8 tsp salt
Black pepper
3/4 cup cooked lentils
1 bunch scallions, chopped
Lettuce
1 mango, peeled and diced
2 Tbsp chopped roasted peanuts or cashews

Preheat oven to 500 F.

Combine 1 Tbsp oil with 1 tsp each chili powder and curry powder in a bowl. Add eggplant, toss well and spread it on a large, rimmed baking sheet. Roast, stirring once, until tender, about 15 minutes.

Combine the remaining 1 1/2 Tbsp oil, 1/4 tsp each chili powder and curry powder, lime juice, salsa, honey, salt and pepper in a bowl. Add the roasted eggplant, lentils, scallions and gently mix. Adjust seasoning.

Serve the salad on a bed of lettuce, topped with mango and nuts.

Turkish Lamb and Eggplant Kebab

We liked this recipe very much. Though it calls for lamb, we used pork with great results. If you don't have a grill or skewers, you can panfry the eggplant first, then the meat. If you choose to do that you will have to add some oil to your pan first.

1 Tbsp olive oil
1 Tbsp lemon juice
1/2 Tbsp Hungarian paprika
1 tsp tomato paste
1 clove garlic, minced
1/2 tsp dried oregano
1/2 tsp salt
Black pepper
1/4 tsp cumin

1/4 tsp ground coriander
1/8 -1/4 tsp cayenne pepper
1/8 tsp ground cinnamon
1/8 tsp ground allspice
1 lb boneless leg of lamb, trimmed and cut into 1 1/2-inch cubes
1 medium eggplant (about 3/4 lb), cut into 1/2-inch rounds
1/4 tsp salt
2 Tbsp olive oil
Lemon wedges for serving

Prepare spice paste and marinate lamb: Combine the first thirteen ingredients in a bowl. Transfer 1 Tbsp of the mixture to a small dish and set aside. Add lamb to the bowl and mix well. Cover and refrigerate for at least 2 hours or up to a day.

Preheat grill to medium-high heat.

Lay eggplant slices on a baking sheet and sprinkle lightly with 1/4 tsp salt. Let stand for 15 minutes.

Meanwhile thread the lamb onto skewers.

Rinse eggplant and pat dry with paper towels. Thread horizontally onto skewers, so eggplant will lie flat on grill. Stir 2 Tbsp oil to reserved spice paste, brush the mixture all over the eggplant.

Place lamb kebabs in the center, hotter part of the grill. Place the eggplant kebabs the outside, cooler part of the grill. Grill the lamb, turning every 2-3 minutes, until done (10-12 minutes total). Grill eggplant, turning over once or twice, until soft and brown on both sides (10 minutes total).

Serve with rice and lemon wedges.