

# Two Onion Farm

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## Week of July 24, 2016

### Field news



Last Saturday 10 members came to our farm to help us in the morning. Originally, we scheduled this member work shift to harvest garlic. Since we finished that job last week, we decided to weed young carrot beds instead. The weather forecast called for 50% chance of rain after 1pm, so we felt pretty sure we could work in the field in the morning.

The first drops started falling around 9:30am. Everybody closed car windows and returned to the carrots, since it was just a little sprinkle. By the time I joined the group after finishing the usual

Saturday morning cucumber and zucchini harvest (we can't let the plants go unpicked for more than 2 days), Chris and the members had just finished weeding the carrots.

We split into two groups, some went with Chris to weed the apple orchard, the rest stayed with me to work on a bed of young beets. By the time I explained what we'd do next, a storm descended upon us and chased us into the greenhouse. We took this opportunity to tour the facility and joke around about how unreliable weather forecasting was. After 10-15 minutes the storm passed, and we returned to work. We thinned and weeded the beets with one eye on the sky. The distant rumbles came closer and closer, and it started to rain again. We kept at it and were a few feet away from finishing our task when it started pouring in earnest. We knew there was no return to the field after that storm.

Despite the weather, we accomplished some important and timely tasks that morning, and couldn't thank enough those 10 members for braving the elements with us. I had the camera with me, but forgot to snap a picture of our group this time - I got a bit distracted. We got 3 inches of rain by the end of the day.

Every time it rains hard the vegetables will be affected. You will find some holes on the lettuce heads and, likely some dirt we couldn't wash away. Give an extra good rinse to them this week.

The slicing tomatoes are ripening fast! By Friday we expect to harvest enough for all boxes. We never wash tomatoes on our farm to prolong their shelf life (washing them can introduce and spread disease among tomatoes). Please wash your tomatoes before eating.

It is time to think about canning! Read the information below about ordering paste tomatoes from us. It's just about time for them to start ripening -we're down to our last couple of bags from last year in our freezer.

Have a great week!

~ Juli

## Who's Who at Two Onion Farm?



**Emily Butteris** - I grew up in Westby, WI and went to school at UW-Platteville. I started working at Two Onion Farm, because I wanted to be outside, I like vegetables and I didn't want to wear business casual. Working here made me eat a lot better.

This is my 4th year on the farm. I touch all the veggies you eat, because I wash and pack all that goes to the boxes. In the spring I start seeds and work in the greenhouse, because Emily Whalen abandoned us to have a baby. (*The two of them came to the farm in 2013, and Emily W., our former greenhouse manager, had a baby girl in*

*May this year.*) I deliver the CSA boxes to Madison on Tuesdays.

I like to hang out with my husband and my cool cat in our new house. I also like to go canoeing and swimming, and to read and nap over the weekend.

### In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Carrot	Yes	Yes	>2 wks	
Cherry tomato	No	No	1 wk	
Cucumber	Yes	Yes	1 wk	
Eggplant	Yes	Yes	1 wk	Not in all boxes.
Garlic	No	No	>2 wks	
Green Bean	Yes	Yes	1 wk	Flat Romano bean.
Kale	Yes	Yes	1 wk	In some boxes every week.
Kohlrabi	Yes	Yes	1 wk	
Lettuce	Yes	Yes	1 wk	Summercrisp.
Onion, yellow	No	No	>2 wks	
Pepper	Yes	Yes	1 wk	
Tomato	No	No	1 wk	
Zucchini	Yes	Yes	1 wk	

**Green bean** – The pole bean variety we grow on the farm is a flat podded, Romano bean.

These beans can be used similarly to round green beans, but they require a slightly longer cooking time. We think Romano beans taste wonderful! They originate from Italy, and are often braised with other vegetables.

**Kohlrabi** - This is the white, round vegetable with protruding stalks. It has a crisp, juicy texture, and a slightly mustardy, slightly fruity taste. Before eating, peel off the tough skin. Slice it up for a quick, delicious snack, grate it into a salad, or try a recipe from our website.

## Paste Tomato

Every year we offer paste tomatoes for sale. These tomatoes are suitable for canning or freezing. You can order them to receive in addition to your regular deliveries. For more information and to order, see our [website](#).

### Cornmeal-crusted Green Beans

*(This method works well with many vegetables: zucchini wedges, pepper strips, broccoli florets, etc.)*

Oil or butter for the baking sheet

1/2 cup all-purpose flour

2 eggs

1/4 cup milk

1 cup cornmeal

1 tsp salt

1 tsp black pepper

1 tsp paprika

1/2 tsp garlic powder

8 oz. green beans, stemmed

1. Preheat oven to 450 degrees.
2. Grease baking sheet with a small amount of oil or butter.
3. Set up your breading station. Spread the flour on a plate. Crack both eggs into a bowl, add the milk, and beat lightly with a fork. On another plate, spread the cornmeal, salt, black pepper, paprika, and garlic powder, and stir them together.
4. A few at a time, dredge the green beans in the flour and transfer them to the egg mixture. Coat beans lightly with the egg, being careful to shake off any excess. Then transfer to the cornmeal mixture and coat them evenly.
5. Spread the prepared beans on the baking sheet. Repeat until you've done them all.
6. Bake for 10 to 15 minutes, or until golden and crispy. Enjoy it hot with your favorite dipping sauce.

### Kids' Corner



Hi! I have two jokes for you this week.

1. What is small, red, and whispers?

*Answer: A horseradish.*

2. Why did the grape stop in the middle of the road?

*Answer: Because it ran out of juice!*

~ Andrew

### Walnut – Tarragon Green Bean

1/8 cup chopped walnuts

1/2 lb green or Romano beans

salt

1/2 tsp dry tarragon leaves

2 tsp walnut oil

black pepper

1. In a pot, heat enough water for boiling or steaming the beans. Toast the walnuts in a dry skillet, stirring frequently, until they become fragrant. Set them aside.
2. Cook the beans with 1 tsp salt in the boiling water (or steam the beans) until tender. Drain the beans and mix with walnuts, tarragon, and oil. Season with salt and pepper.