

# Two Onion Farm

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## Week of July 27th, 2008

### In this weeks box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Tomatoes	Maybe		<1 wk	Cherry and slicing tomatoes
Pepper	Yes	Yes	1 wk	
Lettuce	Yes	Yes	1 wk	Romaine or Summercrisp
Red onions	Yes	Yes	1-2 wks	Fresh, uncured onions – store in the fridge and eat quickly
Green Beans	Yes	Yes	1 wk	
Summer squash	Yes	Yes	1 wk	Zucchini or bicolored yellow/green summer squash
Broccoli	Yes	Yes	1 wk	
Kohlrabi	Yes	Yes	1 wk	Not in all boxes
Eggplant	Yes	Yes	1 wk	Not in all boxes
Cucumber	Yes	Yes	1 wk	Not in all boxes

**Tomatoes.** We will continue to harvest cherry tomatoes this week. We're growing three varieties of cherries this year: 'Sun Gold' is a small orange variety, very sweet; 'Yellow Mini' is a larger yellow to orange tomato, slightly less sweet but with a very pleasant fruit flavor; 'Favorita' is a sweet red cherry tomato. We try to rotate our distribution of cherry tomatoes so that most of you will receive each of them at some point.

We generally eat cherry tomatoes raw, but they can be cooked as well. One of our members loves this method: she sautéed cherry tomatoes in olive oil, tossing them until they were mushy. Then she added a spoonful of basil pesto and served over pasta with grated parmigiano reggiano cheese.

Our larger, slicing tomatoes are also just beginning to bear, and we'll be harvesting the first this week.

**Lettuce.** We are harvesting Romaine and summercrisp lettuces again this week. The particular Romaine variety we grow is 'Jericho', which was bred in Israel for tolerance to drought and heat. The summercrisps are the dense heads of thick crisp leaves, either red or green. Unlike most other lettuces, Jericho and the summercrisps tolerate summer weather without turning overly bitter. As fall and cooler weather approaches, we will begin harvesting other lettuce types which do not tolerate the heat as well.

**Red Onion.** This week's onion is 'Red Round of Tropea', an Italian variety which we prize for its juicy texture. It is pungent and sweet and is suitable for eating raw or lightly cooking.

**Cucumber and summer squash.** Our first plantings of cucumber and squash are declining in yield. This is expected: as time passes, disease spreads in these crops and

plants lose vigor and die off. (The particular diseases differ: the cukes suffer from bacterial wilt, and the squash from several viral diseases.) We have a second planting of both cukes and squash, sown in June, which will soon begin to bear and pick up the slack. We

grow two types of summer squash: a dark green zucchini and a bicolored type which is half yellow and half green. The bicolor has a drier, denser flesh, but both are fairly interchangeable in recipes, and can be sautéed, grilled, and used in breads and muffins.

**We plead with you, please take the correct box when you pick up your vegetables.** Each of the vegetable boxes has a label – "Weekly Large", "Biweekly Small", etc. If you are not sure which box you signed up for, look at the sheet of paper on the clipboard at the pickup location. Your box type is listed next to your name. If you send someone else to pick up your box, remember to tell them to take the right box. If one member takes the wrong box, then another member who arrives later will not be able to pick up the vegetables they signed up for, which is frustrating and unfair to them. This has happened many times recently. Thank you so much for your cooperation!

## Greek Salad

1 green pepper  
1 small cucumber  
2-3 medium tomatoes  
4 oz feta cheese  
2-3 Tbsp red wine vinegar  
5-6 Tbsp olive oil  
salt and pepper to taste

Chop the pepper, cucumber, and tomatoes, into larger bite-sized pieces. Crumble the feta cheese into large pieces. Combine all ingredients in a salad bowl and serve cold. Feta cheese is salty enough that you may not want any additional salt.

## Green Bean Salad

3 Tbsp olive oil  
2 Tbsp red wine vinegar  
heaping 1/2 tsp salt  
1 clove garlic, minced  
black pepper  
3/4 cup thinly sliced onion  
2 cups boiling water  
3/4 lb green beans

Combine oil, vinegar, salt, garlic, and pepper in large bowl. Place sliced onions in a colander in the sink and slowly pour the boiling water over the onions to soften them. Drain the onions well and add to the marinade. Steam green beans until just tender and then place them in a colander and run cold water over them. Drain the beans well and add to the marinade. Mix everything well and marinate in the refrigerator for several hours.