

# Two Onion Farm

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## Week of July 27, 2014

**Share a Share!** – This week we are including a message from FairShare CSA Coalition in our newsletter.

FairShare CSA Coalition is holding a donation drive to support their Partner Shares program from **July 21** through **Aug. 8**.

*We believe every family should have access to locally produced, organic food. Unfortunately, for many people, purchasing local, farm-fresh, food is beyond their means. The Partner Shares program brings fresh produce within reach for low-income families by providing up to \$300 toward the cost of their CSA share. This means farmers receive a fair price for their produce, and families no longer have to choose between eating healthy and affording life's other expenses.*

*As you continue enjoying the delicious produce in your CSA box, we invite you to share this experience with others in your community.*

*Please donate to the Partner Shares program and “Share a Share” today!*

*For more information about Partner Shares and how you can donate please visit FairShare's website:*

<http://www.csacoalition.org/news/partner-shares-donation-drive-july-21-august-8/>

*“Eating well should be a joyful experience that enhances your diet, your health, and your life. Trying to eat well should NOT be a source of stress. The Partner Shares program assists in reducing the stress of trying to eat well, thereby enhancing lives and spreading joy!” – Johanna N., Vermont Valley Community Farm, LLC, Partner Shares Participant*

### 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, green	Yes	Yes	1 wk	Flat, Romano beans
Carrots	Yes	Yes	2 wks	
Cherry tomatoes	No	No	1 wk	
Cucumber	Yes	Yes	1 wk	
Eggplant	Yes	Yes	1 wk	
Garlic	No	No	2+ wks	
Kale	Yes	Yes	1 wk	
Lettuce	Yes	Yes	1 wk	Summercrisp or Romaine
Onion, yellow	No	No	2+ wks	
Pepper	Yes	Yes	1 wk	
Summer Squash or Zucchini	Yes	Yes	1 wk	
Tomato, slicing	No	No	1 wk	

**Paste Tomatoes.** We are offering paste tomatoes for sale. These tomatoes are suitable for canning or freezing. You can order to receive in addition to your regular deliveries. For more information and to order, see our website:

<http://www.twoonionfarm.com/index.php/current-members/pastetomatoes>.

**Tomatoes.** To reduce the chance that the slicing tomatoes will get bruised during handling, we pick some of them before they are completely ripe. Keep tomatoes on your counter top until they are soft and then they will be at peak flavor and taste.

**Basil.** Store your basil upright in a vase with water on countertop and out of direct sun. Covering the vase with a 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, called Bianca. 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.

## Roasted Eggplant Hummus

A member sent this recipe.

1 eggplant, cut into 1/2" slices  
2 Tbsp olive oil  
2 cloves garlic, peeled and thinly sliced  
1 1/2 can canned or cooked garbanzo beans  
1/4 - 1/2 tsp salt

1. Place eggplant slices on an oiled baking sheet, and brush top with olive oil. Place garlic slices on top of the eggplant.
2. Bake at 350 degrees for 15-20 minutes.
3. Place the roasted eggplant slices into food processor; add garbanzo beans and salt. Process until smooth.

## Eggplant, Tomato and Mozzarella Bake

2-3 medium eggplants, sliced 1/4-inch thick  
2-3 large tomatoes, sliced  
1-2 large balls of fresh mozzarella, sliced  
Olive oil  
Salt and pepper to taste  
1-2 Tbsp fresh basil

1. Lightly salt sliced eggplants. Heat 2-3 Tbsp olive oil in a large skillet. Fry eggplant slices in batches, turning once, until soft and slightly browned. Reserve them on a large plate.

2. Oil a small casserole dish. Place one slice of eggplant followed by a slice of cheese followed by a slice of tomato into the dish. Keep adding these three ingredients in the same order until you fill the dish. Sprinkle salt and pepper over them to taste as well as the fresh basil.

Bake it on 350 for 25 minutes or until cheese melts.

## Kale and Walnut Pesto

A recipe from a member.

8 oz kale, trimmed and chopped  
1/2 cup walnuts, chopped  
1 cup shredded Parmesan cheese  
1/2 cup olive oil  
4 cloves garlic, diced  
2 tsp lemon juice  
Salt and pepper

1. Preheat oven to 350 degrees. Spread walnut on a parchment-lined baking sheet and roast for about 10 minutes, or until golden.
2. Meanwhile, bring a large pot of water to boil. Have a large bowl of ice water ready. Drop kale into boiling water, and stir until kale becomes limp.
3. Plunge kale into ice water, and drain.
4. Place kale, walnuts, Parmesan cheese, olive oil, garlic, lemon juice, salt and pepper in a blender and puree until smooth. Add more olive oil if needed.