

Two Onion Farm

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Week of July 28, 2013

We had cool days last week, and the temperatures will remain in the 70s this week as well. It's been very pleasant to work outside, and last Wednesday we harvested the last of the garlic without sweating much (very unusual). Though it's a lot of fun to grow produce wearing long sleeve shirts, we like July to be hot, or at least very warm, and September/October cool. I bet that our tomato, pepper, eggplant, zucchini and cucumber plants agree. So, the hard-to-please farmer would like to strike a deal with The Weather and ask for mid-80s for 3-4 more weeks, please.

The cool weather did not stop our heat-loving plants from bearing an abundant harvest for this week. Our crew harvested enough slicer tomatoes on Monday to include them in every Tuesday box for the first time! We expect the same for the Friday boxes.

We've been hard at weeding the last two weeks. We feel like this week will bring the turning point and we will get the upper hand. We are very pleased, indeed. Our fall plantings (cauliflower, Brussels sprouts, cabbage, broccoli, carrot, etc.) are looking great. ~ Juli

In this week's box:

| Vegetable | Refrigerate? | Store In Plastic Bag To Retain Moisture? | Approx. Storage Life | Comments |
|---------------|--------------|--|----------------------|---------------------------------|
| Basil | No | Yes | <1 wk | See next page for storage tips! |
| Bean, green | Yes | Yes | 1 wk | Flat, Romano beans |
| Carrot | Yes | Yes | 2 wks | |
| Celery | Yes | Yes | 1 wk | Individual stalks this week |
| Cucumber | Yes | Yes | 1 wk | |
| Cherry tomato | ? | No | <1 wk | |
| Eggplant | Yes | Yes | 1 wk | |
| Garlic bulb | No | No | 2+ wks | Partially cured |
| Lettuce | Yes | Yes | 1 wk | Romaine |
| Onion, yellow | No | Yes | 1-2 wks | Partially cured |
| Pepper | Yes | Yes | 1 wk | |
| Zucchini | Yes | Yes | 1 wk | |
| Tomato | ? | No | 1 wk | Red and/or pink slicing tomato |

Paste Tomatoes. We are offering 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: <http://www.twoonionfarm.com/index.php/current-members/pastetomatoes>

Tomatoes may keep slightly longer in the fridge but the cold refrigerator temperatures damage their flavor. For best taste, store them on the countertop and eat them soon. Once you've cut open a slicing tomato, you do need to put the remainder in the fridge if you want to save it for another day.

Beans. This week we are harvesting large, flat podded, Romano beans. The Romano beans can be used similarly to round green beans but they require a slightly longer cooking time. We enjoy their rich beany flavor.

Basil. Store your basil upright in a vase with water on countertop and out of direct sun. Covering vase with 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. 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.

This week's recipes from Local Thyme:



Braised Romano Beans

1/4 pound Pancetta , diced (optional)
2 Tbsp Olive Oil
1 Onion , diced
1 Bell Pepper , seeded and diced
3 cloves Garlic , slivered
1/2 cup Dry White Wine
1 pound Tomato , rough chopped
1 pound Romano Bean , snipped, cut into 1 inch lengths
Salt and Pepper

1. In a large skillet with a lid or a dutch oven, gently cook pancetta to render fat, and cook until crisp and brown, about 8 minutes. Or heat olive oil in skillet with a lid or a dutch oven. Add onion, peppers and garlic and sauté until wilted about 5 - 6 minutes. Pour white wine into pan and bubble for 2 minutes, until

smell of alcohol cooks off. Add tomatoes and simmer until broken down to a sauce consistency, about 15 minutes. Season with salt and pepper, and add Romano beans, stirring into the sauce. Cover and set heat to medium low, and braise until beans are silky tender, about 35-40 minutes, stirring occasionally and adding a little water if the sauce becomes dry. Adjust seasonings and serve on top of soft polenta.

Zucchini or Summer Squash Fritters

These go nicely with the spicy mayo sauce on the side, or use your favorite salsa.

1 pound Zucchini, shredded, about 6 cups,
loosely packed
1/2 tsp Kosher Salt
1/2 tsp Black Pepper
1 clove Garlic, minced
2 Eggs, lightly beaten
1/2 cup Flour, use gluten-free if desired
Canola Oil, for frying
1/2 cup Mayonnaise
2 Tbsp Soy Sauce or Tamari, use gluten-free if desired
2 tsp Sriracha Sauce

1. Preheat a large skillet or griddle over medium high heat. Place shredded zucchini in a medium bowl, and add the salt, pepper, and garlic. Toss. Mix in the beaten egg until it's well incorporated into the grated squash. Mix flour in with the squash, stirring until all the flour is moistened by the eggs.

2. Pour some oil in skillet and drop tablespoonfuls of batter, well spaced, around the skillet. Flatten the mounds of squash so they're about 1/2 inch thick, and fry until brown and crisp, about 4 minutes per side. Serve with sauce on the side.