

Two Onion Farm

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

Week of July 29, 2012

The extreme heat this summer has affected our crops in many ways. Eggplant is a heat-loving crop, and we've had recordbreaking yields. Last week we harvested almost twice as many eggplants as we have in any past week on this farm. Enjoy them! It has not been a good year for green beans however. Beans enjoy warm weather and they've been growing vigorously and flowering freely. However, very hot temperatures inhibit pollination, and the flowers on the bean plants do not produce bean pods. Yields of green beans have only been a third to a quarter of what we typically expect. Temperatures have moderated somewhat in recent weeks, more beans are developing, and we anticipate better yields late this week and next week. Peppers and tomatoes also suffer reduced pollination in very hot conditions. Fortunately, however, these plants have already started to develop a good crop of fruits before very hot conditions descended in July.

Organic produce in this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Bean	Yes	Yes	1 wk	Not in all boxes
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	
Lettuce	Yes	Yes	1 wk	Romaine or summercrisp
Onion	No	No	2 wks	
Pepper	Yes	Yes	1 wk	White bell pepper – some are starting to turn orange
Summer squash	Yes	Yes	1 wk	Not in all boxes
Tomato	?	No	<1 wk	Refrigeration prolongs life but decreases flavor

Beans. This week we are harvesting a mix of normal round green beans as well as larger, flat podded, Romano beans. You may receive either. 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.

Paste tomatoes. We are offering paste (Roma) tomatoes for sale. These are suitable for canning or freezing – freezing is an easy method of preservation which allows you to enjoy Two Onion Farm tomatoes over the winter. You can order tomatoes to receive along with one of your upcoming vegetable deliveries – see <http://www.twoonionfarm.com/index.php/current-members/pastetomatoes> for details and information on how to order.

Roasted Beet Salad

Toss 4 whole beets in a baking dish with olive oil, salt and pepper. If your beets vary in size, cut the larger ones in half so they will cook at same rate.

Cover and roast at 425 degrees until tender, about 40 minutes; let cool, then rub off skins.

Cut the beets into wedges. Toss the beets with any juices left from the baking dish, capers, chopped dill pickles, a dash of Worcestershire sauce, a dash of hot sauce, and chopped parsley. Serve immediately or chill...either way it is great!

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

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

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.

Zucchini Parmesan Crisps

Recipe adapted from the Food Network

1 medium zucchini
1/4 C. coconut oil (or olive oil)
1/2 C. grated parmesan cheese, fresh or bottled
1/2 C. bread crumbs, (2 slices of toasted bread in food processor)
1/4 t. salt
1/4 t. pepper

Preheat oven to 450 degrees. Coat baking sheet with oil. Slice the zucchini into 1/4" slices,

leaving the skins on. Pour oil into a small bowl. Combine the remaining ingredients together into another bowl. Dip each piece of zucchini into the oil and then into the cheese/crumb mixture. Sprinkle more mixture on top of zucchini slice and place in a single layer on the baking sheet. Bake until browned and crisp. 25-30 minutes. Remove with spatula. Allow to cool slightly, and eat!

Breaded and Baked Eggplant

2 medium eggplants, sliced 1/4-inch thick
2 eggs
1 cup bread crumbs or more
1 cup flour or more
Salt

Salt eggplant slices and let them sit in a colander for half an hour. Meanwhile, prepare for breading the eggplant: pour flour into a medium size bowl, beat eggs in a second bowl with some salt, and put bread crumbs in a third.

Preheat oven to 400 degrees. Oil a large, shallow baking pan.

Bread each eggplant slice one by one as follows: First dip the slice into the flour and shake off excess flour. Then dip it into the eggs, making sure it is evenly coated. Using a fork, lift eggplant slice out of the eggs and let it drip for a bit. Then put the eggplant into the bread crumbs and coat it well. Shake it off and lay breaded eggplant on the oiled baking pan.

Bake for 20-30 minutes, turning them once halfway through, until brown and crispy.

Farm Tee Shirts

We have farm tee shirts available in three sizes. You can order a shirt for \$10, or receive one for free if you submit three recipes which we can use in our newsletter. See <http://www.twoonionfarm.com/index.php/current-members/farmteeshirts> for pictures of the shirts along with instructions for ordering a shirt or submitting recipes.