

# Two Onion Farm

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## Week of July 3, 2016

### Field news



This week we are transitioning into summer vegetable land. We harvested the last spring broccoli and peas on Monday. We will not see peas until next year, but broccoli will be back in your boxes in late August. Our first green bean planting is beginning to bear, and we will pick it for the first time on Thursday. For the rest of the summer we will spend many meditative hours in the various green bean plantings on harvest days. The cherry tomatoes in the hoophouse are ripening at a steady space, and we will include them in some boxes from now on. This planting is not large enough to produce cherry tomatoes for all boxes. However, by the time the

field planting starts to yield, the hoophouse cherry tomatoes will be at peak production, and will enable us to put these sweet little gems into everybody's boxes a couple of weeks earlier. The peppers are also sizing up nicely, and we should start picking them in a couple of weeks. This week we will harvest some of the bulb onions and garlic for curing. Our packing shed – where we dry them – will smell like garlic and onion for the next month; another sure sign on our farm that summer is here!

Have a great week!  
 ~ Juli

### In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	Last week for spring broccoli.
Cabbage	Yes	Yes	1 wk	Low yield, not in all boxes.
Carrot	Yes	Yes	2 wks	
Cherry tomato	No	No	1 wk	Not in all boxes.
Cucumber	Yes	Yes	1 wk	
Garlic	No	No	2 wks	Fresh, uncured garlic.
Kale	Yes	Yes	1 wk	In some boxes every week.
Kohlrabi	Yes	Yes	1 wk	
Lettuce	Yes	Yes	1 wk	Summercrisp.
Onion	Yes	Yes	2 wks	Fresh, uncured onion.
Pea	Yes	Yes	1 wk	Not in all boxes.
Summer squash	Yes	Yes	1 wk	

**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 add it to the spring roll recipe, printed below.

**Summer Squash** – Summer squash is approximately 94 percent water, very low in calories, and a great source of vitamins A and C, potassium and calcium. The plants grow rapidly and yield abundantly. Enjoy this summer staple!

**Garlic** – Fresh, uncured garlic in your boxes this week! We love garlic and are always excited when we first put them in the boxes. You'll notice that the wrappers around the cloves are still juicy, not dry and papery. Garlic in this condition does not store well. You can keep it on your counter, but plan to eat it soon. You will receive dry, cured garlic in many weeks to come.

## Vegetable Spring Rolls

*(Recipe submitted by a member with a few variations; makes app. 6 spring rolls)*

1 Tbsp oil  
1 tsp minced, fresh ginger  
1-2 garlic cloves, minced  
1 broccoli stalk, thinly sliced  
2-3 small carrots, grated  
1 1/2 cup shredded cabbage  
1 small summer squash, shredded  
1/2 cup minced onion  
1 1/2 Tbsp oyster sauce  
Spring roll wrappers

1. Heat oil in a skillet on medium-high. Saute ginger and garlic briefly, for 30 seconds.
2. Add all vegetables, and cook, stirring until soft, for 2-3 minutes. Remove from heat, stir in oyster sauce, and let it cool a bit.
3. When mixture is cool enough to handle, wrap filling in spring roll wrappers (soak each wrapper well in water first, until it becomes pliable). Use 2-3 Tbsp filling per wrapper, depending on the size of the wrappers.

## Chocolate Summer Squash Snack Cake

*(A very good friend of ours treated us once with this cake. We devoured it.)*

1 3/4 cup whole wheat pastry flour  
1 1/2 tsp baking powder  
1/2 tsp baking soda  
1/4 tsp salt  
2 eggs  
1/2 cup sugar  
1/2 cup low-fat vanilla yogurt  
1/3 cup canola oil  
1 tsp vanilla  
1 1/2 cup shredded summer squash or zucchini  
1 1/2 cups chocolate chips

1. Preheat oven to 350 degrees. Coat an 11x8" baking pan with cooking spray.
2. Combine flour, baking powder, baking soda and salt in a large bowl. Whisk the eggs, sugar, yogurt, oil and vanilla in medium bowl. Whisk in summer squash and the chocolate chips.
3. Stir all into flour mixture just until blended. Spread into pan and bake 30 minutes or until lightly browned. Remove from oven. Let it cool in pan.

## Grated Kohlrabi

1-2 kohlrabi bulbs  
1-2 Tbsp unsalted butter  
Salt and pepper to taste  
1/4 cup grated Parmesan cheese

1. Peel the kohlrabi and grate it with a hand grater or in a food processor.
2. Melt the butter in a pan on medium-high heat; add the kohlrabi and cook, stirring frequently until the kohlrabi is tender and started to turn brown, 6-10 minutes.
3. Add the cheese, salt and pepper, stir, and continue cooking until the cheese melts. Serve it piping hot.

## Kids' Corner



Hi! I came up with these tongue twisters while I was pulling carrots two weeks ago:

1. Andrew and Anna amble aimlessly among amply animated animals.
2. Blake bakes black backpacks.
3. Caleb's crumby carrot cake.

~ Andrew