

Two Onion Farm

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Week of July 30th, 2006

Please remember to break down and return your boxes to the pickup location. We've gradually been losing boxes the past few weeks. Thank you!

These are the vegetables we're distributing this week. You'll receive a selection of them in your box, but not all of them.

Tomatoes. We're distributing several varieties of large slicing tomatoes, as well as cherry tomatoes. The slicing tomato varieties you may receive are: Orange Blossom (orange, very juicy, somewhat sweet, low to moderate acidity), First Lady (a good basic all purpose red tomato), Black Prince (small to medium sized brownish red fruit with a rich, full flavor), Pink Beauty (pinkish-red, a pleasant delicate tomatoey flavor), Garden Peach (pale yellow, slightly fuzzy, small fruit, with a very mild, subdued taste).

Note that we often pick our tomatoes a day or two before they are completely ripe. Dead ripe tomatoes bruise exceptionally easily and don't store well for you. If you receive a tomato that isn't completely ripe leave it on your counter for a day or two. The Orange Blossom tomatoes in particular should turn bright reddish-orange. In our experience tomatoes which complete their ripening this way taste indistinguishable from those ripened completely on the vine.

Green pepper. This is a sweet, not hot, pepper. You can eat it raw: as a finger food, chopped in salads, or sliced crosswise and layered in sandwiches. Green peppers can also be cooked in many ways: in sauces, stir-fries, or omelets, or stuffed and roasted.

Green bean. We're growing a variety with exceptionally long beans and excellent flavor even after the seeds enlarge in the pods.

The only preparation needed for green beans is to trim the ends off. The basic cooking methods are steaming or boiling, until the beans are just tender. Serve hot, or marinate in a vinaigrette and serve cold. We've included a recipe for a quick side dish of cooked beans with walnuts and tarragon.

Garlic. These are partially cured garlic bulbs. Store in the fridge or on the counter and use within a few weeks.

Lettuce. Romaine lettuce.

Onions. Ailsa Craig, an old variety from Scotland. A juicy, mild onion, for cooking or fresh use. These onions are freshly harvested and have not been cured; keep them in the refrigerator and use within 1-2 weeks.

Summer Squash. Shredded summer squash can be frozen for later use in muffins, breads, or pancakes. The frozen squash has a tendency to become excessively moist. Thaw the frozen squash in a colander to drain excess moisture before using it.

Cucumbers. Regular long green cucumbers or round, yellow 'lemon' cukes.

Eggplant.

Broccoli.

Carrots.

Storage

Vegetable	Refrigerate?	Approximate Storage Life	Comments
Beans, Green	Yes	1 week	Keep bagged.
Broccoli	Yes	1 week	Keep bagged.
Carrot	Yes	2+ weeks	Keep bagged.
Cucumbers	Yes	1 week	Keep bagged.
Eggplants	Yes	3-5 days	Keep bagged.
Garlic	Maybe	1-2 weeks	
Lettuce	Yes	1 week	Keep bagged.
Onions, Fresh Bulb	Yes	1-2 weeks	Keep bagged.
Pepper	Yes	1 week	Keep bagged.
Squash, Summer	Yes	1 week	Keep bagged.
Tomatoes	No	Up to 1 week	Store at room temperature or slightly cooler.

Walnut-Tarragon Green Beans

1/8 cup chopped walnuts
 1/2 lb green beans
 salt
 1/2 tsp dry tarragon leaves
 2 tsp walnut oil
 black pepper

In a pot, heat enough water for boiling or steaming the beans.

Toast the walnuts in a dry skillet, stirring frequently, until they become fragrant. Set them aside.

Cook the green beans with 1 tsp salt in the boiling water (or steam the beans) until tender.

Drain the beans and mix with walnuts, tarragon, and oil. Season with salt and pepper.

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