

# Two Onion Farm

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Week of July 31, 2011

## Organic produce in this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Basil	No	Yes	<1 wk	Store upright on countertop away from direct sun in vase or glass with water at bottom. Cover entire plant with inverted plastic bag.
Bean, Green	Yes	Yes	1 wk	Not in all boxes
Carrot	Yes	Yes	2 wks	
Collard Greens	Yes	Yes	1 wk	
Cucumber	Yes	Yes	1 wk	
Eggplant	Yes	Yes	1 wk	
Garlic	No	No	2+ wks	
Lettuce	Yes	Yes	1 wk	Romaine or summercrisp
Pepper	Yes	Yes	1 wk	White bell
Summer squash	Yes	Yes	1 wk	
Tomato	No	No	<1 wk	Cherry and/or slicing tomatoes

**Collard Greens** are generally eaten cooked. Use them similarly to kale and Swiss chard. However, collards are quite tough, and you will probably want to cook them a bit longer than kale or chard. Also, collards do not reduce in volume while they are cooked as much as chard or kale. The stalk and midvein of the collard leaves are quite tough, so we recommend that you cut them away and discard them before cooking.

A simple way to cook collard greens is to sauté onions and garlic, then add chopped collards with a small amount of water and braise covered for about 15-20 minutes, until greens have almost reached the desired texture. Remove the cover and continue cooking to boil away the water until greens reach desired consistency. Season with salt, pepper and/or fried bacon pieces, and serve.

**Basil.** We highly recommend the storage instructions listed in the table above. If you put basil in the fridge the leaves will often blacken from the cold temperatures. In any case, plan to eat it quickly.

**Pepper.** Good harvest of our mild white bell peppers this week.

**Green bean.** Bean vines are yielding poorly this week. They're blossoming well and we expect more beans in the next several weeks.

## Spicy Pepper Basil Pasta Sauce

Enough for about 8 oz pasta. Serve with parmesan cheese.

- 2 Tbsp olive oil
- 2 medium cloves garlic, minced
- Red hot pepper flakes (or black pepper) to taste
- 2-3 bell peppers, any color, deseeded and thinly sliced
- 1/2 tsp salt
- 2 Tbsp minced fresh basil leaves

Heat oil in a large skillet. Add garlic and hot pepper flakes and sauté about 1 minute.

Add bell peppers and salt, and stir together. Reduce heat to medium-low, cover the pan, and cook, stirring occasionally, until peppers are soft but not completely mushy. Stir in basil, adjust seasonings, and serve warm.

## Basque Vegetable Rice

- 2 Tbsp olive oil
- 1 medium onion, quartered and thinly sliced
- 2 cloves garlic, minced
- 2 large tomatoes, seeded and diced
- 1 medium zucchini, diced
- 2 bell peppers, diced
- 1 tsp paprika
- 1 tsp dried thyme
- 1/2 tsp salt
- 1/8 tsp black pepper
- 1-1/4 cup rice
- 3 cups vegetable broth

Heat oil in a large skillet over medium heat. Add onion and garlic and sauté until onion is soft. Add tomatoes, zucchini, bell peppers, paprika, thyme, salt, and pepper. Cover and simmer, stirring occasionally, for about 15 minutes. Add rice and stir well. Then add broth and bring to a boil. Reduce to heat to low and simmer until rice is tender.

Serve hot or at room temperature.

## Recipes from past newsletters

Collard green frittata ([7/4/2010](#))

Lentil soup with collard greens ([7/29/2007](#))

Marinated peppers ([8/13/2006](#))