

# Two Onion Farm

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## Week of July 31, 2016

### Field news



Last week we caught up with a lot of transplanting and seeding on the farm. After the rainy spell, the soil finally was dry enough by Wednesday to drive the tractor on it. We seeded the last big fall carrot planting, and transplanted lettuce and the last fall broccoli. From now on we only have lettuce seedlings to transplant. This Monday Emily B. seeded one of our fall favorites, the Beauty heart radish.

We harvested the storage onions last Monday, and left them out on the field to dry. This process is called windrowing the onion: we pull the onions and lay them on the ground in neat rows. There was more rain on

the weather forecast for Wednesday, so along with all the transplanting and seeding that day we also picked up the onions, put them in crates and brought them into the packing shed for further drying. You can see photos of it on our [facebook page](#).

The 3 inches of rain we had 10 days ago on Saturday have still visible effects on our vegetables. Lettuce this week is very small because most of the outer leaves were badly torn and we had to remove more than usual. The next planting looks better, and we hope to have bigger lettuce in the boxes next week. Thank you for your understanding!

Earlier this summer the kale planting was attacked by a deadly disease, called black rot. This bacteria spreads rapidly in wet conditions turning the whole plant into mush. By now there are only a few plants left alive. We have a second kale planting growing in the field, many weeks away from maturity. So far we have not seen signs on those of the bacteria. Kale will reappear in your boxes in the fall.

It is time to think about canning! Read the information below about ordering paste tomatoes from us. It's just about time for them to start ripening -we're down to our last couple of bags from last year in our freezer.

Have a great week!

~ Juli

### Who's Who at Two Onion Farm?



**Angie Wright** – I grew up in rural Sturgeon Bay. I was a Rotary exchange student in Brazil in my senior year of high school. I attended UW Madison. After graduating I moved to Corvallis, OR where I worked at Oregon State University and received an MS in forest resources. I moved to Platteville in 2001, and have been living there since with my husband and two boys.

I worked for Southwest Badger RC&D for 10 years.

This is my fourth year at Two Onion Farm working part time. I am also a freelance grant writer. Early in the spring I help with setting up irrigation, seeding and transplanting. During delivery season I work on harvest days.

In my spare time I like to knit, bake bread, ride my bike and spend time with my family.

## In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Beet	Yes	Yes	>2 wks	
Carrot	Yes	Yes	>2 wks	
Cherry tomato	No	No	1 wk	
Cucumber	Yes	Yes	1 wk	
Eggplant	Yes	Yes	1 wk	
Garlic	No	No	>2 wks	
Green Bean	Yes	Yes	1 wk	Flat Romano bean.
Lettuce	Yes	Yes	1 wk	Summercrisp.
Onion, yellow	No	No	>2 wks	
Pepper	Yes	Yes	1 wk	Bianca and Carmen (a red, sweet pepper)
Tomato	No	No	1 wk	
Zucchini	Yes	Yes	1 wk	

**Green bean** – The pole bean variety we grow on the farm is a flat podded, Romano bean.

These beans can be used similarly to round green beans, but they require a slightly longer cooking time. We think Romano beans taste wonderful! They originate from Italy, and are often braised with other vegetables.

**Beet** – is a very versatile vegetable, lending itself well to many uses from salads, through main dishes, and to desserts. Beets are high in nutrients, such as vitamins A and C, and also carotenes. Beets are long storing, sweet and delicious, and colorful.

**Tomato** – We currently grow 4 different varieties of slicing tomatoes, red and pink. We pick them before they get very ripe, because tomatoes are easily damaged when rubbing against each other in crates. Leave them on your kitchen counter and they fully ripen within a day or two.

We never wash tomatoes on our farm to prolong their shelf life (washing them can introduce and spread disease among tomatoes). Please wash your tomatoes before eating.

### Paste Tomato

Every year we offer 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](#).

## Beet Chocolate Cake

(Adapted from From Asparagus to Zucchini)

- 1 1/2 cup sugar
- 2 cups flour
- 1/2 tsp salt
- 2 tsp baking powder
- 1 tsp baking soda
- 3-4 ounces unsweetened chocolate
- 4 eggs
- 1/4 cup oil
- 3 cups shredded beets
- 1 cup walnuts, chopped

1. Heat oven to 325 degrees. Oil two 9-inch cake pans.
2. Whisk dry ingredients together. Add walnuts. Melt chocolate very slowly over low heat or in double boiler. Cool chocolate; blend thoroughly with eggs and oil.
3. Combine flour mixture with chocolate mixture, alternating with the beets. Pour into pans. Bake until fork can be removed from center cleanly, 40-50 minutes.

## Beet Salad with Pecans

(This makes a big salad, halve the recipe if needed)

- 6 beets
- 1/4 cup pecans (or walnuts)
- 1/3-1/2 cup onion, thinly sliced
- 1/4 cup olive oil
- 2 Tbsp red wine vinegar
- 1 1/2 tsp Dijon mustard
- Salt and pepper to taste

1. Cook and slice the beets as you prefer. (We like to chop them up and roast them in a lightly oiled casserole dish, covered, on 350 degrees for 45-50 minutes.)
2. Toast the pecans (or walnuts) in small skillet over medium heat, stirring frequently, until the pecans just begin to change color and become fragrant-this will only take a few minutes. Chop them, and set aside.
3. Combine beets, pecans, and onions. Whisk together the oil, vinegar, mustard, salt and pepper. Add the dressing a little at a time to the other ingredients, and stop when you have added enough-you may not need all the dressing, depending on your taste and how big your beets are. Chill the salad in the fridge and serve cold.

## Kids' Corner



Hi!

I pulled lots of carrots from the ground last week. I like to walk around the tomatoes picking and eating.

~ Katie