

Two Onion Farm

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Dill is the herb in your box with feathery foliage. Dill is very tasty in chilled soups or salads. It is often used with cabbage, egg, cheese, potato, cucumbers. We add minced dill to scrambled eggs. You can try some in the Summer Squash Soup recipe on the next page.

Parsley is a very versatile herb which you can use almost anywhere - except possibly desserts. Try adding it to any salad or pasta dish. It lends a nice crisp clear fresh taste to food. It's also quite nutritious - very high in Vitamins A and C. Your parsley has flat leaves and looks a bit different than the curly leafed parsley which you may be more familiar with. Both types of parsley taste similar; many people say the flat-leafed is more flavorful. Our Summer Squash soup recipe this week includes parsley.

Lettuce. You have two heads of lettuce in your box this week. The taller head with the lighter green leaves is a variety of Romaine lettuce which was bred in Israel to withstand the high temperatures there. It stays sweet and juicy in summer when many other lettuces begin to turn bitter.

Cabbage. We've included a sesame cabbage salad with carrots and green onions on the next page. Sliced cabbage dressed with a garlic vinaigrette and chopped dill is also great.

Garlic Scapes. For those of you who did not receive these last week, garlic scapes are the long, curly green vegetables with a bulge in the middle. A scape is actually the top of the stem from a garlic plant, and the bulge in the middle of the scape would develop into a flower if it remained on the plant.

The garlic scapes have a strong garlic flavor. You can substitute sliced scapes for minced garlic cloves in any recipe where the garlic is cooked. Generally we substitute about 1 thinly sliced scape for 1-2 cloves of minced garlic. You can also use the scapes raw, but use them moderately because of their intense flavor.

Summer Squash. We're including more of our three summer squash varieties: a yellow and green bicolor squash, a zucchini with longitudinal ridges, and a light green, Middle Eastern squash variety. All three have a nice nutty flavor and can be used in any recipe calling for zucchini, yellow squash, or other summer squash. Try the summer squash soup recipe on the next page.

Kohlrabi. Peeled, sliced kohlrabi can be a nice snack or lunch food. You can also grate or slice your kohlrabi, sauté it with butter or oil, and then garnish with green onions and dill.

Green Onions. These are nice tender green onions from a late spring planting. We try to plant green onions every few weeks from late February through midsummer so that we can harvest young green onions through much of the season.

Small Purple Onions. We're including several small purple onions. These are the same lovely onions that we placed in your boxes for the last several weeks. This week, however, we have not included the tops of the purple onions because the tops are starting to toughen and yellow as the bulbs mature.

Carrots.

Sesame Cabbage Salad

3 Tbsp red wine vinegar
2 tsp olive oil
1 tsp sesame oil
3/4 tsp honey
1/4 - 1/2 tsp salt
red pepper to taste
1 small head cabbage, sliced thinly or shredded
1 carrot, shredded
1/4 cup thinly sliced green onion or minced
sweet onion (optional)

Combine vinegar, oils, honey, salt and pepper in a cup and whisk together. Pour dressing over cabbage, carrot, and onion in a bowl, and mix. Chill and serve cold. Recipe adapted from Fresh Market Wisconsin by Terese Allen.

Simple Sautéed Summer Squash

We're reprinting this for biweekly shareholders who did not receive last week's newsletter.

1 garlic scape, sliced thinly
1-2 small purple onions, minced
olive oil
2-3 small summer squash, quartered lengthwise
and sliced thinly
salt and pepper to taste

Lightly sauté the garlic scape and onions in olive oil. Add summer squash, salt, and pepper, and continue cooking until squash is lightly browned. Serve over spaghetti with parmesan cheese.

Summer Squash Soup

2-3 thinly sliced purple onions
2 Tbsp olive oil
3 summer squash, halved lengthwise and cut into 1/8" thick slices
2 strips fresh lemon zest, each 2" by 1 1/2". To produce the zest, peel off the colored portion of a lemon peel with a vegetable peeler.
1 tsp salt
1/4 tsp black pepper
1 3/4 cup chicken broth
1 3/4 cup water
1 cup loosely packed parsley leaves
1 Tbsp finely chopped fresh dill
1/2 cup buttermilk or plain yogurt, optional

Cook onions in oil, stirring occasionally, until onions are soft. Add summer squash, zest, salt and pepper, and cook, stirring occasionally, until squash is softened, about 5 min. Add broth and water and simmer until squash is tender, about 3 min. Puree squash mixture with parsley and dill until smooth.

Serve at room temperature or chilled. Optionally, stir a dollop of yogurt or buttermilk into each bowl before serving. We prefer the soup with the yogurt. The taste of the dill and the parsley is more intense without the yogurt.

Storage. Store all of this week's vegetables, bagged, in the refrigerator to keep them cool and moist.

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