

Two Onion Farm

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Week of July 4, 2010

We're in the thick of setting out our fall plantings – on Saturday the 3rd we transplanted about 2500 seedlings into the field (mostly lettuce, Brussels sprouts, and cauliflower); over the next few weeks we will transplant about 5000 broccoli plants as well as cabbage, lettuce, kale, and kohlrabi. We're in the midst of sowing carrots, beets, radishes, and other root vegetables for fall harvest. And we look forward to harvesting about 10000 garlic bulbs in the next two weeks as our garlic varieties continue to reach maturity. We'll be drying these garlic bulbs to include them in your boxes for the remainder of the year. Warm season crops such as tomatoes, peppers, eggplant, and winter squash are growing well and progressing towards maturity. This week we will harvest our first green beans and cucumbers. Both plantings are in excellent health now, and we expect good yields in the coming two weeks. We're harvesting the last of our spring radishes and kohlrabi this week; so expect no more of those items until late summer and early fall.

This week's Tuesday boxes will also receive the last of the snap peas. Our pea yields were moderate this year overall. Of our two pea varieties, the late-maturing variety yielded very well and we were able to include many peas in your boxes last week (6/27-7/3). The earlier maturing pea variety yielded poorly, however, and we could only include small portions of peas in the first two weeks of the season. A main reason for the low yield was that the seed we purchased was impure – many of the seeds which we planted produced peas which were inedible "off types" instead of the sweet snap peas which we wanted. As organic vegetable growers, we are required to purchase and plant seeds which were themselves grown organically. There are only a few organic seed vendors to choose from; our primary supplier did not have any seed of the early pea variety available for sale this year. Our secondary supplier sold us the seed, but it was highly impure – one of the occasional frustrations of growing and eating local organic vegetables.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Beans	Yes	Yes	1 wk	Not in all boxes
Broccoli	Yes	Yes	1 wk	Friday boxes
Carrot	Yes	Yes	2 wks	
Collard greens	Yes	Yes	1 wk	Tuesday boxes
Cucumber	Yes	Yes	1 wk	Not in all boxes – just beginning to bear
Garlic	Yes	Yes	1-2 wks	Fresh, uncured garlic – store in fridge and use soon
Kohlrabi	Yes	Yes	1 wk	White flat-roundish veggie with protruding stubs
Lettuce	Yes	Yes	1 wk	Romaine and/or summercrisp
Onions, green	Yes	Yes	1-2 wks	
Peas	Yes	Yes	<1 wk	Not in all boxes
Radish	Yes	Yes	1-2 wks	Long, pinkish red, with white interior
Summer squash	Yes	Yes	1 wk	

Garlic. Our garlic is just beginning to mature in the field. The garlic you are receiving this week is freshly harvested. You will notice that the outer peels are thick and juicy, not dry and papery. We dry ("cure") most of our garlic after harvest so that the outer peels will dry down and the garlic will store for long periods. Your garlic this week has not had time to cure and may not store well for long periods – we recommend that you store it in the fridge and eat it soon. You can use uncured garlic similarly to cured garlic. We have quite a large garlic planting and more, cured, garlic will come in weeks ahead.

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.

Collard Green Frittata

1 bu collard, destemmed, leaves chopped
½ and ¼ c grated parmesan cheese
1 onion or several green onions, chopped
1 clove garlic, mashed
1 Tbsp butter
3 Tbsp olive oil, divided
6 eggs, divided
1 zucchini/summer squash, cut into 1/8 -inch thick slices

Steam collard leaves for 5-7 minutes. Put them in a bowl, and mix in ½ c cheese and salt to taste.

Cook onion, garlic, 1/8 tsp salt and 1/8 tsp pepper in butter and 1 Tbsp olive oil in an ovenproof skillet over medium heat, stirring occasionally, for about 10 minutes. Stir it into collard mixture.

Beat 4 eggs in another bowl and stir into the collard mixture.

Heat remaining 2 Tbsp oil in skillet over medium high heat. Cook collard and egg mixture, stirring, until eggs begin to set, 8-10 minutes.

Remove from heat. Smooth top of frittata and arrange zucchini pieces over it in one layer. Sprinkle with ¼ c cheese.

Beat 2 eggs in a bowl and pour evenly over zucchini.

Bake frittata in oven on 300F until golden on top, about 45 minutes.

Gently separate frittata from side of skillet. Invert large plate on top of skillet, and, holding the plate and skillet together, invert frittata onto plate. Slide frittata back into skillet, and bake 10 minutes more. (Use oven mittens when handling hot skillet)

Invert frittata back onto plate. Cool for 15 minutes. Serve warm or at room temperature.