

# Two Onion Farm

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## Week of July 5, 2015

### Starting and raising seedling



We raise all our vegetables from seed with the exception of sweet potatoes. We seed many crops straight into the field (e.g. carrots, radishes, beets, bean, salad mix), and the rest we start indoors (e.g. onions, broccoli, cabbage, tomato, pepper, etc.).

An old corn crib converted into a so-called potting shed is where many vegetables start their life on our farm; Emily W. is in charge of it. She is the first employee to appear on the farm in early March, and she spends many hours in the potting shed until the last lettuce planting is started, in early September.

Chris created our own 'house recipe' for potting soil: compost, vermiculate, peat moss, soybean meal, kelp meal and rock phosphate. These get mixed together with the right amount of water in a cement mixer. Then comes the fun part! We make soil blocks to plant the seeds into. If you bought seedlings from us you know what I am talking about. We have several molds to make these soil blocks in varying sizes. Vegetables that spend a short time in the greenhouse are planted in smaller blocks (e.g. lettuce), bigger vegetables (e.g. cukes and winter squash) or ones that spend more time in the greenhouse (e.g. pepper and tomato) are planted into larger soil blocks.

This year we bought a vacuum seeder to speed up seeding some of the vegetables. The photo above shows the two parts of it. The seeds are the small, white, round objects stuck to the upper part of the seeder. When we cover a tray of soil blocks with it and turn the vacuum off, the seeds drop into the center of the soil blocks below. Our children love to watch this.

Once the seeds have germinated in our germination chamber (a heated, insulated room inside the potting shed), we move the trays of seedlings into our greenhouse where they stay until the time comes to transplant them out to the field. We provide them with the right temperature and adequate amount of water to grow them into healthy, strong seedlings.

And with this, we arrived to the end of our journey - the seed packet. I hope you got a glimpse of what it takes to bring these beautiful, tasty vegetables to your table. Enjoy them! - Juli

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**Farm news** - We welcomed the dry and sunny days last week! We did a lot of weeding and planting. Last Friday we transplanted and seeded 81 rows of vegetables (that's 1.38 miles). Carrots, cauliflower, cabbage, radish, lettuce, and basil all went into the ground.

## Bike the Barns 2015

Bike the Barns is a recreational bike ride touring CSA farms and the beautiful Southern WI countryside - fueled by fresh, local, delicious food! It raises funds for FairShare CSA Coalition, a 501(c)3 nonprofit organization.

Registration includes farm-fresh snacks and a delectable plated lunch. Plus, after the ride, stick around for a foodie picnic paradise; beer, live music, camaraderie and fun at the After Party! We often hear riders celebrating the fact that BTB is the one ride where they take in more calories than they burn...and that's a good thing when the calories are this tasty!

Folks return to this beloved ride year after year (even after they've moved away!) to ride with friends. Some even build their own mobile party to celebrate birthdays, bridesmaids celebrations and more!

This year, you can choose from two routes - 55 or 38 miles. See a route map and learn more at

[www.csacoalition.org](http://www.csacoalition.org).

### In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	
Carrot	Yes	Yes	2 wks	
Cherry tomato	No	No	1 wk	Not in all boxes.
Cucumber	Yes	Yes	1 wk	
Garlic	No	No	1 wk	Fresh, uncured garlic.
Kale	Yes	Yes	1 wk	
Kohlrabi	Yes	Yes	1 wk	
Lettuce	Yes	Yes	1 wk	Summercrisp.
Pea	Yes	Yes	1 wk	
Onion	Yes	Yes	2 wks	Fresh, uncured onion.
Summer squash	Yes	Yes	1 wk	

**Kohlrabi** – Our biweekly members are receiving kohlrabi for the first time this year. This is the white, round vegetable with protruding stalks. It has a crisp, juicy texture, and a slightly mustardy, slightly fruity taste. Before eating, peel off the tough skin. Slice it up for a quick, delicious snack, grate it into a salad, or try the [grated kohlrabi recipe](#).

**Garlic** – Fresh, uncured garlic in your boxes this week! We love garlic and are always excited when we first put them in the boxes. You'll notice that the wrappers around the cloves are still juicy, not dry and papery. Garlic in this condition does not store well. You can keep it on your counter, but plan to eat it soon. You will receive dry, cured garlic in many weeks to come.

**Peas** – Some of you might remember us predicting a poor pea harvest this year after a serious storm swept across our farm 3 weeks ago, blowing most of the pea plants off their trellis. We are happy to report that we were proved wrong. This season brought the best pea harvest ever! We increased our pea planting this year after many of our members requested more peas in their member survey last year. This is the last week for peas. We hope you all enjoyed the bountiful harvest!

**Onion** – We are giving out fresh yellow, bulb onions this week. We pulled these from the ground yesterday, so the onions had no time to form the dry, protective layer that helps them store for months. Keep these in your fridge in a bag. You will receive dry, cured onion in a couple of weeks.

## Summer Squash Pancake with Garlic Yogurt

(adapted from Willy Street Co-op Reader)

2/3 cup plain yogurt, full fat, Greek-style  
2 cloves garlic, crushed  
Salt  
3 medium summer squash/zucchini shredded  
Black pepper  
3 eggs, beaten  
1/2 cup flour  
1 Tbsp olive oil  
1 cup crumbled feta cheese  
Half of a small onion, finely minced  
1 tsp baking powder  
Vegetable oil for cooking

1. In a small bowl, stir together yogurt, crushed garlic, and 1/4 tsp salt. Set aside.

2. Mix the shredded summer squash with 1/2 tsp salt, and place in a colander over the sink or a bowl. Let drain for 10 minutes. Transfer to a cloth kitchen towel, and squeeze hard to extract as much moisture as possible. The volume will be about half of what you started with.

3. Combine summer squash and eggs in a large mixing bowl. Add the flour, 1/2 tsp of salt, olive oil, feta, onion, and 1/2 tsp of pepper. Mix well. Mix in the baking powder.

4. Heat 2 Tbsp vegetable oil in a heavy skillet over medium heat until shimmering. Scoop batter into the skillet (a heaping tablespoon or so), leaving ample space between each pancake. Each one should be about 3/8 - inch - thick;

flatten with spatula if necessary. Fry until the underside is golden, then flip and fry the other side, about 2-3 minutes on each side, until crisp and deep golden. As they cook, transfer to oven-safe dish and keep warm in the oven (on 250 degrees). Repeat with the remaining batter, adding more oil to the skillet as needed.

5. Serve the summer squash pancakes hot, or at room temperature with dollops of garlic yogurt. Makes app. 14-16 pancakes.

## Gingery Kale and Soy Sauce

(Juli's favorite way to prepare kale)

1 bunch kale (~8 leaves)  
1-2 Tbsp olive oil  
2 garlic cloves, minced  
1/4 tsp dry ginger OR 1" piece of fresh ginger, peeled and  
grated  
2-3 tsp sesame seeds  
1 1/2 Tbsp soy sauce  
2 Tbsp rice wine vinegar

1. Remove stem and midvein from kale and chop it coarsely. Steam kale leaves until bright green and tender, but not mushy, 3-5 minutes. Place kale in a bowl.

2. Heat olive oil in a small skillet. Add garlic and ginger, and saute for 1-2 minutes, stirring often. Add sesame seeds, saute for another 1-2 minutes.

3. Remove from heat, stir in soy sauce and rice wine vinegar. Pour dressing over kale, mix and serve right away or at room temperature.

## Kids' Corner



Hi – Here are some more jokes I thought would be nice to share with you:

1. What is orange when you throw it up, and orange when it comes down?

Answer: A carrot!

2. What do you get when you cross a centipede with a parrot?

Answer: A walkie-talkie!

~Andrew