

Two Onion Farm

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Week of July 6, 2014

We are transitioning to summer vegetables this week. We are harvesting the last of the peas, and the spring broccoli planting will soon be picked over (we may have one more week of broccoli after this). Yellow bulb onions make their first appearance in your boxes – from now on they will crouch in the bottom of your box until the end of the season (sometimes they will be red). Ripe cherry tomatoes in the hoop house are numerous, and those in the field have just started to ripen. We hope to have enough for everyone by next week. Bean season is here! Our first planting is a bush bean variety. The plants are strong and healthy, and we expect to have an abundance of beans by next week. This transition period means that the boxes might not be uniform this week. There will be small portions of many vegetables (peas, beans, cherry tomatoes) which we will distribute as evenly as possible among all our members. We strive to be fair and make sure everybody gets an equal share of the abundance of vegetables over the course of the season. So, if you do not find one or two of the listed vegetables in your box, don't despair! It is not a mistake and we did not forget about you. You will receive a bigger portion of other vegetables in your box to make up for the missing item (e.g. we might put 2 cucumbers into the boxes with cherry tomatoes, 3 into the ones without; or some might get peas while the others get beans). As the season progresses, and each vegetable yields more abundantly, all members will receive their share of it.

Registration is open for the **8th Annual Bike the Barns** event. The organizer is FairShare CSA Coalition, a Madison-based non-profit organization supporting and connecting CSA farmers and eaters. Its annual fundraising bike tour, called Bike the Barns, highlights local farms and food. The FairShare website says: *This event is a spectacular, educational community ride with your fellow foodies and bike buddies. It supports a critical program, FairShare's Partner Shares Program, which helps low-income families purchase local, organic vegetables.* This year Bike the Barns will be on Sunday, September 14. [Click here](#) to learn the details. Two Onion Farm has been a FairShare member farm since 2006.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Bean	Yes	Yes	1 wk	Not in all boxes – bean harvest is just starting
Broccoli	Yes	Yes	1 wk	
Cabbage	Yes	Yes	1 wk	
Carrots	Yes	Yes	2 wks	
Celery	Yes	Yes	1-2 wks	
Cherry tomatoes	No	No	1 wk	Not in all boxes
Cucumber	Yes	Yes	1 wk	
Kale	Yes	Yes	1 wk	Lacinato kale
Lettuce	Yes	Yes	1 wk	Summercrisp or Romaine
Onion, yellow	Yes	Yes	1-2 wks	Fresh, uncured onion
Pea	Yes	Yes	1 wk	
Summer Squash	Yes	Yes	1 wk	

Summer Squash. We are giving out yellow summer squash. Our family loves to eat it the following way: slice the squash in 1/4 inch thick slices (if the squash is small, slice it lengthwise), salt and pepper it, then either grill, broil, or pan fry it in a little oil until well browned on each side. We put the browned squash circles on sandwiches, salads, fried rice or eat it plain.

Yellow onions in your boxes this week are freshly harvested and uncured. You'll notice that the wrappers around the bulbs are still juicy, not dry and papery. Onion in this condition does not store well. You should refrigerate it or plan to eat it soon. You will receive dry, cured onion bulbs in many weeks to come.

Vegetable Medley

Here's a member submitted recipe, guaranteed to be kid friendly.

2 large carrots, shredded
2 medium red potatoes, shredded
1 medium summer squash, shredded
Cabbage, chopped (used about 1/3 of a medium head)
1 tsp butter
1 Tbsp olive oil
Salt, pepper, paprika to taste
1/2 - 1 cup chicken broth
1/3 cup cream cheese
Ham or pork, chopped

Sautee vegetables in butter and oil for about 5 minutes. Season with salt, pepper and paprika to taste. Add chicken broth and simmer, covered, for about 10-15 minutes or until the vegetables are soft. Add chopped ham or pork. Stir in cream cheese. Simmer until warmed through.

Kale Chips

Another recipe brought to us by a member.

1 bunch kale
2 tsp olive oil (more if needed)
1 Tbsp garlic, minced
Pinch of seas salt
1/4 cup parmesan cheese

Preheat oven to 375 degrees. Rinse kale and pat it dry. Remove the midribs and chop the kale into chip-sized pieces. Put the leaves in a big bowl and toss with the olive oil, garlic, parmesan cheese and salt. Spread kale on a large, rimmed baking sheet and bake for 15-20 minutes, stirring once or twice, until leaves are tender, yet crisp on the edges and a little brown.

Zucchini or Summer Squash Fritters

These go nicely with the spicy mayo sauce on the side, or use your favorite salsa.

1 pound Zucchini, shredded, about 6 cups,
loosely packed
1/2 tsp Kosher Salt
1/2 tsp Black Pepper
1 clove Garlic, minced
2 Eggs, lightly beaten
1/2 cup Flour
Canola Oil, for frying

1/2 cup Mayonnaise
2 Tbsp Soy Sauce or Tamari
2 tsp Sriracha Sauce, or other hot sauce

1. Preheat a large skillet or griddle over medium high heat. Place shredded zucchini in a medium bowl, and add the salt, pepper, and garlic. Toss. Mix in the beaten egg until it's well incorporated into the grated squash. Mix flour in with the squash, stirring until all the flour is moistened by the eggs.

2. Pour some oil in skillet and drop tablespoonfuls of batter, well spaced, around the skillet. Flatten the mounds of squash so they're about 1/2 inch thick, and fry until brown and crisp, about 4 minutes per side. Serve with sauce on the side.

3. To make spicy mayonnaise sauce, mix mayo, soy sauce and sriracha sauce in a bowl.