

Two Onion Farm

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This week brings another great bounty of vegetables to you. All the plants benefitted from the warm weather we've been experiencing lately, and we are reaping the harvest.

If you have a busy schedule you might start feeling overwhelmed by vegetables and have trouble finishing one box before you get the next. I will share how I deal with the abundance of produce in our kitchen. It is very important for me to make a weekly menu plan. I assess the contents of my fridge (lots of summer squash, broccoli and lettuce these days), then sit down and think up a meal for each day of the week. When making the menu plan I take into consideration what happens each day of that particular week. There are days when I know it will be difficult to cook, so that's leftover day. We have family favorites that reappear on this list on a weekly basis: Monday is burrito day with refried beans. Having staples on the list reduces the pressure on me to think up 7 tasty and nutritious meals every week, which I find overwhelming. Once I have my menu plan assembled for the week I can make my shopping list as well. Then I will have every ingredient on hand and I am ready to get the knife out to slice those summer squash up. Speaking about summer squash.... our family is not a big fan of it. I finally found a way to make us eat the mound of squash residing in our fridge. I slice the squash into 1/4" circles. Then I either pan fry, broil or grill them, turning them once so that both sides are browned. When frying or broiling, I use a little olive oil in the pan, spread the squash circles in a single layer, and sprinkle them with salt and pepper. I can easily prepare 3-4 squash this way. The result is a mound of browned squash. We eat the squash by itself as a side dish, put it on salads or add it to our lunch sandwiches. Last week we used the squash in fried rice and on top of a pizza.

On our website you can search all the recipes we've ever printed in our newsletter to help you enjoy your vegetables (<http://www.twoonionfarm.com/index.php/recipesreal/recipesearch>). Local Thyme's website offers many services besides two new recipes per week. If you haven't created an account to access the many contents of this website, I urge you to do so now. Go to LocalThyme.net/register, and use the code: TWOONIONFA. Enjoy your vegetables! ~ Juli

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	
Bean, green	Yes	Yes	1 wk	
Carrot	Yes	Yes	1-2 wk	
Cucumber	Yes	Yes	1-2 wks	
Cherry tomato	Yes	Yes	1-2 wks	Not in all boxes
Garlic bulb	Yes	Yes	1-2 wks	Uncured
Green onions	Yes	Yes	1-2 wks	
Kohlrabi	Yes	Yes	1-2 wks	
Lettuce	Yes	Yes	1 wk	Summercrisp
Snap pea	Yes	Yes	<1 wk	
Summer squash	Yes	Yes	1 wk	

Cherry tomatoes. This week's cherry tomatoes are from our hoophouse planting. Our cherry tomatoes planted outside in the field are beginning to ripen as well. We don't have enough cherry tomatoes this week for every box but we expect to have many more in the future.

Garlic in your boxes this week is freshly harvested and uncured. You'll notice that many of the wrappers around the cloves are still juicy, not dry and papery. Garlic in this condition may not store well. You should refrigerate the garlic or plan to eat it soon. You will receive dry, cured garlic in many weeks to come.

This week's recipes from Local Thyme:



Penne with Broccoli

1/2 pound Penne Pasta , use gluten-free variety of your choice if you prefer
3 tablespoons Olive Oil
1 head Broccoli , broken into florets
2 cloves Garlic
1/2 teaspoon Red Pepper Flake , optional
1/2 cup Chicken or Vegetable Stock
1/3 cup Parmesan Cheese , grated
Salt and Pepper , to taste

1. Bring a large pot of water to the boil, add some salt, then cook penne according to package instructions. When you drain the pasta, reserve a cup of pasta cooking water.
2. Meanwhile, in a large skillet over medium high heat, heat the olive oil until it shimmers, add the broccoli. Season with salt and pepper, and sauté about 4-5 minutes. Sprinkle with garlic powder and red pepper flakes and stir well. (If using fresh garlic, sauté in the garlic during the last 30 seconds of cooking).
3. Add the stock and simmer until the liquid reduces almost by half. Toss the drained pasta with the broccoli and add a little reserved pasta water at a time until you reach your desired sauce consistency.
4. Toss pasta with grated cheese and season to taste with salt and pepper.

Grilled Summer Squash and Kohlrabi Sandwich

Grilled vegetable sandwiches are one of my favorite go-to dinners in the summer. They are versatile and absolutely delicious. You could quarter these and place on a platter as finger food at a potluck or BBQ, or pack them up for a picnic.

2 cloves Garlic , minced
1/2 cup Extra Virgin Olive Oil
1 pound Zucchini or Squash , trimmed, sliced lengthwise
8 ounce Garlic Herb Boursin , or flavored soft goat cheese
4 Ciabatta Rolls , or rolls of your choice, gluten free if desired
Salt and Pepper
1 Kohlrabi , peeled and sliced into planks
8 leaves Lettuce , leaves washed, spun dry and torn into bite sized pieces

1. Mix the garlic into the olive oil with some salt and pepper and allow to stand at room temperature for 10-15 minutes so the flavor infuses the oil.
2. Preheat gas or charcoal/wood grill to high heat or warm grill pan over high heat inside.
3. Brush both sides of each slice of zucchini and kohlrabi with the oil mixture and sprinkle with salt and pepper.
4. Slice rolls in half lengthwise, and brush the doughy side of each roll with garlic oil.
5. Grill the zucchini and kohlrabi until nicely charred and cooked through, about 4-5 minutes per side. Then lightly grill the bread, about 2 minutes, face down.
6. Smear the bread with some goat cheese or boursin and top with sliced zucchini, kohlrabi and 2 leaves of lettuce. Top off your sandwich, and serve.