

Two Onion Farm

Chris & Juli McGuire • 19638 Cottage Inn Road, Belmont, WI 53510
farmer@twoonionfarm.com • (608) 762-5335

Week of July 8th, 2007

Farm Work

Early July is the busiest time of year on Two Onion Farm. Harvesting and washing vegetables fills our Sundays and Wednesdays; packing and delivering boxes occupies much of Mondays and Thursdays. In the remaining time we turn to the rest of the work that cries for our attention. We plant, transplant, and assemble irrigation systems for our fall plantings (broccoli, Brussels sprouts, lettuce, carrots, peas, cauliflower, etc.) We harvest

garlic and onions to be dried and cured. We mow or till under plots which we have finished harvesting and sow cover crop on that land. We train and tie tomato vines. We install a new clutch and engine in a tractor. We place phone calls to line up temporary extra workers. And we cultivate, hoe, and pull weeds which grow and produce seed incredibly quickly in the warm wet weather we've had lately.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Lettuce	Yes	Yes	1 wk	Romaine or summercrisp lettuce
Broccoli	Yes	Yes	1 wk	
Radishes	Yes	Yes	1-2 wks	
Kohlrabi	Yes	Yes	1-2 wks	
Green Beans	Yes	Yes	1 wk	
Garlic	Yes	Yes	2 wks	
Dill	Yes	Yes	<1 wk	
Yellow Onions	Yes	Yes	2 wks	
Green Onions	Yes	Yes	1 wk	
Cucumbers	Yes	Yes	1 wk	
Summer squash	Yes	Yes	<1 wk	Yellow & green summer squash or zucchini.
Radish	Yes	Yes	1-2 wks	Long, pinkish-red
Cabbage	Yes	Yes	2 wks	Not in all boxes
Snap Peas	Yes	Yes	<1 wk	Not in all boxes

Our first **green bean** planting has just begun to produce beans. Members voted overwhelmingly for more beans in last year's end of season survey. This year we planted green and yellow beans 4 times, every 14 days from May 15 to June 30. We hope to keep you in good supply for the next two months.

The **snap pea** planting is reaching the end of its production. We will only have peas for the Monday delivery this week. On Sunday the 8th we planted our fall planting of snap peas, which we hope will bear peas in September.

The **garlic** and **onions** in this week's box are fresh and uncured, which means they should be stored in the fridge.

Kohlrabi – This is a vegetable very well adapted to our climate and which produces very reliably in early summer. We give out quite a bit at this time of year and some of you may be wondering what to do with it. Here's what we do: 1) We eat it raw as a snack food. 2) We eat in thinly sliced in lettuce salads. 3) We eat it grated, cooked in butter, and mixed with parmesan cheese – very yummy; see the recipe in our July 9 2006 newsletter on www.twoonionfarm.com. 4) We eat in sliced in stir-fries.

Cucumbers and **dill** have ripened together and complement each other very well in salads with mayonnaise/yogurt dressings or vinaigrettes. We have a cucumber dill salad with yogurt dressing in our July 25 2005 newsletter.

We give out several varieties of **summer squash and zucchini**. They taste slightly different but are fairly interchangeable in recipes. Any are suitable for sautés, grilling, and zucchini bread or muffin recipes.

Broccoli with Onion and Butter

Thanks to several of our members for bringing this recipe to our attention; it is based on a recipe from The Moosewood Cookbook. You can either eat this as a side dish or use it as a sandwich topping.

2 Tblsp butter
1/2 cup minced onion
2 cups finely chopped broccoli (stalks and florets both)
Few dashes each of basil, thyme, black pepper
1/4 tsp salt (or less or more)
3/4 cup grated cheese (optional)
Fried and crumbled bacon (optional)

Sauté broccoli, onion, herbs, pepper and salt in butter until broccoli is bright green. If you're preparing this as a side dish, eat it now, with or without cheese or bacon.

If you want a sandwich, spread the broccoli mix on toasted bread slices, top with cheese and bacon, and broil briefly, until cheese starts bubbling.

Summer Squash Pancakes

1 lb summer squash or zucchini, grated in food processor
1 large garlic clove minced
3/4 tsp salt
Black pepper
1 egg
1/2 cup whole wheat flour
Olive oil or butter

Lift the grated squash in your hands, one handful at a time, and squeeze out as much water as you can.

Beat the egg in a bowl. Add garlic, salt, pepper, drained squash, and flour. Mix well

Heat oil or butter in a skillet over medium high heat. Add the batter to the pan, using about 1/4 cup batter for each pancake, and use the back of a spatula to flatten out each pancake as you make it. Turn the pancakes when they are browned on the bottom, and continue cooking until the second side is browned. Serve warm.