

Two Onion Farm

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Welcome to biweekly members who are receiving their first box this week! We hope you will enjoy receiving vegetables from us this year. Please read these notes on logistics:

Electronic newsletters. We email our newsletter to reduce paper waste. Paper newsletters are available on the clipboard at each delivery site. Anyone who receives email newsletters can opt out by contacting us at farmer@twoonionfarm.com; 608-762-5335.

Return your boxes. Your first delivery includes a sheet with instructions for breaking down your box. The instructions are also available on www.twoonionfarm.com. Please take care breaking down the box and remember to return it to the pickup location when you pick up your next box.

Like us on Facebook! We regularly post pictures of farm happenings on our Facebook page. You can watch the fields change, vegetables mature, our family and employees work - all in color! Our printer can't do justice to what goes on at Two Onion Farm. [Click here](#) to visit us on Facebook!

Member event: To celebrate our 10th year of CSA and to introduce our new apple plantings, we invite our members to a gathering at our farm this fall. Several apple varieties will be available to sample; and we will offer farm tours and live music. The event will be held on Saturday, October 4 in the afternoon. Mark your calendar and we will be back with more details!

Fairshare CSA Coalition has published a new cookbook last year: *Farm-Fresh and Fast*. A companion to the popular *From Asparagus to Zucchini*, *Farm-Fresh and Fast* is bursting with strategies, techniques, and over 300 novel and delicious recipes for both seasoned and new CSA members and farmers' market shoppers. As a member farm of Fairshare we have received a discount on the cookbook which we are passing on to our CSA members. You can order the book from us for \$20 including tax (regular price is \$24.95 plus tax). Email us if you'd like to order a cookbook and we will deliver one to you with an upcoming vegetable delivery.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Cucumber	Yes	Yes	1 wk	Not in all boxes – more to come!
Green onions	Yes	Yes	1-2 wks	
Lettuce	Yes	Yes	1 wk	Boston or mini Bibb
Radishes	Yes	Yes	1-2 wks	Pink-white, longish
Salad Mix	Yes	Yes	<1 wk	Bagged baby greens: various colors and shapes
Spinach	Yes	Yes	1 wk	Bagged dark green leaves
Swiss Chard	Yes	Yes	1 wk	Green leaves with multi-colored stems. Not in all boxes
Turnips	Yes	Yes	1-2 wks	White and round

All boxes should have either cucumber or chard this week – our chard harvest was less than expected; and our cucumbers are just coming into bearing and we've only been able to pick a few so far.

Swiss Chard is the large green leafy vegetable with bright colored stems. The variety we grow is called Rainbow chard because of the stems. Chard is generally cooked, and it has a very mild flavor. Both stems and leaves can be eaten; the stems require longer cooking. To prepare chard for cooking: wash leaves, pat them dry. Place one leaf on a cutting board, and with a short sharp knife cut the leaf away from the midrib. Do this with all the chard leaves; then chop stems and leaves separately.

Salad Mix. You're receiving a bagged mix of Asian salad greens (to be specific: Mizuna, Vitamin Green, Kale, Tokyo Bekana, and Red Mustard). These are tender, sweet, and slightly spicy. Baby greens are always more perishable than larger leaves, so we encourage you to eat them quickly. Like most of our vegetables, we washed the salad mix here at our farm. However, we recommend that you wash it at home before eating it.

Recipes from Two Onion Farm

Last year we partnered with Local Thyme CSA recipe service to bring recipes to our members. Based on the feedback we received in the yearly member survey last fall we decided to return to providing you with recipes and cooking tips on our own. The majority of responding members did not visit Local Thyme's website and did not use the recipes on a regular basis. Although we think Local Thyme is offering a valuable service to some CSA farms it looks like our members are satisfied with the recipes we can provide. So, we will bring our tried-and-true Two Onion Farm recipes to you again along with some novel ones and those that you, our members sent to us over the years. You can also visit our website www.twoonionfarm.com to view the recipes which we have developed and published in all of our past newsletters since 2005.

Chicken and Spinach Dumplings

A friend and fellow CSA member tried this recipe last week and recommended it to us. We had some leftover chicken from a roast, so timing was perfect. Serve it with a salad for a light lunch.

2 eggs
2 cups spinach, chopped

1 cup ricotta cheese
1 cup flour, divided
1/2 cup shredded Asiago cheese (or Parmesan)
1 tsp lemon peel
4 cups chicken broth
1 Tbsp thyme
2 cups shredded, cooked chicken

1. In a bowl beat 2 eggs. Add spinach, ricotta cheese, 3/4 cup flour, Asiago cheese and lemon peel; mix well and set dough aside.
2. In a big pot combine chicken broth and thyme. Bring to boiling. While you are waiting for the stock to boil, place 1/4 cup flour in a shallow dish. Scoop dough, 1 Tbsp at a time, into flour to coat; shape into ovals. Place dumplings on a plate next to the pot. You will have a little over 30. Drop 10-12 into boiling broth. Cook dumplings for 5 minutes or so. Take them out from broth with a slotted spoon, set them aside in a bowl. Repeat this until you cooked all dumplings.
3. Return all dumplings to broth. Stir in shredded chicken; heat through.

Makes 4 servings.

Swiss Chard with Almonds and Raisins

1/4 cup chopped almonds
1 bu green onions, thinly sliced (app. 1 cup)
Salt to taste
1 1/2 Tbsp olive oil, divided
1/8 tsp paprika
1 large bunch Swiss chard (about 1 lb), center ribs discarded and leaves coarsely chopped
1/4 cup raisins

1. Cook almonds in 1/2 Tbsp oil in a heavy skillet over medium-low heat, stirring frequently until golden, about 3-4 minutes. Set aside.
2. In a large pot, cook onion with salt in 1 Tbsp oil until soft. Add paprika and cook, stirring, for one minute. Add chard and stir until wilted. (If the chard does not fit in your pot, add it in batches – the chard will condense greatly as it wilts.) Add raisins and 1/4 cup water and cook covered, stirring occasionally, until chard is tender, about 7 minutes. Combine with almonds. Serve warm or chilled.