

Two Onion Farm

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Week of June 10, 2012

This week's box features some delicious spring treats. We're excited to see our first peas of the year. Pea season is brief, because the plants do not thrive in hot summer weather, but we're expecting good harvests for the next two weeks. We are including turnips for the second week in a row – these white, tender, sweet salad veggies are another short-lived spring item. We won't have any more until autumn. And the cone-shaped cabbage in your box is one of our favorite vegetables. It has delicious, tender leaves well suited for salads or light cooking.

We were glad to receive some needed rain early Monday morning after a week of hot, dry weather. We've been irrigating heavily. Warm weather at this time of year, combined with long days of intense sunlight, produces incredible crop growth if water is available – spring broccoli, onions, and young squash plants seem to be literally growing before our eyes.

Last week we pruned and trained the new growth on the apple trees which we planted in April. As the new branches develop on the trees, we use a combination of clothespins and twine to hold them down to a nearly horizontal position, instead of allowing them to grow upright. Branches in a more horizontal position are less likely to break, will produce more fruit, and better utilize the available sunlight. The trees are healthy and we're hoping for a light crop of fruit next year, and more in years after that.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	
Cabbage	Yes	Yes	1-2 wks	Cone-shaped variety
Carrot	Yes	Yes	2 wks	
Cucumber	Yes	Yes	1 wk	
Garlic scapes	Yes	Yes	1-2 wks	Green, long, and curved
Kohlrabi	Yes	Yes	1-2 wks	White, flattish-round shape
Lettuce	Yes	Yes	1 wk	Romaine/Bibb intermediate and/or Boston
Onions, green	Yes	Yes	1 wk	
Onion, mini red	Yes	Yes	1-2 wks	Bulbs for salads or cooking
Peas	Yes	Yes	1 wk	Snap peas – eat pod and seeds both
Radishes	Yes	Yes	2 wks	Pink, cylindrical
Spinach	Yes	Yes	1 wk	
Turnip	Yes	Yes	2 wks	White, round

Turnip. The round white salad turnips are delicious. They are extremely tender, juicy, and sweet, with just a hint of mustardy, turnipy taste. They can be lightly stir-fried or sautéed, but most people eat them raw, on salads or sandwiches.

Kohlrabi. This is the white, flattish-round shaped vegetable. It has a crisp, juicy texture and a slightly mustardy, slightly fruity taste. Before eating, peel off the tough skin.

You can eat kohlrabi raw and unaccompanied, or you can add grated or thinly sliced kohlrabi to a salad or coleslaw. Or sauté kohlrabi in butter or oil with salt and pepper. We regularly eat grated kohlrabi cooked with parmesan cheese – the recipe is in our [7/9/2006](#) newsletter.

Peas. These are "snap peas" - you can eat both the pod and the pea seeds inside. The pod is juicy and crunchy and the seeds sweet. We recommend that you eat your peas soon. Their sugars turn to starch as they remain in storage, so the peas will become less sweet.

For less tooth-clogging, string your pods before eating: snap off the top of the pod toward one side and pull it downward taking the string away with it.

Try the peas raw. You can also cook the entire pods. Best is to put the pods in boiling, lightly salted water for about 1½ - 2 minutes and then, to stop the cooking process, blanch them immediately by immersing them briefly in ice water. You can then chill the peas for serving in a salad, or you can cook the boiled peas further by sautéing them in butter or oil.

Sesame Cabbage Salad

3 Tbsp red wine vinegar
2 tsp olive oil
1 tsp sesame oil
¾ tsp honey
¼ - ½ tsp salt
red pepper to taste
1 small head cabbage, sliced thinly or shredded
1 carrot, shredded
¼ cup thinly sliced green onion or minced sweet onion (optional)

Combine vinegar, oils, honey, salt and pepper in a cup and whisk together. Pour dressing over cabbage, carrot, and onion in a bowl, and mix. Chill and serve cold.

Spinach and Kohlrabi Salad with Horseradish Vinaigrette

1 bunch spinach, torn into bite sized pieces
1 kohlrabi, cut into thin, narrow strips
1 green onion or baby red onion, thinly sliced

Dressing:

3 Tblsp olive oil
2 Tblsp red wine vinegar
1-2 tsp prepared horseradish
½ tsp brown mustard
½ tsp honey
Salt and pepper

Garnish (optional):

Sunflower seeds

For more recipes, look at our website www.twoonionfarm.com. You can view the recipes from all of our past newsletters.