

# Two Onion Farm

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Week of June 12, 2011

**Greetings!** We are glad to start another harvest season! This morning the following picture greeted everyone at Two Onion Farm: washing tubs lined up, cooler humming and awaiting the year's first lettuce, spinach and other vegetables; harvest crates clean and ready to be loaded on the tractor; eager farmers and employees meeting in the morning to start the first harvest day. It was exciting, electrifying and very cheerful. We look forward to many more days like this and providing you with a season's worth of delicious, fresh, beautiful vegetables from our farm.

We've begun some exciting new endeavors. During five weeks of cold weather in late March and April, Chris, employee Julie, and assorted other workers and volunteers erected four hoopouses in our field. These are plastic covered, arch-shaped tunnels, 85' long, 12' wide and about 10' high at the peak, which provide a warm growing environment sheltered from wind and heavy rain. The salad mix and radishes which you're receiving in your boxes this week were raised in the hoopouses. We're also using the houses to raise some of our tomatoes, cucumbers, peppers and zucchini this year, and small trial plantings of several other crops. Some of you will be able to taste the first cucumbers and zucchinis this week! We're planning to erect more of the houses this fall, next spring, and in future years, and we're using this year to experiment with crops and planting dates to see what will make the best use of the protected (but expensive) hoopouse ground. We have a small amount of area covered by the hoopouses this year and they will make a modest contribution to your boxes; in future years we expect them to contribute more substantially. This spring we also planted a small vineyard of table grapes and we hope to begin including the grapes in boxes in 2013. We're preparing soil for planting apples, berries and perhaps other fruit trees in spring 2012. Facebookers can view photos of grapes, hoopouses and other farm happenings on our [facebook page](#).

We experienced difficult spring weather this year: April was unseasonally cold and delayed the growth of our early spring crops, including broccoli, cabbage, peas, and garlic scapes. We typically include these items in our early season boxes, but all will be scarce or absent until the third week of deliveries this year. When this spring's slow growth became apparent in May, we sowed an extra planting of quick growing salad mix which we are harvesting this week for your boxes. Looking ahead, we foresee that next week's boxes will again be slightly slimmer than usual, but we expect more abundant harvests beginning in the third week, as broccoli, cabbage, carrots, summer squash, and other crops reach maturity.

Enjoy your vegetables! Feel free to call or email us. We are happy to answer your questions, and we take your comments and suggestions very seriously.

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**Electronic newsletters.** We email this newsletter instead of including paper copies in each box in order to reduce waste. Anyone who wants a paper newsletter can take one from the clipboard at their delivery site. Anyone who receives email newsletters can opt out now or at any time 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](http://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.

## In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	Not in all boxes
Cucumber	Yes	Yes	1 wk	Not in all boxes
Green Onions	Yes	Yes	1-2 wks	
Kohlrabi	Yes	Yes	1-2 wks	Not in all boxes
Lettuce	Yes	Yes	1 wk	Romaine or Boston or Bibb
Radishes	Yes	Yes	1-2 wks	Either round or cylindrical
Salad Mix	Yes	Yes	<1 wk	
Salad Turnips	Yes	Yes	1-2 wks	White, round, and smooth.
Spinach, Baby	Yes	Yes	<1 wk	
Zucchini	Yes	Yes	1 wk	Not in all boxes

**Salad Mix.** You're receiving a bagged mix of Asian salad greens (to be specific: Mizuna, Tatsoi, 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. The mix is delicious with the sour cream dressing recipe in this newsletter.

Like most of our vegetables, was washed the salad mix here at our farm. However, we recommend that you wash it at home before eating it.

**Zucchini and Cucumber.** We are picking these crops from our trial plantings in the hoophouse. We won't have enough for every box. In a few weeks our larger field plantings will begin to mature and we expect larger quantities. Whenever we don't have enough of a single crop for every box we always track who receives which item and try to ensure that different folks will receive that same item in another week.

**Turnips.** The round white salad turnips you're receiving this week are exceptionally juicy and tender. They can be eaten fresh in salads and sandwiches. You don't need to peel them. For a simple cooked side dish, try slicing the turnips thin and sautéing them in a little butter until they are just turning brown and crispy.

### Sicilian Dressing

3 Tbsp olive oil  
2 Tbsp balsamic vinegar  
1/2 tsp dried oregano  
Salt and pepper to taste

### Honey Mustard Dressing

Excellent as a dip with raw vegetables or as a salad dressing.

1/4 cup mayonnaise  
1 Tbsp mustard  
1 Tbsp honey  
1/2 Tbsp lemon or lime juice

### Sour Cream Dressing

Mix ingredients and refrigerate for at least 6 hours before serving.

1 cup olive oil  
5 Tbsp red wine vinegar  
1/4 cup sour cream  
1 and 1/2 tsp salt  
Pinch pepper  
1/2 tsp mustard powder  
1/4 cup sugar  
2 tsp chopped fresh parsley  
1 clove garlic, minced

**For more recipes,** look at our website [www.twoonionfarm.com](http://www.twoonionfarm.com). You can view the recipes from all of our past newsletters.