

Two Onion Farm

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Field Days: Welcome to our biweekly members who are receiving their first box this week. We hope you will enjoy the organic produce from our farm this season!

The organic grower community is a supportive and collaborative one. We are members of several organizations that, among other things, promote grower education through field days and workshops.

This past Sunday afternoon the whole family headed to another organic vegetable CSA farm in the area to attend a field day about farm tools.

We saw a plethora of seeders, planters and transplanters: big and small, tractor pulled and human powered. Our children hung around a bit, then headed to a rain filled ditch. Chris and I got to see some cool tools in action and caught up with farmer friends whom we don't usually see this time of the year, while our children got soaked to the bone. We all had a good time!

This week the growers will gather on our farm. Along with another apple grower we will host an organic apple orchard management field day.

We very much appreciate how willingly everyone in the organic farming community shares information with each other, and feel fortunate to be part of it.

Enjoy the vegetables in your box this week! We are especially excited about the cucumbers, cabbage and broccoli! ~ Juli

Save the date – member event

Our member event this year will be on Saturday, September 17 from 3:30 pm to 6:30 pm. We invite you to the fields: tour the farm, dig carrots and radishes, pick flowers, talk to your farmers and fellow members, listen to some music and have supper with us! Mark the date on your calendar now; more details to come later.



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 wk	
Cucumber	Yes	Yes	1 wk	
Garlic scape	Yes	Yes	>1 wk	
Kale	Yes	Yes	1 wk	In some boxes every week.
Lettuce	Yes	Yes	1 wk	Bibb intermediate and/or Boston type.
Onion	Yes	Yes	>1 wk	Mini red bulbs.
Pea	Yes	Yes	1 wk	Not in all boxes – first harvest, more to come
Radish	Yes	Yes	1 wk	Long, red, slightly spicy.
Spinach	Yes	Yes	<1 wk	
Turnip	Yes	Yes	1 wk	First harvest, more to come!

Onion – You're receiving a mini red onion, called Purplette. They are one of the first bulb onions that can be harvested early in the season. These are fresh onions which means they were not given time to form the dry, protective outer layer allowing them to be stored at room temperature. So keep them in the fridge! Purplette is excellent in salads or lightly cooked.

Garlic scapes - These are the long, green items, often curly with a small bulge near one end. A garlic scape is actually the top of the stem from the garlic plant. The scapes have a strong garlic flavor. Generally we use them in cooked dishes. The intense flavor of the raw scape mellows a lot with cooking. You can substitute 1 thinly sliced garlic scape for 1-2 minced garlic cloves.

Turnip – the round white salad turnips in this week's box 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. You don't need to peel them.

Kale – Kale has a very long growing season, and we can harvest from the same plant for months. Last year we worked out a harvesting schedule for kale that allows us to pick over the entire planting every week without inundating our members with this vegetable. The result is that you will receive a bunch of kale in your box once out of every 3 deliveries. [Click here](#) for some great recipes with kale.

Kids' Corner



Hi!

If you don't know me, my name is Andrew. Anybody who got the newsletters last year

knows I write jokes into it every third week. Here are some I like a lot:

1. What's the fastest vegetable?

Answer: A runner bean.

2. Why did the tomato go out with a prune?

Answer: Because he couldn't find a date!

3. What is a sailor's least favorite vegetable?

Answer: A leek!

~Andrew

Shredded Salad

(Make into a meal by adding hard boiled eggs and bacon. It's delicious! We doubled the recipe for a light supper for 5.)

- 2 cups finely sliced cabbage
- 2 cups finely sliced lettuce
- 1 cup finely sliced spinach
- 1 salad turnip, julienned (sliced in two directions to make long thin strips)
- 1 small red onion OR 2 green onions, sliced thinly
- 2 tsp fresh lemon juice
- Salt
- 4-5 Tbsp olive oil
- 2-3 hard boiled eggs, sliced (optional)
- 4 bacon strips, fried and crumbled (optional)

Mix all greens and turnip in a bowl. Mix onion, lemon juice, and 1/4 tsp salt; then whisk in oil. Toss the greens with a few pinches of salt, then with the dressing. Garnish with optional hard boiled eggs and bacon, and serve.

Broccoli with Onion and Mushroom

- 2 Tbsp butter or canola oil
- 2 small red onions, minced
- 4 cups small broccoli florets and peeled, thinly sliced broccoli stems
- 1/4 lb mushrooms, sliced
- 1-2 garlic scapes or 1 clove garlic, minced
- 3/4 tsp thyme
- 1 Tbsp lemon juice
- Salt and pepper to taste
- Parmesan cheese (optional)

1. Heat butter or oil in a large skillet, add onion and saute briefly, until translucent.
2. Stir in broccoli, mushroom, garlic scape (or garlic) and thyme. Cook, over medium heat, stirring often, for about 5 minutes, or until broccoli is tender.
3. Remove from heat, stir in lemon juice, and salt and pepper. Serve warm with the optional Parmesan cheese on top.