

Two Onion Farm

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Week of June 14, 2009

Welcome. We look forward to providing you with a season's worth of delicious, fresh, beautiful vegetables from our farm. Since we sowed our first seeds in mid March, Chris and Juli, nine part-time employees, and a wonderful group of member workers have been tilling, planting, transplanting, weeding, and cultivating to bring you a season's worth of vegetables. The spring weather has been good overall, although a bit cool in the last few weeks. Thankfully we have escaped the awful spectre of spring: too much rain, which brings cool wet soil and prevents us from tilling and planting on schedule.

The broccoli harvest is small this week; our earliest broccoli matured a bit too early, last week, and our next broccoli is mostly still too small to pick this week. We plant broccoli regularly to yield a steady supply, but sometimes the vagaries of weather cause a gap in maturity between successive plantings. We will likely not have enough broccoli to include in every box this week. When this happens, we reward the boxes which do not have broccoli with extra of other vegetables. And we track who does and does not receive broccoli. If there is another week of low broccoli harvest, we try to ensure that different members will receive broccoli the second week. We have many broccoli plantings growing in the field, and more plantings planned for the coming weeks, so we expect to have much more broccoli for everyone later in the year.

We have the opposite situation in lettuce: two lettuce plantings are maturing in the same week and we expect to have an abundant harvest this week. Enjoy!

We are looking forward to the week of warmer weather which is in the forecast. In the next week or two, we expect to harvest more broccoli, lettuce, and radishes, as well as peas, small bulb onions, kohlrabi, baby leeks, cabbage, and fennel. Carrots, summer squash and cauliflower are a few more weeks out. Our warm season vegetables, such as tomatoes, peppers, and green beans, are all alive and healthy and growing towards mid summer maturity. We are starting to plant many crops for fall harvest: Brussels sprouts, cauliflower, broccoli, carrots and others.

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.

Coming soon! Electronic newsletters. Last autumn we surveyed members about a potential switch from paper newsletters like this one to email newsletters. Most members encouraged us to switch to email newsletters and said they would like to see us save more paper. But some said they appreciated the convenience of a paper newsletter which they could carry into the kitchen while cooking. We plan to begin emailing the newsletter in the third week of the delivery season (June 28-July 4). At that time we will no longer include a paper newsletter in each box. We will, however, leave paper newsletters each week on the clipboard at each delivery site. Anyone who wants a paper newsletter can take one from there. If you find that your site is running short of paper newsletters, let us know and we will bring more. (Please understand that we cannot pack a paper newsletter in the box for individual specific members, because we do not pack boxes for specific members. Each "Weekly Large Box" we pack, for example, could end up going to one of many members.) We plan to email the newsletters each week to anyone for whom we have an email address. Anyone who wishes to not receive the email newsletters can opt out now or at any time by contacting us at farmer@twoonionfarm.com; 608-762-5335.

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 Boston
Spinach	Yes	Yes	1 wk	
Broccoli	Yes	Yes	1 wk	Not in all boxes – small harvest this week
Radishes	Yes	Yes	1-2 wks	Long and cylindrical, with pinkish red skin and white flesh. Hot, pungent taste.
Salad Turnips	Yes	Yes	1-2 wks	White, round, and smooth.
Beets	Yes	Yes	1-2 wks	Long and cylindrical. Deep purple red color.
Green Onions	Yes	Yes	1-2 wks	

Lettuce salad. A simple vinaigrette is 1 cup olive oil, 5 Tbsp red wine vinegar, 1/2 tsp salt, lots of black pepper, and optionally 1 crushed or minced garlic clove. Green onions, turnips, radishes, and beets (cooked & chilled) are all good additions to a salad.

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. 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.

Beets. There are at least three ways of cooking beets: You can slice them about 1/4 or 1/2 inch thick and steam them, you can boil them whole or sliced, or you can roast them whole in a covered pan in a 350 degree oven until they are just tender, usually over 45 minutes – be careful not to overroast them! Boiling or steaming is quicker than roasting, but roasting yields the best flavor. If you roast or boil the beets whole, the skins will slip easily off the cooked beets.

Box sizes. Our large box is a 3/4 bushel box. The small box is 1/2 bushel. We deliberately use boxes which are larger than needed, and in most weeks there will be some empty space in the boxes. Please don't think you're being cheated! In the past we have tried some smaller boxes which required us to cram the vegetables in, resulting in bruised tomatoes, torn lettuce, etc. The larger boxes are much easier for us to work with and keep your produce in better condition.

Frittata

1 Tbsp olive oil
 1 bunch green onions, sliced
 1 cup small broccoli florets
 1/4 tsp salt
 Pinch of dried oregano and thyme
 2 handfuls spinach, chopped (or Swiss chard)
 Black pepper
 4-5 eggs
 1/4 cup grated cheese (cheddar, parmesan, etc.)

1. Preheat oven to 375 degrees.
2. Heat oil on stovetop in 9 or 10 inch cast iron skillet. Add green onions, broccoli, salt, and herbs and cook, stirring, over medium-high heat for 5 minutes.
3. Add spinach and black pepper. Stir and cook for 1-2 minutes, until wilted. Remove from heat.
4. Beat eggs in a bowl. Stir in cheese and pour mix over vegetables. Place skillet in preheated oven for 10-15 minutes or until frittata is solid when shake pan.

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

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.