

Two Onion Farm

Chris & Juli McGuire • 19638 Cottage Inn Road, Belmont, WI 53510
farmer@twoonionfarm.com • (608) 762-5335 (home office) • (608) 726-2550 (cell)

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Harvest time!



Last week I promised we would trace back your box contents to their seed packets in a series of short articles. I started the journey by writing about how we clean the vegetables. This time I tell you about harvesting on the farm. As it happens we just did it yesterday.

Our harvest days are Mondays and Thursdays. Chris and a few crew members start early to harvest the lettuce. We want to avoid the heat, so this tender, leafy vegetable doesn't wilt. In the meantime, Emily B. preps the packing shed for the day: fills tubs with water, turns coolers on and readies storage boxes among other things. By 8:30am the rest of the crew gathers

in the packing shed. We each have a harvest bucket we take everywhere we go on harvest days. It is a 5-ga bucket containing all the harvest tools we might need (scissors, pruners and assorted knives). Suntan lotion, vanilla extract against gnats, water bottle and other useful items reside in there as well. We all head out to the field and start harvesting!

We begin with the most perishable vegetables (such as spinach) first while it is still cool outside, then move to the others. Sometimes the whole crew works together, sometimes we break up into smaller groups and harvest several vegetables simultaneously. The tractor goes back and forth between the field and the packing shed taking the harvested produce in for cleaning and storage.

Harvesting gives us a strong sense of the seasons changing. The kind of vegetables we can pick each week, their quantity and quality show precisely what has been happening with the weather. It is fascinating and humbling at once. We delight in finding the first ripe cucumber or pea. We acknowledge the passing of the spring when the spinach yield goes down. We cheer when we dig up the first orange, crispy carrot. We hope you are enjoying this awesome journey!

Juli

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	
Carrot	Yes	Yes	2 wks	First carrots of the year!
Cucumber	Yes	Yes	1 wk	
Garlic scape	Yes	Yes	1-2 wks	
Green onion	Yes	Yes	1 wk	Large boxes only.
Kale	Yes	Yes	1 wk	In some boxes every week
Lettuce	Yes	Yes	1 wk	Bibb/Romaine intermediate and/or Boston
Onion, bulb	Yes	Yes	1-2 wks	
Pea	Yes	Yes	1 wk	Not in all boxes. First harvest, more to come next week.
Spinach	Yes	Yes	1 wk	Last week for spinach, it will be back in the fall.

Cabbage – This week we are distributing a round, mini cabbage, called Gonzales. Cabbage is a versatile vegetable: you can eat it raw in coleslaws, or cooked in many dishes. We love the crunchiness of this vegetable. Be sure to try out the vegetable spring roll recipe this week; everyone liked it in our family.

Kale – Our plan for kale for the next four months is that a portion of members will receive kale each week, on a rotation, so that members with weekly boxes will receive it every 3-4 weeks. Biweekly members should receive it every 4-7 weeks. Harvesting a modest amount of kale weekly is the best way for us to maintain the health of our kale planting. In the weeks that you do not receive kale you will receive extra of another item to compensate. We are giving out Lacinato (also called Dinosaur) kale from now on. This is our favorite kale; we like its taste best among all the different types of kale. Kale is very rich in vitamins A, C, and the mineral calcium. When preparing kale, remove stems from leaves by folding the leaf in half lengthwise and stripping or slicing away the thick stems. Discard the stems and chop up leaves for your dish. [Click here for great kale recipes.](#)

Garlic scape – These are the long, green items, often curly with a small bulge near one end. 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.

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. Purplette is excellent in salads or lightly cooked.

Chicken and broccoli stir-fry

(4-6 servings)

1 lb chicken (or tofu) in bite size pieces

1 Tbsp soy sauce

1 Tbsp sesame oil

1/2 tsp corn starch

2 Tbsp oil, divided

5 cups broccoli florets

3/4 cup chicken broth

Salt to taste

1 tsp corn starch mixed with 1 Tbsp water

1. Marinate chicken or tofu for a few hours in soy sauce, sesame oil and 1/2 tsp corn starch.

2. Heat 1 Tbsp oil in skillet over medium-high heat. Add broccoli florets, and stir-fry for a minute. Add broth and salt to taste. Cover and cook on low for 2-4 minutes, stirring every minute or so, until broccoli is at desired texture. Remove broccoli and the remaining liquid from pan and set aside.

3. Turn heat back to medium-high. Add 1 Tbsp oil and chicken (or tofu) to pan. Stir-fry until chicken cooks through (2-4 minutes). Add broccoli and cook for another minute. Form broccoli and chicken into a ring with a hole in the middle. Pour water and corn starch

mixture into middle. Mix together and continue cooking until the sauce thickens a bit. Serve over rice.

Vegetable Spring Rolls

(Recipe submitted by a member)

makes app. 6 spring rolls

1 Tbsp oil

1 tsp minced, fresh ginger

2 garlic scapes, thinly sliced

1-2 broccoli stalks, thinly sliced

2-3 small carrots, grated

1 1/2 cup shredded cabbage

3 green onions, sliced OR 1/2 cup minced onion

1 1/2 Tbsp oyster sauce

spring roll wrappers

1. Heat oil in a skillet on medium-high. Saute ginger and garlic scapes briefly, for 30 seconds.

2. Add all vegetables, and cook, stirring until soft, for 2-3 minutes. Remove from heat, stir in oyster sauce, and let it cool a bit.

3. When mixture is cool enough to handle, wrap filling in spring roll wrappers. Use 2-3 Tbsp filling per wrapper, depending on the size of the wrappers.

Kids' Corner

Hi! My name is Andrew. Here are a few jokes I would like to share with you:

1: Why did the cabbage win the race?

Answer: Because it was A HEAD!

2: What did the baby corn say to its Mama?

Answer: Where is Pop?

3: What does a mixed up hen lay?

Answer: Scrambled eggs.

