

# Two Onion Farm

Chris & Juli McGuire • 19638 Cottage Inn Road, Belmont, WI 53510  
[farmer@twoonionfarm.com](mailto:farmer@twoonionfarm.com) • (608) 762-5335

---

Week of June 15, 2008

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 on March 15th, Chris and Juli, four employees, and a wonderful group of member workers have been tilling, planting, transplanting, weeding, cultivating, and doing the other tasks needed to bring you a season's worth of veggies.

It has been a challenging spring. The unseasonably cool weather in May delayed the growth of our vegetables. Plantings of peas and spinach which we intended for harvest this week are lagging and will not mature for another 1-2 weeks. Our lettuce and broccoli crops have also been growing slowly. In the case of lettuce and broccoli, however, we plant some early "insurance" plantings which in a normal year mature before the start of the delivery season. This year those early plantings are maturing just in time for the first week's harvest.

Last week's heavy rains tore and shredded the leaves on many of our tender leafy crops like lettuce, spinach, and chard, and also splashed a good bit of dirt up into the lettuce heads. Fortunately, however, the high location of our farm has saved us from the flooding which has afflicted many of our neighbors.

We are looking forward to the week of dry sunny weather which is in the forecast, and in the coming weeks, we expect to harvest more broccoli, lettuce, and radishes, as well as carrots, kohlrabi, peas, small bulb onions, baby leeks, cabbage, fennel, and cauliflower. Our warm season vegetables such as tomatoes, peppers, and green beans, are all alive and healthy, although a bit behind where they would be in a warmer year. We are busy now planting many crops for fall harvest: Brussels sprouts, cauliflower, broccoli, 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.

**July 4th deliveries.** We will deliver boxes as usual on Friday July 4th. Some of our regular pickup locations are closed on that date, and we are arranging alternate convenient locations. If we need to change your pickup site for July 4th, we will contact you shortly to tell you the details.

---

## In this week's box:

| Vegetable     | Refrigerate? | Store In Plastic Bag To Retain Moisture? | Approx. Storage Life | Comments   |
|---------------|--------------|--|----------------------|--|
| Lettuce       | Yes          | Yes                                      | 1 wk                 | Romaine, Boston, or Bibb   |
| Broccoli      | Yes          | Yes                                      | 1 wk                 |  |
| 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              |  |
| Swiss Chard   | Yes          | Yes                                      | 1 wk                 | May not be in all boxes - colorful large leaves                                  |

**Swiss Chard.** Last week's rains really battered our chard planting and we will not have enough for every box this week. (In a case like this, we do give extra of other vegetables in the boxes which do not have chard). If you're one of the lucky ones who does receive chard, here are some suggestions: Chard should be cooked before eaten. Both the stems and leaves can be eaten; the stems require longer cooking. Generally you should cut the leaf away from the stem and prominent midrib before cooking.

Sautéed chard: Separate the leaves and stems. Slice the stems, and cut the leaves into 1/2" wide strips. Start the stems sautéing in olive oil with salt and pepper, and, optionally, onions and garlic. When the stems begin to become tender, add the leaves. Continue cooking until the leaves are just tender. Serve over pasta with parmesan cheese. Or dress with lemon juice or vinegar and serve as a side dish.

Another possibility is to cook the leaves in their own juice: After cutting the leaves away from the stems and midribs, slice the leaves into 1/2" wide strips. With the leaves still wet from washing, place them in a large pot. Salt lightly. Cook covered, stirring occasionally, until the leaves wilt. Remove the cover and continue cooking until excess water evaporates. You can dress with olive oil and lemon juice/vinegar, season with pepper, and serve warm.

**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** are yielding well. 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.

**Turnip, lettuce, and egg sandwich:** Sauté sliced turnips in butter as described above and

combine them in a sandwich with lettuce leaves and a fried egg. It's good – really!

**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.

### **Beet and Green Onion Salad**

4-5 beets  
4 green onions, sliced  
2 hard boiled eggs, sliced  
Lettuce

Dressing: Combine 1 1/2 Tbsp red wine vinegar, 2 tsp balsamic vinegar, 1 tsp Dijon mustard, 1/8 tsp salt, black pepper, 3 Tbsp olive oil, and 2 Tbsp walnut oil.

Cook and slice the beets by your favorite method (see above). Mix the beets, onions, and vinaigrette and serve over the lettuce. Garnish with eggs.

**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.

**Box sizes.** Our large box is a 3/4 bushel box. The small box is 1/2 or 5/9 bushel. We deliberately use boxes which are larger than needed, and in most weeks there will be some empty space at the tops of the boxes. Please don't think you're being cheated if there is some empty space at the tops of the boxes. 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.

**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.