

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)

Week of June 15, 2014

We grow lots of lettuce! In the first years of our CSA, Chris and I decided that we wanted to put lettuce into every vegetable box, every week. We eat a lot of salad in our house; and we thought lettuce would be well received by our members as well. In the end of year surveys, most members told us that we were on the right track. To ensure that we can harvest lettuce for 24 weeks straight, Chris has worked out a planting schedule (he has one for every crop we grow on the farm). We sow the first lettuce seeds into soil blocks around March 25, and we plant again every 3-7 days for the next 5 months, until around August 26. The trays of soil blocks stay in our germination chamber for 48 hrs to keep them at the right temperature for germination (68-70 degrees). This means heating the chamber in the spring months, but cooling the chamber during summer heat. That's right, we actually turn the AC on for the lettuce seeds during summer! Then we move the trays to the greenhouse where the lettuce emerges and grows for the next 12-15 days. Then the time has come to transplant the lettuce seedlings to the field. We put an irrigation line by each row of lettuce, weed them as needed and harvest the mature lettuce after about a month in the field. We hope you will enjoy your weekly salads! - Juli

There was a storm here last night with very strong winds and some hail. I am writing this newsletter on Tuesday early morning, so we have not had a chance to walk the fields, yet. Our 30 feet- tall spruce tree is on the ground behind the house. Thankfully it did not fall on any building. I can happily report that all hoopouses and greenhouses are standing. The power was out for most of the night, so our walk-in coolers were not working.

Friday members: We lost our spinach crop in the hail storm on Monday night. There will be no spinach in your boxes this week. We are very sorry! Other vegetables suffered hail damage, too. We harvested lettuce from a young planting, but you will find some torn and shredded leaves on it. The broccoli and the first peas are damaged as well. Their storage life will be shorter than usual because of it. Thank you for your understanding!

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Beets	Yes	Yes	1-2 wks	Roots and leaves
Broccoli	Yes	Yes	1 wk	Friday - not in all boxes
Carrots	Yes	Yes	1-2 wks	
Cucumber	Yes	Yes	1 wk	
Baby red onions	Yes	Yes	1-2 wks	
Kohlrabi	Yes	Yes	1-2 wks	Pale green and round
Lettuce	Yes	Yes	1 wk	Summercrisp, Boston and/or Romaine/Bibb intermediate
Pea	Yes	Yes	1 wk	Not in all boxes
Spinach	Yes	Yes	1 wk	Not in Friday boxes because of hail damage

Beet. This week we are including the beet greens along with the roots. The greens can be chopped and cooked like chard or other cooking greens – find two recipes using beet greens in our [6/18/2013](#) newsletter. If you won't eat the greens, you should cut them off from the roots and discard them – this will help the roots to store better in your refrigerator.

Kohlrabi. This is the white, flattish-round shaped vegetable. It has a crisp, juicy texture and a slightly mustardy, slightly fruity taste. Before eating, peel off the tough skin.

You can eat kohlrabi raw and unaccompanied, or you can add grated or thinly sliced kohlrabi to a salad or coleslaw. Or sauté kohlrabi in butter or oil with salt and pepper. We regularly eat grated kohlrabi cooked with parmesan cheese – the recipe is in our [7/9/2006](#) newsletter.

Salad Dressings

Early summer provides us with lots of leafy greens and other vegetables great for salads.

If you are running out of ideas about how to serve your lettuce or spinach, we've printed five recipes for salad dressing here. All can be made in batches and stored in your fridge.

Apple Vinaigrette

Try this dressing on a lettuce salad with some of these toppings: chopped walnuts; grated cheese; sliced green onions; cooked, sliced, and chilled beets; and/or thinly sliced fennel. The dressing stores well in the fridge.

2 cups apple juice
1/3 cup cider vinegar
2 tsp good mustard
1 clove garlic, crushed
1/2 tsp salt

Creamy Mustard Vinaigrette

1 Tbsp good quality mustard
4 tsp red wine vinegar
2 Tbsp dry wine
1/4 cup olive oil
2 Tbsp plain yogurt
Salt and pepper to taste, and a dash of cayenne

Sesame Orange Dressing

1/2 cup orange juice
2 Tbsp red wine vinegar
1 1/2 tsp soy sauce
1 Tbsp sesame oil
1/4 cup mild vegetable oil (such as Canola oil)
1/4 tsp salt
1/4 tsp dry mustard
1/2 tsp dry dill
1 clove garlic, crushed or minced

Simple Vinaigrette

This is our basic everyday salad dressing.

1 cup olive oil
5 Tbsp red wine vinegar
1/2 tsp salt
1 clove minced garlic (optional)
Lots of black pepper

If you wish, add dry or fresh herbs (basil, dill, and thyme are excellent). Or add a dollop of Dijon mustard.

Maple Vinaigrette

4 Tbsp olive oil
3 Tbsp balsamic vinegar
2 Tbsp maple syrup

Recipes for Two Onion Farm T-shirt –
What's cooking in your kitchen? Share it with us! Send us 3 of your favorite recipes you made with Two Onion Farm vegetables and receive an awesome Two Onion Farm T-shirt (sizes S, M, L)! We will include those recipes in our newsletter whenever we can. Thanks!