

# Two Onion Farm

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## Week of June 16, 2013

Cucumbers are here! We sowed our cucumber seeds on April 4th into 3" soil blocks and tended the young seedlings in our greenhouse for a few weeks. While the seedlings were growing in this warm environment we prepared their spot in the field. We carefully covered all four walls of one hoop house (unheated plastic covered greenhouse) with insect netting. This is a white mesh which allows air flow through the hoop house when we roll up the plastic sides, but keeps the dreaded cucumber beetles and squash bugs out. These insects can do a lot of damage, and our early planting of cucumbers is very important for us, so we wanted to make sure that no unwanted insect pests can reach them. On April 25th we transplanted the cucumbers into the hoop house. The plants started growing vigorously there, and we could soon start twining them around their individual supports. The supports are strings hanging from the top of the hoop house and anchored to the ground right next to each cucumber. Each week we twine the cucumbers' new growth around the strings and prune the cucumbers. On each plant we allow the main stem to grow, but cut or snap off every branch. This allows better airflow between plants, reduces disease pressure, allows sunshine to reach each leaf and fruit, and prevents a jungle of tangled cucumber vines from taking over our hoop house. By now, some of the cucumbers have reached the top of the hoop house (12 feet) and started gracefully cascading towards the ground. Ten weeks after starting the seeds, we have cucumbers to put in your box. Enjoy them!

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**Farm-Fresh and Fast Cookbook.** Fairshare CSA Coalition has published a new cookbook: *Farm-Fresh and Fast*. A companion to the popular *From Asparagus to Zucchini*, *Farm-Fresh and Fast* is bursting with strategies, techniques, and over 300 novel and delicious recipes for both seasoned and new CSA members and farmers' market shoppers. As a member farm of Fairshare we have received a discount on the cookbook which we are passing on to our CSA members. You can order the book from us for \$20 including tax (regular price is \$24.95 plus tax). Email us if you'd like to order a cookbook and we will deliver one to you with an upcoming vegetable delivery.

### In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	Not in all boxes
Baby Leeks	Yes	Yes	1-2 wks	
Beets	Yes	Yes	1-2 wks	Roots and leaves
Garlic Scapes	Yes	Yes	1-2 wks	Curvy green stem
Kohlrabi	Yes	Yes	1-2 wks	Pale green and round
Lettuce	Yes	Yes	1-2 wks	
Salad Mix	Yes	Yes	<1 wk	Bagged baby greens: various colors and shapes
Spinach	Yes	Yes	1 wk	Bagged dark green leaves

**Beets.** 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 – see this week’s recipe from Local Thyme for an example. 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.

**Baby Leeks.** This variety of leeks is intended for harvest at an early stage when the plants are still slender. You can eat both the white bottom of the plant as well as the base of the green leaves. We enjoy the baby leeks lightly cooked in stir-fries or sautéés. Leeks can be substituted for onions in many recipes. You can use them in recipes in place of standard, larger leeks, but you should substitute at least 3 or 4 baby leeks for each regular leek in the recipe.

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

## This week’s recipes from Local Thyme:



### Beets, Beet Greens, and Frizzled Leeks with Feta

1 bunch Beet  
Beet Greens  
5 tablespoons Olive Oil , divided  
1 bunch Baby Leek , cleaned, sliced thinly  
2 tablespoons Cider Vinegar  
1 teaspoon Dijon Mustard  
1/2 teaspoon Salt  
3 ounces Feta Cheese , crumbled  
1/4 cup Pine Nut , toasted

1. Separate greens from beets. Place beets in a roasting pan with about 2 inches of water, cover and roast in a 400° oven for at least 45 minutes, until easily pierced with a fork or a skewer.
2. While the beets roast, thoroughly wash beet greens, and separate leaves from stalks. Rough chop leaves and set aside, chop stems, keep separate from leaves.
3. Sauté leeks and beet green stems by warming 2 tablespoons olive oil in a large skillet over moderately high heat, toss the leeks and stems until well covered with oil, sprinkle with salt, cover pan and reduce heat to medium, let leeks and stems sweat for about 10 minutes. Remove lid, and raise temperature to moderately high. Stir veggies until the pan begins to brown. Splash about 1-2 tablespoons water into the pan to help transfer all the browning to the leeks. Add beet green leaves and stir over moderately high heat until greens are wilted. Season to taste with salt and pepper.
4. When beets finish roasting, slip the beets' peels off, and cut beets into small wedges.
5. Meanwhile, in a small bowl, whisk together vinegar, dijon, 3 tablespoons olive oil. Toss greens, onions, beets with the dressing, and top with crumbled feta and toasted pine nuts.

A reminder about this year's newsletter recipes: This year we've partnered with Local Thyme CSA recipe service in Madison. Each week Local Thyme will provide two recipes which we will include in our newsletter.

You can also login into Local Thyme's website to access this additional information:

- Searchable database of chef-tested, seasonally-based recipes
- Vegetable ID with pictures of typical CSA produce and storage info.
- Cooking support, tips and tricks and more

To view this information on the Local Thyme website, you'll need to create an account there. Go to [LocalThyme.net/register](http://LocalThyme.net/register), and use the code: TWOONIONFA. We've paid an annual fee so that registration is free for Two Onion farm CSA members.

As in the past, you can also visit our website, [www.twoonionfarm.com](http://www.twoonionfarm.com), to view the recipes which we have developed and published in all of our past newsletters since 2005.

### **Beet Risotto with Blue Cheese, Walnuts and Wilted Beet Greens**

- 1 bunch Beet , trimmed, peeled and diced 1/2 inch cubes
- 1 bunch Beet Greens , cleaned, stems removed, roughly chopped
- 2 Baby Leek , finely chopped
- 2 Garlic Scape , minced
- 4 tablespoons Olive Oil , divided
- 1 1/2 cup Arborio Rice
- 3/4 cup White Wine
- 4 cups Chicken or Vegetable Stock
- 2 tablespoons Butter
- 1/2 cup Blue Cheese , crumbled
- 1/4 cup Walnut , toasted, chopped
- Salt and Pepper , to taste

1. Preheat oven to 400°. Place beets on a rimmed baking sheet, drizzle with 2 tablespoons olive oil, and sprinkle with salt and pepper. Toss to coat. Roast until tender, stirring once after 20 minutes, for a total of about 40 minutes. If beets aren't tender after 40 minutes, roast until they are. If you can't bear

to turn on the oven, keep beets whole, prick with fork, put in a microwave safe bowl, cover with water. Microwave the beets until tender, 15-40 minutes, depending upon the strength of your microwave. You will know they are almost done when you can smell them.

2. While beets roast, bring stock to simmer in a large saucepan. Reduce heat to very low, cover, and keep stock warm.

3. In a large, heavy saucepan, heat 2 tablespoons olive oil over medium low heat. Sauté the leek and garlic scapes until soft, about 5 minutes. Add rice and stir for about one minute so that each grain is coated with the oil. Add wine and simmer, stirring, until absorbed, about 2 more minutes. Add 1/2 cup of hot stock, and continue to stir and allow the stock to be absorbed by the rice. When the rice is completely without liquid, add another 1/2 cup of stock, and repeat this process, until the rice is tender and the mixture is creamy, for about 25 minutes total. (Test the rice texture when you've used all the stock; the rice should be silky, but should be al dente, or still have a little bit of firmness in the very center of the rice grain. If it is not quite ready, then use 1/2 cup of hot water to finish cooking.) Stir in the beet greens so they wilt, about 3 minutes. Stir in the butter, and then fold in the blue cheese, roasted beets, and walnuts. Taste and season with additional salt and pepper. Serve immediately.