

# Two Onion Farm

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Week of June 17, 2007

**Welcome.** We look forward to providing you with a season's worth of delicious, fresh, beautiful vegetables from our farm. Thanks to a warm May and June, our early season crops are yielding well, and we anticipate a bountiful harvest for the first few weeks of the season. In addition to the vegetables in this week's box, we expect to give you summer squash, cabbage, cauliflower, Swiss chard, fennel, red and yellow onions, and baby leeks in the coming weeks. Summer crops such as tomatoes and green beans are off to a good start and should mature in July and August, and we are just now planting many crops for fall harvest: Brussels sprouts, cauliflower, broccoli, and others.

Note that your box 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.

A note to those of you who receive half boxes: As stated in our membership brochure, we aim to provide you each week with a quarter or third of a bushel of vegetables. However, the smallest waxed produce box which is readily available has a half-bushel capacity. We need to use the half bushel box for your vegetables, so please expect some empty space in your box each week.

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.

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## 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 a Romaine/Bibb intermediary
Broccoli	Yes	Yes	1 wk	
Spinach	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. Tender flesh with a sweet, slightly mustardy taste. Try them raw in salads or sandwiches.
Snap Peas	Yes	Yes	1 wk	Excellent raw or lightly cooked. Eat pod and seeds both.
Kohlrabi	Yes	Yes	1-2 wks	White or pale green, with flattened round shape and small protuberances on the sides. Peel skin, and eat raw or lightly cooked.
Beets	Yes	Yes	1-2 wks	Long and cylindrical. Deep purple red color.
Green Onions	Yes	Yes	1-2 wks	

## Salads

This is a fantastic week for salads. The lettuce and spinach form a good leafy basis. Sliced radish, turnip, kohlrabi, and green onion are all good additions.

The snap peas are also good in salads, either raw or lightly cooked. Snap peas can be boiled in lightly salted water for about 1½ - 2 minutes and then, to stop the cooking process, blanched immediately by immersing them briefly in ice water. Chill the cooked peas and add to salads.

Cooked beets are also a good salad ingredient: boil them whole until just tender, or roast them covered in a 350 degree oven until they are tender, usually over an hour. Be careful not to overcook the beets! Then chill and add them sliced to salads.

For a dressing, try a basic vinaigrette (1 cup olive oil, 5 Tbsp red wine vinegar, ½ tsp salt, and lots of black pepper) or the horseradish dressing below.

### Spinach and Kohlrabi Salad with Horseradish Vinaigrette

1 large bunch spinach, torn into bite sized pieces  
1 kohlrabi, cut into thin, narrow strips  
Green onion, thinly sliced

Dressing:

3 Tbsp olive oil  
2 Tbsp red wine vinegar  
1-2 tsp prepared horseradish  
½ tsp brown mustard  
½ tsp honey  
Salt and pepper

Garnish (optional):  
Sunflower seeds

**For more recipes,** look at our website [www.twoonionfarm.com](http://www.twoonionfarm.com). You can search for all the recipes we've ever published using a particular vegetable. Here are some good recipes using this week's vegetables:

Beet Spinach Salad (June 6 2005 newsletter), Grated Kohlrabi sautéed with parmesan cheese (July 9 2006), and Snap Peas with Walnuts and Butter (July 2 2006).

**Speaking of our website,** it's often been unavailable recently. The company that hosts our site has experienced a lot of technical difficulties. We are working on switching to a more reliable provider. We apologize for the inconvenience! Email has also not been reaching us reliably. If you send us an email and we do not respond within 24 hours, please call to make sure that we received your message. Thank you for your patience.

**Swap box.** This is the first year when we have offered swap boxes at our pickup locations. Many of you have said in the past that there are particular vegetables which you do not like and do not care to receive. The swap box allows you to exchange the vegetables you don't relish for items you like more. Since this is the first year we've used the swap boxes, please let us know how they work for you.