

Two Onion Farm

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

Week of June 17, 2012

Difficult weather on the farm right now - we were battered by hot windy weather on Monday this week, and more high winds are forecast for Tuesday and Wednesday as I write this on Tuesday morning. The combination of high wind and hot temperatures is desiccating and stressful for plants and makes it difficult to keep everything well watered. We've also had physical damage, with the wind snapping the stems of brittle crops like winter squash. We're hoping for a good rain on Wednesday night together with more moderate weather afterwards.

On a positive note, we're about to begin our garlic harvest this week. This is 10-14 days earlier than usual. Garlic is planted in the ground in fall and shoots emerge aboveground in spring. Our garlic shoots emerged very early this spring during the hot weather in the second half of March. Consequently, the garlic has completed its development earlier than usual. We'll be harvesting our earliest varieties this week and mid and late season varieties in the coming weeks. The crop looks excellent - dry weather right before harvest is actually good, because bulbs which are harvested in wet conditions are more likely to mold in storage. We hope to include garlic bulbs in most of your boxes for the remainder of the season.

You'll notice some brown spotting on the outside of your pea pods this week. This is a symptom of powdery mildew, a disease which always causes moderate damage to peas in late spring. The disease is favored by hot dry weather, however, and this year it has been rampant. We have tried to cull out the most severely infected pods, and we hope you'll enjoy the rest!

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	
Carrot	Yes	Yes	2 wks	
Cucumber	Yes	Yes	1 wk	
Lettuce	Yes	Yes	1 wk	Green/red summercrisp or Romaine
Onion, mini red	Yes	Yes	1-2 wks	Bulbs for salads or cooking
Peas	Yes	Yes	1 wk	Snap peas - eat pod and seeds both
Salad mix	Yes	Yes	<1 wk	Mixed Asian greens
Spinach	Yes	Yes	1 wk	

Peas. These are "snap peas" - you can eat both the pod and the pea seeds inside. The pod is juicy and crunchy and the seeds sweet. We recommend that you eat your peas soon. Their sugars turn to starch as they remain in storage, so the peas will become less sweet.

For less tooth-clogging, string your pods before eating: snap off the top of the pod toward one side and pull it downward taking the string away with it.

Try the peas raw. You can also cook the entire pods. Best is to put the pods in boiling, lightly salted water for about 1½ - 2 minutes and then, to stop the cooking process, blanch them immediately by immersing them briefly in ice water. You can then chill the peas for serving in a salad, or you can cook the boiled peas further by sautéing them in butter or oil.

Marinated Broccoli and Carrots

Approximately 1 lb broccoli (and/or cauliflower), cut into florets
2 carrots, sliced
¼ cup olive oil
2 Tbsp red wine or cider vinegar
1 tsp paprika
1 clove garlic or garlic scape, minced (optional)

Steam broccoli, cauliflower, and carrots until crisp tender. Whisk together the remaining ingredients. Combine the vegetables with the dressing and chill. Serve cold.

Broccoli with Balsamic Dressing

1 large bunch broccoli, or 2 small bunches
2 tsp balsamic vinegar
2 tsp red wine vinegar
1 garlic clove or garlic scape, minced
4 Tbsp olive oil
Salt and pepper

Cook the broccoli stalks and florets – see the directions under the discussion of broccoli above. Mix the dressing together while the broccoli cooks. When the broccoli is done, toss it with the dressing and serve immediately or at room temperature.

Broccoli and Rice Pilaf

½ lb. broccoli
½ Tbsp butter
½ cup chopped onion
¼ cup chopped celery or celeriac (optional)
⅓ tsp salt, or more if needed
1 clove garlic or 1 garlic scape, minced
1 Tbsp fresh lemon juice
3 cups cooked rice
black pepper and cayenne to taste
1 tsp dried dill
1 ½ tsp dried mint
2 Tbsp minced fresh parsley (optional)
¼ cup pine nuts (optional, but very good!)
½ cup packed grated cheddar cheese

Preheat oven to 325 degrees. Slice the broccoli stalks and divide the broccoli tops into spears. Steam broccoli until just barely tender. Rinse under cold water to stop cooking.

Sautee onion and celery/celeriac in butter until they begin to soften. Add garlic and lemon juice and sauté another two minutes. Stir in rice, herbs and seasonings, pine nuts, cheese, and the sliced broccoli stalks (but not the broccoli spears!).

Spread the rice mixture in an oiled bread baking pan (or double the recipe and use a square baking pan). Poke the broccoli spears stem-end first into the rice so that green broccoli tops are upright and you get a broccoli forest of sorts. Cover loosely and bake until heated through, about 15 minutes. Serve warm.

For more recipes, see our website www.twoonionfarm.com. You can view the recipes from all of our past newsletters.