

Two Onion Farm

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Week of June 18th, 2006

Welcome to your 2006 farm membership. We hope you will enjoy the vegetables you receive from us this year. The newsletter which accompanies each box describes the week's vegetables and provides recipes and cooking tips. We are always looking for new recipes. If you would like to contribute a favorite vegetable recipe of your own, please send it to us. Our website www.twoonionfarm.com includes all of our past newsletters. The website also allows you to search for recipes using a specific vegetable.

In some weeks, different boxes contain different vegetables. For example, this week we are distributing garlic in diverse boxes, but radishes in traditional boxes. However, we only write one newsletter each week. Therefore the newsletter will sometimes describe vegetables that are not in your box.

Each Saturday morning we email members to predict the vegetables which we will distribute in the next two weeks. We only email members who opted on their signup form to receive weekly emails. If you did not receive the email on Saturday June 17, but you would like to receive emails in the future, please let us know.

Note that your box includes a sheet with instructions for breaking down your box. The instructions are also available on 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 with about ¼ bushel of vegetables each week. However, the smallest waxed produce box which is readily available has a ½ bushel capacity. We need to use the ½ 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 seriously.

Lettuce. This week's lettuce is the 'Winter Density' variety, which blends characteristics of Romaine and Bibb lettuces. It is one of our favorite lettuces, with a pleasing, moderately sweet flavor, and nice dark green color. Enjoy it with your favorite salad dressing. The Two Onion Farm house vinaigrette is 1 cup olive oil, 5 Tbsp red wine vinegar, ½ tsp salt, lots of black pepper, and 1 crushed or minced garlic clove.

Beets. Red cylindrical beets, with beet greens. Try this week's recipe for beet salad, on the next page. We're generally fond of adding chilled, cooked beets to salads. There are at least three ways of cooking beets: You can slice them about ¼ or ½ 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 greens are also edible, and they can be stir-fried or lightly steamed. The strong of heart and tooth eat them raw.

Salad Turnips. These are the white, round, items in your box. These turnips are very tender and have a mixed sweet and mustardy taste. We eat them raw, sliced as an appetizer or in salads. No need to peel the roots – the skin is very tender. They can also be lightly cooked – try frying them in a little butter. Be careful not to overcook the turnips – they have a delicate flavor.

Turnip greens can be eaten, but are generally quite hot and spicy.

Green Onions. Perfect sliced in a salad. This week's beet salad recipe includes green onions.

Radish. We're distributing these in our traditional boxes. Slice them into salads. We also enjoy sliced radishes on ham and mustard sandwiches.

Garlic. Diverse boxes contain young garlic stalks. The stalks have a nice garlic flavor and substitute well for normal garlic cloves at this time of year, when garlic bulbs are often unavailable or of poor quality.

Trim off the very bottom of the stalks, where the roots are. Chop the remainder of the stalks and use moderately in salad dressings, sauces, or wherever you would normally use garlic cloves. We recommend that you use 1 – 1.5 times the volume of chopped garlic stalks as you would normally use minced garlic cloves.

Storage. All of this week's vegetables should be stored, bagged, in the refrigerator. With the radishes, turnips, and beets, you should remove the leaves if you will not eat them – this will prolong the storage life of the roots.

Beet and Green Onion Salad

4-5 beets
2 handfuls of raw beet greens or lettuce – we prefer lettuce
4 green onions, sliced
2 hard boiled eggs, sliced

Dressing:

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
2 Tbsp walnut oil

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

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