

Two Onion Farm

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Week of June 19, 2011

We've had good crop growth in recent days, and we're pleased to provide you with a bountiful harvest of produce in this week's boxes. Enjoy!

It's hard not to talk about the weather too much when you're a vegetable grower - we've had a lot of rain in the past few weeks. Coming after a long hot dry spell, the rain has provided some much needed water for our crops and taken the strain off of our irrigation system. Now, however, we're ready for it to end. Warm wet weather causes the weeds to grow extremely quickly, but when the soil is wet we cannot cultivate or hoe to control the weeds. Our field was mostly free of weeds when the rains began, and now we're anxiously watching a new cohort of tiny weeds emerging and hoping we can return to the fields soon. To ensure a steady supply of vegetables for your boxes, we need to plant on a careful schedule throughout spring and summer, and any extensive wet spell also makes it difficult for us to till and plant on schedule. Last Tuesday we managed to squeeze in a transplanting of Brussels sprouts, green onions, and lettuce in between rains. Right now we're waiting for the soil to dry out at least a little bit so we can transplant cauliflower, basil, and our next plantings of green onions and lettuce. The long range forecast calls for drier weather beginning near the end of the week. We eagerly await it!

Welcome to biweekly members who receive their first box this week. We're honored to feed you with a season's worth of produce from our farm. 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. And please, return your vegetable boxes. Your delivery this week 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 delivery.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Beet	Yes	Yes	2 wks	
Broccoli	Yes	Yes	1 wk	Not in all boxes
Cabbage	Yes	Yes	1-2 wks	Not in all boxes
Cucumber	Yes	Yes	1 wk	Not in all boxes
Garlic scapes	Yes	Yes	1-2 wks	Long, green, thin, and curled up
Green onions	Yes	Yes	1-2 wks	
Kohlrabi	Yes	Yes	1-2 wks	
Lettuce	Yes	Yes	1 wk	A Romaine-Bibb intermediate in most boxes; some boxes will receive Boston or Summercrisp.
Radishes	Yes	Yes	1-2 wks	Pinkish-red cylindrical
Spinach	Yes	Yes	1 wk	
Swiss chard	Yes	Yes	1 wk	
Zucchini	Yes	Yes	1 wk	Not in all boxes

Kohlrabi. This is the white, round vegetable with protruding stalks. 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.

Swiss Chard is the large green leafy vegetable with bright colored stems. It is generally cooked. Both the stems and leaves can be eaten; the stems require longer cooking. Generally you should cut the leaf away from the stem and prominent midrib before cooking.

You can sauté the chard: Separate the leaves and stems. Slice the stems, and cut the leaves into 1/2” wide strips. Start the stems sautéing in olive oil with salt and pepper, and, optionally, onions, garlic and/or thinly sliced fennel bulb. When the stems begin to become tender, add the leaves. Continue cooking until the leaves are just tender. Serve over pasta with parmesan cheese. Or dress with lemon juice or vinegar and serve as a side dish.

A number of people have mentioned to us that they really enjoyed our recipe for Swiss Chard cooked with almonds and raisins, which you can find in our [7/6/2008](#) newsletter.

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.

Other recipes from past newsletters:

Beet spinach salad ([6/20/2010](#))

Beets with orange and lemon juice ([10/4/2009](#))

Spinach and Kohlrabi Salad with Horseradish Vinaigrette ([6/20/2010](#))

Chard Sauté With Ground Meat

Serve over rice or pasta.

1 lb ground meat (pork, beef, lamb, or turkey)
1 small bunch green onions, sliced
2-3 garlic scapes, chopped
6-8 chard leaves
3/4 tsp salt
Black pepper
1-2 tsp grated fresh ginger

To prepare chard: lay each leaf flat on cutting board. With a paring knife, separate stalk and midvein from rest of leaf. Slice stalks and hold in one bowl. Chop rest of leaf into 1/2” wide strips and hold in a separate bowl.

Brown meat in a large skillet, add salt. Scrape meat into a bowl and set aside.

Add green onions and sliced chard stalks to skillet and sauté in meat drippings for 3-5 minutes, until stems are soft.

Add garlic scapes, pepper, fresh ginger and sauté for one minute.

Add chard leaves in small batches, stir and cook until wilted. Return meat to skillet, mix with vegetables and reheat.