

Two Onion Farm

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Week of June 19, 2016



Peas And Pollinators: This year summer solstice and the new moon fell on the same day - this Monday. We celebrated the longest day of the year with a record breaking pea harvest. We planted more peas in the spring than in previous years, tied them up very well, so strong winds don't blow these fragile plants to the ground, plus the plants are very healthy looking this year. We'll see if we can beat the record on Thursday.

I just learned from Xerces Society (a nonprofit organization that protects wildlife through the conservation of invertebrates and their habitat) that June is pollinator month.

We join them in celebrating the importance of pollinators. We are acutely aware of their role in our lives: many of the vegetables and the apples we grow on our farm would not grace our tables without them.

Each spring we delight in the first, fat bumble bee queen we see clumsily flying from one dandelion to another - from July on the worker bumble bees will pollinate our tomatoes. We keep honeybees for fun and to help out the native pollinators (squash bees, mason bees, leafcutter bees, etc.) we want to have in abundance on our farm. To attract native pollinators we planted flowering hedgerows and keep mowing on our property to a minimum - which works well, because I don't like mowing.

This week we will enjoy the farmer-friendly temperatures (below 88 degrees) while we keep weeding, planting and harvesting vegetables. Have a great week! ~ Juli

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	
Cucumber	Yes	Yes	1 wk	
Fennel	Yes	Yes	1 wk	
Garlic scape	Yes	Yes	>1 wk	
Kale	Yes	Yes	1 wk	In some boxes every week.
Kohlrabi	Yes	Yes	1 wk	
Lettuce	Yes	Yes	1 wk	Summercrisp.
Onion	Yes	Yes	>1 wk	Mini red bulbs.
Pea	Yes	Yes	1 wk	Sugar snap peas
Summer squash	Yes	Yes	1 wk	First harvest, more to come!

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. Slice it up for a quick, delicious snack, grate it into a salad, or try the recipe below for a tasty side dish.

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

Fennel bulb – Fennel bulb is the flattish, white vegetable with overlapping layers in your box. Fennel bulb has a spicy, licorice-like flavor and can be eaten raw or cooked. We have many good recipes with fennel on our [website](#).

Kale – Kale has a very long growing season, and we can harvest from the same plant for months. Last year we worked out a harvesting schedule for kale that allows us to pick over the entire planting every week without inundating our members with this vegetable. The result is that you will receive a bunch of kale in your box once out of every 3 deliveries. [Click here](#) for some great recipes with kale.

Kids' Corner



Hi! My name is Katie and I am 7 years old. I fold the vegetable boxes and help with transplanting. My favorite job on the farm is pulling carrots! ~ Katie

Roasted Fennel and Red Onions

2 fennel bulbs
3-4 small (or 1 large) red onion, cut into large pieces
2-3 Tbsp olive oil
Salt
2 Tbsp balsamic vinegar

1. Heat the oven to 425 degrees. Slice a thin slice from the base of the bulb. Remove the outer layer or two if they are tough or stringy. Cut the bulb in half, through the base, and with a sharp knife cut out the triangular core which you will see in each half. Then lay the flat side of each half down and slice into large pieces (1/2 " wide). With the core removed, the pieces will fall apart easily as you slice them.
2. Mix the fennel, onions, and oil in a roasting pan. Salt to taste. Roast for about 30 minutes, stirring the vegetables after 20 minutes. Drizzle the vinegar over the vegetables and roast for a few minutes more, until the vegetables are brown and very tender. Serve hot.

Crunchy Kohlrabi Salad

1 medium kohlrabi, peeled and diced
1 small cucumber, diced
1 small broccoli, florets only, chopped
5-6 strawberries, quartered OR 1 apple, diced
2 Tbsp balsamic vinegar
2 Tbsp olive oil
1/2 tsp salt
1/2 tsp freshly cracked black pepper
2 Tbsp raisins
2 Tbsp walnuts or pecans, coarsely chopped

1. Add all ingredients to a large mixing bowl and mix with a large spoon until well combined. The salad will be crunchier if you use apples, we only had strawberries in the fridge.
2. You can serve the salad immediately or leave it in the fridge for a few hours to allow flavors to develop. This salad will keep very well and remain crunchy for days in the refrigerator.