

Two Onion Farm

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Week of June 2, 2013

If the first harvest week brings a new rhythm to our life, the second week establishes and settles it, a rhythm that will govern our time and work on the farm until the end of the season. On Mondays we harvest, on Tuesday mornings we pack CSA boxes, and on Tuesday afternoons one crew member delivers boxes to Madison while the rest of us stay behind to catch up on fieldwork. On Wednesdays we plant, weed, trellis and do the other work of growing your vegetables. Thursday is another harvest day, and on Friday we pack and deliver produce for our Platteville, Dubuque and Galena members. We have several new employees this season and a few returning. By now everyone seems to be more comfortable with finding tools, harvest crates, and storage boxes in the packing shed and to be familiar with the techniques for harvesting early season vegetables. We'll challenge them again when new vegetables are ready to be picked. Cucumbers, summer squash, broccoli, and cabbage are coming soon!

Farm-Fresh and Fast Cookbook. Fairshare CSA Coalition has published a new cookbook: *Farm-Fresh and Fast*. A companion to the popular *From Asparagus to Zucchini*, *Farm-Fresh and Fast* is bursting with strategies, techniques, and over 300 novel and delicious recipes for both seasoned and new CSA members and farmers' market shoppers. As a member farm of Fairshare we have received a discount on the cookbook which we are passing on to our CSA members. You can order the book from us for \$20 including tax (regular price is \$24.95 plus tax). Email us if you'd like to order a cookbook and we will deliver one to you with an upcoming vegetable delivery.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	Not in all boxes
Green onions	Yes	Yes	1-2 wks	
Kale	Yes	Yes	1 wk	Green leaves with lobed edges
Lettuce	Yes	Yes	1 wk	
Pac Choi	Yes	Yes	1 wk	Head with spoon shaped leaves and thick white leaf stalks
Radishes	Yes	Yes	1-2 wks	Pink-white, cylindrical
Salad Mix	Yes	Yes	<1 wk	Bagged baby greens: various colors and shapes
Spinach	Yes	Yes	1 wk	Bagged dark green leaves
Turnips	Yes	Yes	1-2 wks	White and round

Salad Mix. You're receiving a bagged mix of Asian salad greens (to be specific: Mizuna, Vitamin Green, Kale, Tokyo Bekana, and Red Mustard). These are tender, sweet, and slightly spicy. Baby greens are always more perishable than larger leaves, so we encourage you to eat them quickly. Like most of our vegetables, we washed the salad mix here at our farm. However, we recommend that you wash it at home before eating it.

Kale. This week you are receiving Red Russian kale from our hoopouses. Kale is generally cooked, either steamed or sautéed. Typically you will chop the leaves and discard the tough midrib before cooking. Aim to cook the kale until it is limp but still retains some texture. Steamed kale can be dressed with olive oil, lemon juice or vinegar, salt and pepper. Or sauté kale in oil or butter with onions and garlic. Garlic generally accompanies kale nicely.

Pac choi (also spelled bok choy) is the head with spoon shaped leaves and a thick fleshy white stalk under each leaf. It's usually cooked by lightly sauteeing or stir frying. Typically you should cut the stalks free from the leaves and slice the stalks and leaves separately. Add the stalks to the pot first, and then the rest 3-4 minutes later since the leaves need less cooking time. In a stir fry, cook pac choi until the leaves are wilted but still have some texture. Another option is to sautee the stalks (possible with garlic), then add the leaves with salt and 1/2 or 3/4 cup of water or stock and braise - simmer covered until the leaves are soft, then remove the cover and boil rapidly to evaporate most of the liquid.

Broccoli is not in all boxes this week. Our harvest is just beginning and we expect to have more in coming weeks.

Welcome to biweekly members who are receiving their first box this week! We hope you will enjoy receiving vegetables from us this year. Please read these notes on logistics:

Electronic newsletters. We email our newsletter to reduce paper waste. Paper newsletters are available on the clipboard at each delivery site. Anyone who receives email newsletters can opt out by contacting us at farmer@twoonionfarm.com; 608-762-5335.

Return your boxes. Your first delivery 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.

Recipes: Local Thyme

This year we've partnered with Local Thyme CSA recipe service in Madison. Each week Local Thyme will provide two recipes which we will include in our newsletter.

You can also login into Local Thyme's website to access additional information:

- Searchable database of chef-tested, seasonally-based recipes
- Vegetable ID with pictures of typical CSA produce and storage info.
- Cooking support, tips and tricks and more

To view this information on the Local Thyme website, you'll need to create an account there. Go to LocalThyme.net/register, and use the code: TWOONIONFA. We've paid an annual fee so that registration is free for Two Onion farm CSA members.

Recipes: Two Onion Farm

You can also visit our website www.twoonionfarm.com to view the recipes which we have developed and published in all of our past newsletters since 2005.

This week's recipes from Local Thyme:



Chef Salad with Radishes, Aged Provolone, Ham and Fresh Scallion Vinaigrette

Servings: 4

1 head [Romaine Lettuce](#) , or Boston/Buttercrunch, washed, dried and torn into bite size pieces
1/2 1/2 bunch [Radish](#) , trimmed, sliced
8 ounces [Ham Steak](#) , cubed
1 cup [Aged Provolone](#) , cubed
1/3 cup [Scallion](#) , washed, trimmed, roughly chopped
1/4 cup [Red Wine Vinegar](#)
1 1/2 teaspoons [Dijon Mustard](#)
2/3 cup [Extra Virgin Olive Oil](#)
1 teaspoon [Honey](#)
4 slices [French Bread](#) , crusts removed, cubed
1 teaspoon [Garlic powder](#) , or 1 clove garlic, crushed
2 tablespoons [Olive Oil](#)
[Salt and Pepper](#) , *to taste*

1. Prepare and place lettuce, radishes, ham and aged provolone in a large salad bowl. Chill in the fridge while finishing the salad ingredients.
2. In a blender or food processor, combine the scallions, Dijon mustard, red wine vinegar and honey, and pulse until scallions are finely chopped. While running the motor, slowly drizzle in the olive oil until the dressing emulsifies and the scallions are smooth. Add salt and pepper to taste.
3. If making fresh croutons, follow these directions: Preheat a medium skillet at medium heat, and heat olive oil until shimmering. Add bread cubes and either garlic powder or crushed garlic, and stir to coat bread in oil. Toast until light brown, about 5-7 minutes. Discard garlic clove if using.
4. Pour the vinaigrette around the sides of the salad bowl, and gently toss to coat all the lettuce, radishes, ham and cheese. Divide the salad onto 4 plates, and garnish each plate with

1/4 of the croutons. Finish with fresh ground black pepper to taste.

Quinoa Salad with Spinach and Marinated Kale

Servings: 4

1 cup [Quinoa](#) , rinsed and drained
2 cups [Vegetable Stock](#) , or water
1 bunch [Spinach](#) , well washed, and stemmed
1/2 cup [Extra Virgin Olive Oil](#)
1/3 cup [Orange Juice](#)
2 1/2 tablespoons [Tamari](#) , gluten free soy sauce
2 1/2 tablespoons [Rice Vinegar](#)
1/2 tablespoon [Toasted Sesame Oil](#)
1 bunch [Kale](#) , washed and stemmed
1/2 cup [Almond](#) , slivered and toasted
[Salt and Pepper](#) , to taste

1. Dry toast the quinoa by stirring in it a saucepan over medium high heat until all the grains separate from one another and they begin to smell nutty. Stir in the vegetable stock or water. Bring to a boil, then cover and reduce heat to low. Cook covered for about 15-20 minutes, until the seeds have all popped and are tender. If liquid remains after cooking, drain the quinoa in a fine mesh strainer.
2. Tear the spinach into bite-sized pieces, and toss it in with the hot quinoa to wilt the spinach slightly and to help cool the quinoa. Set aside.
3. In a large bowl, make the marinade by whisking together the olive oil, orange juice, 2 1/2 tablespoons each of tamari and rice vinegar, and sesame oil.
4. Stack the stemmed kale leaves over one another, roll up like a cigar, and slice them into 1/2 inch ribbons. Toss the sliced kale in the large bowl with the marinade. Allow to marinate for at least 10 minutes.
5. Toss the quinoa and spinach mixture into the large bowl with the marinating kale. Taste and adjust seasoning with salt and pepper. Scatter with toasted slivered almonds. Serve at room temperature or chilled.