

Two Onion Farm

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Week of June 20, 2010

On the farm... our fear is water. We have had almost three weeks of damp weather. Since the beginning of June our soils have not been dry enough to till and prepare for planting, which makes it very difficult for us to remain on our planting schedule. Prolonged wet weather also makes it difficult for us to control weeds in our fields, because we cannot hoe or tractor cultivate in wet soils. Another potential problem is that crops can begin to rot and die because their roots have remained too long in moist soils. So far the rain has been worrisome but not devastating. As we write this on Sunday, heavy rain is forecast for Monday and Tuesday. We long eagerly for 7-10 days of dry weather after that.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Beets	Yes	Yes	1 wk	Long dark red cylindrical beets
Broccoli	Yes	Yes	1 wk	
Cabbage	Yes	Yes	1-2 wks	Not in all boxes.
Garlic scapes	Yes	Yes	1 wk	Long, thin, green, and curvy
Baby red onions	Yes	Yes	1-2 wks	Miniature bulbs and green "scallions" can both be eaten.
Kohlrabi	Yes	Yes	1-2 wks	"Alien" looking white roundish vegetable
Lettuce	Yes	Yes	1 wk	Romaine or summercrisp
Peas	Yes	Yes	<1 wk	Snap peas - eat pods and seeds both.
Spinach	Yes	Yes	1 wk	
Swiss chard	Yes	Yes	1 wk	Large leaf with colorful veins

Peas. Pea yields are low this week. We plant two varieties of peas, early-maturing bush peas and later-maturing pole peas. Our bush peas are nearing the end of their harvest period but the pole peas are only just beginning to produce, leaving a gap between the two plantings. Next week we expect to pick many peas from our pole pea planting.

The peas you receive are "snap peas" - you can eat both the pod and the pea seeds inside. The pod is juicy and crunchy and the seeds sweet. For less teeth-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.

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.

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.

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.

Spinach and Kohlrabi Salad with Horseradish Vinaigrette

1 bunch spinach, torn into bite sized pieces
1 kohlrabi, cut into thin, narrow strips
1 green onion or baby red onion, thinly sliced

Dressing:

3 Tblsp olive oil
2 Tblsp red wine vinegar
1-2 tsp prepared horseradish
1/2 tsp brown mustard
1/2 tsp honey
Salt and pepper

Garnish (optional):
Sunflower seeds

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

Beet Spinach Salad

2 medium beets
1/2 can chickpeas, drained and rinsed
2 green onions or baby red onions, sliced
1/8 cup balsamic vinegar
1 1/2 Tbsp olive oil
1 tsp. Dijon mustard
1/8 tsp salt

1/8 tsp pepper
1/2 lb spinach leaves
walnuts and goat cheese (optional)

Boil whole beets (or roast in a hot oven) until fork tender and slice. Mix with the drained chick peas and onions. Mix together the vinegar, oil, mustard, salt and pepper and pour over the beets and chickpeas. Marinate in the refrigerator for a few hours. Before serving, toss with the greens and garnish with optional nuts and cheese.

Welcome to our biweekly

members who are picking up their first box. We are happy to be growing for you. We hope you enjoy this year's vegetables.

Electronic newsletters. Last year we began emailing our weekly newsletters instead of including paper copies in each box. Members had requested this in order to reduce paper waste. We do leave paper newsletters each week on the clipboard at each delivery site. Anyone who wants a paper newsletter can take one from there. If you find that your site is running short of paper newsletters, let us know and we will bring more. Anyone who receives email newsletters can opt out now or at any time by contacting us at farmer@twoonionfarm.com; 608-762-5335.

Box sizes. Our large box is a 3/4 bushel box. The small box is 1/2 bushel. We deliberately use boxes which are larger than needed, and in most weeks there will be some empty space in the boxes. In the past we have tried some smaller boxes which required us to cram the vegetables in, resulting in bruised tomatoes, torn lettuce, etc. The larger boxes are much easier for us to work with and keep your produce in better condition.

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.