

# Two Onion Farm

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## Week of June 21, 2015

### Growing Vegetables



Before we can harvest healthy, beautiful and delicious vegetables, we have to take good care of them in the field. That means a reliable irrigation system and many eager hands at the hoe.

We use drip irrigation on our farm. A large, green hose (1.5" in diameter) carries water from the packing shed to the end of the field. Smaller, black hoses (1" in diameter) branch off at each field section with a pressure regulator at the beginning of each. To these black lines we attach valves and to those valves the drip tape that runs alongside each vegetable row. Drip tape is a narrow, flat plastic tube with holes on one

side at specific intervals. We use ones that have the holes at every 8". Water slowly drips out of these slits to the soil around the plant, delivering the right amount of moisture to every single vegetable plant on our farm. Drip tape conserves water because there is no loss to evaporation, unlike with overhead irrigation (i.e. sprinklers). The plant leaves stay dry which helps with keeping healthy plants (wet foliage is a breeding ground for diseases).

Now to weed control. We need to help vegetables in the competition for sunlight and root space. Weed pressure is worst in May and June when everything yearns to grow. One spends much time hoeing and hand weeding on an organic vegetable farm! Our farm relies mainly on human power for combating weeds. When the soil is dry enough and we don't transplant, harvest, wash and pack produce, you will surely find us hoeing beds and beds of young vegetables. We have our tricks and tools of the trade like the wheel hoe, stirrup hoe and diamond hoe. Team work is a must - you all know the saying: many hands make light work!

Juli

**Storm Watch** – We've had our share of thunderstorms this season. Monday morning brought another one with 60+ mph straight line winds. The effects will be visible in your boxes for a few weeks. Our beautiful pea plantings and many beds of lettuce got battered. We think that pea yields will be low, because many branches were torn off the plants. We harvested the lettuce for Tuesday before the storm came, so lettuce in Tuesday boxes looks splendid. However lettuce for this Friday and for the next few weeks will be smaller and raggedy.

## In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Beet	Yes	Yes	2 wks	Very sweet!
Broccoli	Yes	Yes	1 wk	
Carrot	Yes	Yes	2 wks	
Cucumber	Yes	Yes	1 wk	
Garlic scape	Yes	Yes	1-2 wks	
Kale	Yes	Yes	1 wk	In some boxes every week
Lettuce	Yes	Yes	1 wk	Summercrisp. High winds on Monday tore many leaves.
Onion, bulb	Yes	Yes	1-2 wks	
Pea	Yes	Yes	1 wk	
Radish	Yes	Yes	1 wk	
Summer squash	Yes	Yes	1 wk	

**Broccoli** – We are giving out a bounty of broccoli this week! The heads are beautiful, large and very sweet. Another member of the brassica family, broccoli thrives in cool weather making it an excellent early season vegetable. It is loaded with vitamin A, C, calcium, potassium and iron. Lots of recipes are only [a click away!](#)

**Kale** – Our plan for kale for the next four months is that a portion of members will receive kale each week, on a rotation, so that members with weekly boxes will receive it every 3-4 weeks. Biweekly members should receive it every 4-7 weeks. Harvesting a modest amount of kale weekly is the best way for us to maintain the health of our kale planting. In the weeks that you do not receive kale you will receive extra of another item to compensate. We are giving out Lacinato (also called Dinosaur) kale from now on. This is our favorite kale; we like its taste best among all the different types of kale. Kale is very rich in vitamins A, C, and the mineral calcium. When preparing kale, remove stems from leaves by folding the leaf in half lengthwise and stripping or slicing away the thick stems. Discard the stems and chop up leaves for your dish. [Click here for great kale recipes.](#)

**Garlic scape** – These are the long, green items, often curly with a small bulge near one

end. 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.

**Onion** – You're receiving a mini red onion, called Purplette. They are one of the first bulb onions that can be harvested early in the season. These are fresh onions which means they were not given time to form the dry, protective outer layer allowing them to be stored at room temperature. Purplette is excellent in salads or lightly cooked.

## Enchanted Broccoli Forest

(adapted from *Enchanted Broccoli Forest* by Mollie Katzen)  
(4-6 servings)

1 lb broccoli, separated into florets  
1 Tbsp canola oil  
1 cup onions, chopped  
3/4 tsp salt  
1-2 garlic scapes, sliced  
2 Tbsp lemon juice  
6 cups cooked rice  
1 packed cup grated cheddar  
black pepper to taste  
cayenne to taste  
2 Tbsp fresh dill (or 2 tsp dried)  
3 Tbsp fresh mint (or 3 tsp dried)  
1/4 cup fresh parsley, minced  
1/2 cup toasted sunflower seeds

1. Cook broccoli in a steamer until bright green and barely tender. Set aside.
2. Preheat oven to 325 degrees. Lightly oil a 9x13 baking pan.
3. Heat oil in a large pot. Add onion, garlic scapes and salt, and saute over medium heat for about 5 minutes or until the onion begins to soften. Add the lemon juice, and cook for a minute longer. Stir in rice, black pepper and

cayenne to taste, the herbs, sunflower seeds and cheese. Spread into prepared pan.  
4. Arrange broccoli pieces upright in the rice. Bake until just heated through (15 minutes). Serve right away.

## Beet chocolate cake

(adapted from *From Asparagus to Zucchini*)

1 1/2 cup sugar  
2 cups flour  
1/2 tsp salt  
2 tsp baking powder  
1 tsp baking soda  
3-4 ounces unsweetened chocolate  
4 eggs  
1/4 cup oil  
3 cups shredded beets  
1 cup walnuts, chopped

1. Heat oven to 325 degrees. Oil two 9-inch cake pans.
2. Whisk dry ingredients together. Add walnuts. Melt chocolate very slowly over low heat or in double boiler. Cool chocolate; blend thoroughly with eggs and oil.
3. Combine flour mixture with chocolate mixture, alternating with the beets. Pour into pans. Bake until fork can be removed from center cleanly, 40-50 minutes.

## Kids' Corner



Hi!

This past week I've been eating peas (one of my favorite vegetables) and climbing on the mulberry tree for a quick snack. And guess what! I found the first ripe cherry tomatoes in our hoophouse!

Katie