

# Two Onion Farm

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## Week of June 22, 2014

**When it rains, it pours...** How true it is! We had about 5 inches of rain fall on the farm since last Monday. If we forget about the destructive Monday night storm, our only complaint about the rain was the muddy work condition. Rain is much needed on our farm this time of the year. Even though we are diligent about irrigating, and we make sure that each crop gets a sufficient dose of water every week, a good soaking rain makes our vegetables grow at an amazing pace. Now we will need some dry, sunny days, so we can weed those vegetables (weeds grow even faster than vegetables), work up more beds with the tractor for new seedlings, and plant cover crop where we finished harvesting.

**July 4th delivery:** We will deliver vegetables on Friday, July 4 to Platteville, Dubuque and Galena. There will be different drop off locations that day only in Platteville and Dubuque. Please make sure you read the email we sent to you about July 4th delivery.

### In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Beets	Yes	Yes	1-2 wks	
Broccoli	Yes	Yes	1 wk	
Cabbage	Yes	Yes	1 wk	
Carrots	Yes	Yes	1-2 wks	
Cucumber	Yes	Yes	1 wk	
Garlic scapes	Yes	Yes	1 wk	Curvy, green stems
Lettuce	Yes	Yes	1 wk	Summer crisp and/or Romaine – some hail damage on leaves
Onions, Red	Yes	Yes	1-2 wks	Mini Purplette
Pea	Yes	Yes	1 wk	
Radish	Yes	Yes	1-2 wks	
Summer Squash	Yes	Yes	1 wk	Not in all boxes

**Peas.** We started harvesting peas last Thursday. This week there will be enough to put some into every vegetable box. We are still discarding hail damaged peas, and we lost some plants in the storm. The yield will increase with the season progressing, but we do not expect a bountiful harvest of peas this year.

**Cabbage.** This week's cabbage variety is a cone-shaped head with thin, tender leaves. It is excellent lightly cooked or in salads.

**Garlic Scapes.** We are so excited to put these in the boxes! Garlic scapes are the long green items, often curly, and with a bulge near one end. They are 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 scapes mellows a lot with cooking. You can substitute 1 thinly sliced scape for 1-2 cloves of minced garlic.

## Fried Rice

We double the recipe for our family of five and have some leftovers for lunch next day. We usually just add whatever vegetable we have in the fridge, but carrots and onions are a must.

2 cups cooked, cold rice  
2 eggs  
2 stalks green onions or 1-2 mini red onions, sliced  
4 slices of ham (or cooked chicken, shrimp, sausage)  
1-2 carrots, sliced  
1/2 cup small broccoli florets (or more)  
1/2 cup summer squash, quartered and sliced (optional)  
4 Tbsp canola oil (we often use sesame oil)  
Salt and pepper  
Shoyu soy sauce (Japanese) – you can substitute regular soy sauce

1. Heat 1 Tbsp oil in large frying pan or wok. Fry beaten eggs with a dash of salt and make scrambled eggs. Remove from pan and set aside.
2. Heat 1 Tbsp oil. Stir-fry vegetables and meat. Season with salt and pepper. Remove from pan and set aside.
3. Heat rest of the oil. Stir-fry rice, stirring often until heated through, for at least 5 minutes. Scrape up rice that sticks to pan. Stir in cooked eggs and vegetable mixture. Add 5-6 drops of soy sauce, mix well. Adjust seasoning. Serve immediately.

## Pickled Cucumber Salad With Lentils

1/2 cup rice vinegar  
1/4 cup water  
1 garlic scape, cut into 1 inch chunks  
1 tsp sugar  
3/4 tsp salt, divided  
1/2 tsp dill seed  
2 cucumbers, halved and sliced somewhat thick  
2 Tbsp raisins  
1/2 tsp dill  
1/4 cup plain yogurt  
1 1/2 Tbsp olive oil  
Black pepper  
1 cup cooked French lentils  
2 radishes, thinly sliced  
1 mini purple onion, thinly sliced  
1 small lettuce  
2 Tbsp lightly toasted sunflower seeds (optional)

1. Combine vinegar, water, garlic scape, sugar, 1/2 tsp salt and dill seed in a small sauce-pan. Bring to boil, then simmer for 2 minutes. Let cool slightly.
2. Place cucumbers and raisins in a shallow dish along with dill. Pour on the warm liquid. Refrigerate, stirring once or twice, for 20 minutes. Strain (reserving the pickling liquid); discard garlic scape.
3. Transfer 2 Tbsp of the liquid to a large bowl. Whisk in yogurt, oil, pepper and remaining 1/4 tsp salt. Add the cucumber mixture, lentils, radishes and onions; gently toss to combine. Serve salad on a bed of lettuce, sprinkled with toasted sunflower seeds.

**Recipes for Two Onion Farm T-shirt –** What's cooking in your kitchen? Share it with us! Send us 3 of your favorite recipes you made with Two Onion Farm vegetables and receive an awesome Two Onion Farm T-shirt (sizes S, M, L)! We will include those recipes in our newsletter whenever we can. Thanks!