

Two Onion Farm

Chris & Juli McGuire • 19638 Cottage Inn Road, Belmont, WI 53510
farmer@twoonionfarm.com • (608) 762-5335

Week of June 24, 2012

No significant rain last week and there's none expected this week either. We're definitely longing for precipitation! With irrigation, however, the crops are still looking generally good. Late June and early July are always busy times on our farm. With heat and long days, the weeds are growing faster than ever and we need to constantly keep on top of them. There's plenty of harvesting to do: in addition to the fresh vegetables which you receive in your box, we're also harvesting large plantings of carrots and garlic for storage. Lastly, we're in the midst of planting some of our largest crops of the year: broccoli, cauliflower, carrots, cabbage, Brussels sprouts, beets and other vegetables for harvest in September and October. Full steam ahead!

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
Carrot	Yes	Yes	2 wks	
Chard, Swiss	Yes	Yes	1 wk	Not in all boxes: green leaves with veins of various hues
Cucumber	Yes	Yes	1 wk	
Fennel	Yes	Yes	1-2 wks	White flattened bulb with overlapping semi-circular rings
Garlic	?	No	1-2 wks	Fresh, uncured garlic, not intended for long storage. Refrigerate and/or use quickly
Kale	Yes	Yes	1 wk	Dark blueish-green leaves
Leeks, baby	Yes	Yes	1-2 wks	
Lettuce	Yes	Yes	1 wk	Romaine
Radish	Yes	Yes	2 wks	Long, pinkish-red, cylindrical

Garlic in your boxes this week is freshly harvested and uncured. You'll notice that many of the wrappers around the cloves are still juicy, not dry and papery. Garlic in this condition may not store well. You should refrigerate the garlic or plan to eat it soon. Back on the farm we have plenty of garlic curing under fans in our shed and you'll be receiving dry, cured garlic in many weeks to come.

Swiss Chard is the large green leafy vegetable with bright colored stems. We're including it in boxes this week which do not receive broccoli. Chard 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. Chard is excellent in sautés and stir-fries.

Kale. This week you are receiving Lacinato type kale (also known as dinosaur kale). 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.

Baby Leeks. This variety of leeks is intended for harvest at an early stage when the plants are still slender. You can eat both the white bottom of the plant as well as the base of the green leaves. We enjoy the baby leeks lightly cooked in stir-fries or sautéés. Leeks can be substituted for onions in many recipes. You can use them in recipes in place of standard, larger leeks, but you should substitute at least 3 or 4 baby leeks for each regular leek in the recipe.

Fennel. This is the flat white vegetable with overlapping layers. It has a licorice flavor. Fennel can be eaten raw if you enjoy its pronounced flavor. When cooked, fennel's flavor moderates to a gentle sweetness. It is very nice in stir-fries, sautees, and pasta sauces. To cut up a fennel bulb, wash it, then slice in half lengthwise. Slice each half in half again lengthwise. With a small sharp knife, remove the triangular core from the base of each quarter-bulb piece. Then lay the quarters down flat and slice into thin strips.

Fennel Sauce for Pasta

Simple but delicious. Makes enough for 8-12 oz of pasta.

2-3 fennel bulbs
1 Tblsp each olive oil and butter
Salt
Juice and grated zest of 1 lemon; or 2 Tblsp
lemon juice and a dash of dry lemon zest
1 clove garlic, crushed
Black pepper

Wash the fennel, quarter and slice it thinly (you don't have to cut the core out in this recipe, because it will soften through the cooking process). Melt the olive oil and butter in a skillet. Add the fennel and sauté over medium-high heat, stirring occasionally, until fennel is beginning to brown. Add salt, lemon juice, and 1 cup water. Reduce heat, and cook, partly covered, until fennel is very soft and deep gold color. During cooking, you can add extra water as needed if water evaporates before fennel is soft; but try to have all liquid evaporated when fennel is done cooking. Add garlic, lemon zest, and black pepper. Serve over pasta topped with cheese.

Leek and Carrots

Quick and delicious side dish.

3-5 baby leeks, sliced
2-4 carrots, sliced
Butter, salt and black pepper
1/4 cup sliced or slivered almonds

Cook leek and carrots in a skillet with small amount of butter, salt, and pepper, stirring occasionally, until vegetables are soft. Stir in almonds and serve.

Swiss Chard with Almonds and Raisins

1/4 cup coarsely chopped almonds
1 cup thinly sliced baby leeks
Salt to taste
1 1/2 Tbsp olive oil, divided
1/8 tsp paprika
1 large bunch Swiss chard (about 1 lb), center ribs discarded and leaves coarsely chopped
1/4 cup raisins

Cook almonds in 1/2 Tbsp oil in a heavy skillet over medium-low heat, stirring frequently until golden, about 3-5 minutes. Set aside.

In a large pot, cook leeks with salt in 1 Tbsp oil until soft. Add paprika and cook, stirring, for one more minute. Add chard and stir until wilted. (If the chard does not fit in your pot, add it in batches – the chard will condense greatly as it wilts.) Add raisins and 1/4 cup water and cook covered, stirring occasionally, until chard is tender, about 7 minutes.

Combine chard with almonds. Serve warm or chilled.

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