

# Two Onion Farm

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Week of June 26, 2011

## In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	
Cabbage	Yes	Yes	1-2 wks	Not in all boxes
Carrot	Yes	Yes	2 wks	
Cucumber	Yes	Yes	1 wk	Not in all boxes
Garlic scapes	Yes	Yes	1-2 wks	Long, green, thin, and curled up
Green onions	Yes	Yes	1-2 wks	Tuesday boxes only
Leek, Baby	Yes	Yes	1-2 wks	Appear similar to green onions, but leaves are flat, not round, and have a bluish cast.
Lettuce	Yes	Yes	1 wk	A Romaine-Bibb intermediate in most boxes; some boxes will receive Boston or Summercrisp.
Pea	Yes	Yes	1 wk	
Radishes	Yes	Yes	1-2 wks	Pinkish-red cylindrical
Spinach	Yes	Yes	1 wk	
Zucchini or summer squash	Yes	Yes	1 wk	Not in all boxes

**Vegetables which are not in every box.** We prefer to include the same items in all of our boxes each week. This spring we have had many cases where we did not have enough of an item to include in every box. We don't want those vegetables to go to waste and so we have been packing those items in some, but not all, boxes. In such a case we try to balance the items in different boxes, so that everyone receives, overall, a similar value in their box. We also track who receives what, and if some boxes don't receive an item, such as cucumbers, in one week, we give those boxes first priority for receiving that item in the following weeks.

The green onion planting which we harvested for last week's boxes yielded very well, and we had enough left over to include them in our Tuesday or Friday boxes this week. We chose to include them in the Tuesday boxes because we expect that pea yields will be much higher later this week and we will be able to include more peas in the Friday boxes.

The cucumbers and zucchini in this week's boxes primarily come from relatively small trial plantings in our new plastic-covered hoophouses. These small plantings don't produce enough to include in every box. As our outdoor plantings of the same crops begin to bear in coming weeks, we will have much higher yields. This year we are experimenting with different crops and growing techniques in the hoophouses. The hoophouse plantings are mostly doing well – the hoophouse cukes and zucchini, e.g., both began to yield about 3-4 weeks earlier than the outdoor plantings of the same crops. In future years we plan to build more hoophouses and concentrate on a few crops which make the best use of the expensive covered space, and at that time we expect our hoophouse plantings will produce enough to include in each box.

**Broccoli** loved the recent cool weather and we expect yields to be excellent this week. Enjoy!

**Peas.** The cold weather in early spring got our peas off to a very late start, but our first peas are finally ready to pick. The plants are just beginning to bear – yields will be low at the beginning of the week for our Tuesday boxes, but higher for the Friday boxes at the end of the week.

**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.

**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. If eating raw, we recommend that you slice them very thinly. 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.

**Carrots.** You are receiving our first spring carrots of the year in this box. In the past we have generally distributed lots of carrots in September and October, but fewer from June to August. One of our goals this season is to give out more carrots during the summer months. Generally the fall harvested carrots are sweetest, but summer harvested carrots also make good eating, and our members have always indicated that carrots are one of their most popular vegetables in our end of year surveys. Our first carrot plantings are maturing now; the second and third plantings are still growing and look excellent so far; the fourth will be planted this week; and the fifth planted in late July.

**Other recipes from past newsletters:**

Marinated Broccoli and Carrots ([6/28/2009](#))

Leek and Carrots – Side dish with baby leeks, carrots, and almonds - ([6/27/2010](#))

## Broccoli with Roasted Sesame Seeds

1 medium-large broccoli head (about 8-12 oz)  
2 Tbsp olive oil or peanut oil  
1 tsp red wine vinegar  
1/2 tsp salt  
2 Tbsp sesame seeds

Roast the sesame seeds in a small skillet, stirring frequently, until fragrant and beginning to change color.

Cut the broccoli florets and stems into small pieces and steam or boil until bright green and just tender. If you boil the broccoli, drain thoroughly.

Toss the cooked broccoli with oil, vinegar, and salt. Sprinkle sesame seeds on top and serve warm.