

Two Onion Farm

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Week of June 26, 2016

Field news



June is the busiest month of the year, and it is quickly coming to an end. By now our summer help has fallen into the weekly rhythm of our farm: harvesting, packing, field work, harvesting, packing and field work again. Everyone knows where to find their tools or a particular planting in the field, and tasks have become familiar. The crew is a real team, and the farmers can spend less time explaining.

June connects us to all four seasons. We harvest what we seeded and planted in early spring (green onion, broccoli, spinach, etc.), care for all the summer vegetables (green bean, tomato, pepper, etc.), start seeds and/or transplant the fall vegetables (Brussels sprouts, fall broccoli), and tend to crops we'll eat throughout the winter (garlic, onion, winter squash, apples). We feel grounded, gratified and awed. What an awesome time of the year!

Have a great week!
~ Juli

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	Low yields, spring planting is nearing its end.
Carrot	Yes	Yes	2 wks	
Cherry tomato	No	No	1 wk	Large boxes only.
Cucumber	Yes	Yes	1 wk	
Garlic	No	No	1 wk	Fresh, uncured garlic.
Kale	Yes	Yes	1 wk	In some boxes every week.
Lettuce	Yes	Yes	1 wk	Summercrisp.
Onion	Yes	Yes	1 wk	Fresh, uncured onion.
Pea	Yes	Yes	1 wk	Last week for peas.
Radish	Yes	Yes	1 wk	
Summer squash	Yes	Yes	1 wk	

Radish – The purple-skinned radish in your box this week is a daikon type radish. It is generally used for pickles, cooking, or salads. It can also be grated and served as a condiment, with or without ginger and soy sauce. We very much enjoy eating it raw on our sandwiches, or as finger food. You should peel this radish before eating.

Garlic – Fresh, uncured garlic in your boxes this week! We love garlic and are always excited when we first put them in the boxes. You'll notice that the wrappers around the cloves are still juicy, not dry and papery. Garlic in this condition does not store well. You can keep it on your counter, but plan to eat it soon. You will receive dry, cured garlic in many weeks to come.

Onion – We are giving out fresh yellow, bulb onions this week. We pulled these from the ground yesterday, so the onions had no time to form the dry, protective layer that helps them store for months. Keep these in your fridge in a bag. You will receive dry, cured onion in a couple of weeks

Kale – Kale has a very long growing season, and we can harvest from the same plant for months. Last year we worked out a harvesting schedule for kale that allows us to pick over the entire planting every week without inundating our members with this vegetable. The result is that you will receive a bunch of kale in your box once out of every 3 deliveries.

Broccoli with Lemon and Garlic

(A very quick side dish.)

2 medium heads of broccoli
1 large clove garlic, minced
1 1/2 Tbsp olive oil
1 Tbsp lemon juice
Salt and pepper to taste

1. Trim stems from broccoli and cut florets into bite-size pieces. Steam the broccoli until tender but not soft, 3-5 minutes.
2. Meanwhile, heat oil in skillet, add garlic, and saute for 1 minute.
3. Add cooked broccoli, lemon juice, salt and pepper to garlic, cooking briefly to combine well.

Simple Roasted Summer Squash

2-3 small summer squash
2-3 Tbsp olive oil
Salt and pepper to taste

1. Preheat oven to 425 degrees.
2. Trim ends of the summer squash. Slice them into 1/4-inch-thick circles, or slice them lengthwise into 1/4-inch-thick pieces.
3. Oil 1-2 baking sheets. Place squash pieces on them in a single layer. Sprinkle summer squash with salt and pepper. Roast for 10-15 minutes one side, turn each piece, and roast for 10-15 minutes more, or until slices are golden brown.
4. Alternatively, you can grill summer squash slices. In that case, put slices in a bowl, mix with oil, salt and pepper to taste. Place slices on grill, and grill them until golden brown on both sides

Kids' Corner



Hi!

Last week the weather was very hot indeed. The thermometer reached 90 degrees more than once and I am not sure whether the hot breezes made it better or worse.

On Friday afternoon Andrew, Katie and I helped the rest of the crew transplant lettuce, cabbage and cauliflower out to the field. We also helped roll up row cover, a thin white fabric which we use to cover crops early in the spring to keep them warm or, as in this case, keep squash bugs off their favorite food (Surprise! - it's squash). This is a fairly dusty job, and as it was a little breezy that day, all of us came away with our clothes and arms covered in fine dust. Andrew, who is short enough that his face got dirty, too, looked rather like he badly needed to shave.

We also found the first cherry tomatoes in our hoophouses. It will be a while till we have enough to give them out to everyone, but one of these days you might find a little surprise in your box!

~Panka