

Two Onion Farm

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Summer Squash. Squash love warm weather and our plants have thrived in the recent heat. Consequently we are able to harvest them earlier than in many years. We grow three varieties of summer squash, and we've tried to place one squash of each variety in everyone's box. In our past trials, we've found that these three varieties are a bit more flavorful than the average summer squash.

One of the squash is greenish, with ridges running the length of the squash. This is an Italian zucchini variety. The yellow and green bicolored squash was recently bred by a plant breeder in Maine who has been trying to develop summer squash with better flavor. The thicker, light green squash is a style of summer squash which, we're told, is popular in the Middle East.

All three types taste similar so you can use them interchangeably. If you have a recipe that calls for zucchini, or yellow crookneck squash, or any other type of summer squash, you can use the squash in your box. Try slicing your squash lengthwise into long thin slices, coating them with olive oil and salt, and grilling them. We've also included a simple recipe for sautéed squash, onions, and garlic served over pasta.

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. If allowed to continue developing, the bulge in the middle of the scape would become the flower of the garlic plant. We break the scapes off now so that the flower will not continue developing, and instead the garlic plant will put its energy into forming an underground garlic bulb, which we will harvest in the next month and a half.

The garlic scapes have a strong garlic flavor. Generally we cook with the scapes. The intense flavor of the raw scapes mellows a lot with cooking. You can substitute sliced scapes for minced garlic cloves in any recipe where the garlic is cooked. Generally we substitute about 1 thinly sliced scape for 1-2 cloves of minced garlic.

You can also use the scapes raw. We add a finely sliced scape when we are making a bottle of salad dressing. The raw scapes do have an intense flavor, so use them in moderation.

Lettuce. 2 heads of Romaine lettuce.

Onions. A bunch of young purple onions. Use the small bulbs as you would any onion. They are sweet and pungent. The green tops can be used as scallions.

Peas. This may be the last week for our sugar snap peas, which do not love the heat. Eat them raw, or try them in the Chicken / Shrimp salad recipe.

Broccoli. Among other uses, broccoli will go well in the Chicken or Shrimp salad recipe we've included this week.

Carrots. Carrots are a great finger food. Wash or peel them and slice them into carrot sticks. Along with your peas, they are a great food to take for lunch at work. Also you can use carrots in the Chicken or Shrimp salad recipe we've included this week.

Beets. Beets are wonderful. Try the Beet Chocolate Cake recipe.

Storage. Store all of this week's vegetables, bagged, in the refrigerator to keep them cool and moist.

Shrimp or Chicken Salad with Broccoli, Carrots, Onions, and Peas

2 cups raw rice, cooked
¾ tsp salt
2 c broccoli florets, steamed
1 ¼ lbs shrimp or chicken, cooked and cut into bite sized pieces. Grilling the chicken works well.
1-2 medium carrots, shredded
3 green onions, sliced (you can use the tops of your purple onions)
1 cup sugar snap peas, blanched by boiling for one minute and then running under cold water
½ cup roasted unsalted peanuts

Dressing:

2 Tbsp sesame seeds lightly toasted in ¼ cup olive oil. (You can toast the seeds in the oil in a small skillet, stirring frequently until they are lightly browned).
¼ cup canola oil
1/8 cup balsamic vinegar
1 tsp Dijon mustard
1 tsp tamari

Whisk the dressing together (including the olive oil in which the sesame seeds were toasted). Stir the dressing with the remaining ingredients and serve chilled.

Beet Chocolate Cake

1 ½ cups sugar
2 cups flour
½ tsp salt
2 tsp baking powder
1 tsp baking soda
3 to 4 oz unsweetened chocolate
4 eggs
¼ cup oil
3 cups shredded raw beets

Heat oven to 325 degrees. Mix dry ingredients. Melt chocolate slowly over low heat. Cool chocolate and blend with eggs and oil. Combine dry ingredients, chocolate mixture, and beets. Pour into 2 greased 9" cake pans. Bake about 40-50 minutes until a fork can be removed from the center cleanly.

Recipe adapted from From Asparagus to Zucchini, 3rd edition.

Simple Sautéed Summer Squash

This is a quick recipe and a longtime summer favorite at our table.

1 garlic scape, sliced thinly
1-2 small purple onions, tops and bulbs, chopped
olive oil
2-3 small summer squash, quartered lengthwise and sliced thinly
salt and pepper to taste

Sauté the garlic scape and onions in olive oil until onion bulb pieces are translucent. Add summer squash, salt, and pepper, and continue cooking until squash is lightly browned. Serve over spaghetti with parmesan cheese. You can substitute garlic bulbs, other onions, and/or leeks for the garlic scapes and purple onions.

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