

# Two Onion Farm

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We're looking forward to the dry week of weather in this week's forecast, hoping that our soils will be dry enough to till before the next round of rain forecasted on July 4th and 5th. We dug our spring carrot planting last Saturday and found an excellent harvest, and we're expecting to include carrots in your boxes for the next three weeks. Late this week we also plan to begin harvesting our earliest garlic varieties. Our garlic, which we planted last October, grew very vigorously in the early warm spring. We're expecting a fantastic garlic harvest; our concern is that there will be mold on the bulbs because of the recent wet weather. After several weeks of mediocre pea harvests, we're expecting a good yield of peas for your boxes this week. We will probably include broccoli this week in our Tuesday boxes only; for Friday there will be little or none. We plant broccoli every 4-7 days in the spring in order to have a continuous harvest; however broccoli's growth is very sensitive to weather and conditions: seeds planted 7 days apart sometimes result in mature plants which ripen anywhere from 3-15 days apart. We're experiencing a long gap right between two plantings sown a week apart. We expect more broccoli in the weeks to come.

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## In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Beets	Yes	Yes	1 wk	Long dark red cylindrical beets. Biweekly boxes only.
Broccoli	Yes	Yes	1 wk	Not in all boxes
Carrot	Yes	Yes	2 wks	
Fennel bulb	Yes	Yes	1 wk	Flat, whitish vegetable with overlapping layers
Leek, baby	Yes	Yes	1 wk	Pencil sized stalks with thin, flat green leaves
Lettuce	Yes	Yes	1 wk	Romaine and/or summercrisp
Onions, red	Yes	Yes	1-2 wks	Miniature red bulbs with green "scallions"
Peas	Yes	Yes	<1 wk	Snap peas - eat pods and seeds both.
Radish	Yes	Yes	1-2 wks	Long, pinkish red, with white interior
Summer squash	Yes	Yes	1 wk	Not in all boxes.

**Fennel.** This is the flat white vegetable with overlapping layers. It has a licorice like 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.

**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 3 or 4 baby leeks for each regular leek in the recipe.

## Wilted Salad with Fennel and Red Onion Dressing

If you opt not to use bacon in this salad, substitute 3 Tbsp olive oil for the bacon drippings.

1 head of lettuce  
3-4 slices of bacon cut into small pieces (OR 3 Tbsp olive oil)  
1 fennel bulb **very** thinly sliced (see discussion on how to cut up a fennel bulb above)  
1-2 small red onions halved and thinly sliced  
1/2 tsp salt  
3 Tbsp balsamic vinegar  
1/3 tsp dry tarragon (optional)  
Black pepper

Wash lettuce, tear it into bite size pieces and put it in a salad bowl.

If you are using bacon, fry bacon pieces in a skillet until they are crispy, scoop them out and drain them on a paper towel. Add fennel, onion, and 1/2 tsp salt to bacon drippings (or heated olive oil) and cook, stirring occasionally, until the vegetables are softened and browned, 8-10 minutes.

Stir in vinegar and cook until just syrupy, about 30 seconds. Remove the skillet from heat and stir in tarragon and pepper to taste.

Scrape fennel mixture onto the lettuce, add bacon if using. Toss to combine until the lettuce wilts slightly. Serve immediately.

## Leek and Carrots

Quick and delicious side dish.

3-4 (or more) 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.

## Fennel Sauce for Pasta

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

2-3 fennel bulbs  
1 Tbsp each olive oil and butter  
Salt  
Juice and grated zest of 1 lemon; or 2 Tbsp 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.