

# Two Onion Farm

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Week of June 28, 2009

**Summer Squash.** Squash love warm weather and our plants thrived in last week's heat. We're harvesting both zucchini and yellow and green bicolored squash. The bicolored squash has flesh that is a bit denser, but both types can be used fairly interchangeably in any recipe that calls for zucchini or summer squash. They are excellent marinated and grilled, lightly sautéed, or baked in muffins.

**Cauliflower.** This is a vegetable which detests very hot weather as it's ripening. Because of last week's heat, many of the heads we're harvesting this week are small, misshapen, discolored, or fuzzy. We're hoping for imposing cauliflower from our autumn plantings which mature in September.

**Leeks.** This week we are giving out baby, or bunching leeks. We enjoy them lightly cooked. They make a great addition to stir fries or sautéés.

**Cabbage.** Our spring cabbage planting is maturing slowly. Some of you received heads in last week's box, and some receive it this week. This is one of our favorite vegetables. Cabbage is well adapted to our climate, comes in a variety of colors and textures, and is great both raw and cooked. Tender leafed spring cabbage is excellent raw, sliced and dressed with a vinaigrette. Our web site has several recipes for cabbage salads and cole slaws – see <http://www.twoonionfarm.com/Newsletters/RecipeSearch.htm#Cabbage>. Cabbage is also well suited for light cooking.

**Lettuce** is one of our specialties. Most lettuce varieties turn bitter in heat and are very challenging to raise in summer. During the summer, therefore, we rely on the few heat tolerant lettuce varieties we have found, which thrive and maintain their sweetness in summertime. This week's lettuce is the Jericho variety, a Romaine bred in Israel to withstand very hot, dry conditions.

**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.

**Snap Peas.** We're picking our first snap peas this week; we expect more in the next few weeks. You can eat both the pod and the pea seeds inside. The pod is juicy and crunchy and the seeds sweet. We recommend that you eat your peas soon. Their sugars turn to starch as they remain in storage, so the peas will become less sweet.

You may want to string the pods before cooking them or eating them raw. To do that, snap off the top of the pod toward one side and pull it downward. Strings should come off both sides of the pod.

**Electronic newsletters.** This is the first week of our electronic newsletters. Instead of including a paper newsletter in each box, we are emailing the newsletter to all members for whom we have email addresses. Last autumn we surveyed members about a switch from paper to email newsletters. Most members encouraged us to switch to email newsletters and said they would like to see us save more paper. We are leaving paper newsletters each week on the clipboard at each delivery site. Anyone who wants a paper newsletter can take one from there. If you find that your site is running short of paper newsletters, let us know and we will bring more in the future. Anyone who wishes to not receive the email newsletters can opt out now or at any time by contacting us at [farmer@twoonionfarm.com](mailto:farmer@twoonionfarm.com); 608-762-5335. Please tell us how you like the email newsletter.

## 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
Cabbage	Yes	Yes	1-2 wks	Not in all boxes
Carrots	Yes	Yes	2 wks	
Cauliflower	Yes	Yes	1 wk	Not in all boxes
Garlic scapes	Yes	Yes	1-2 wks	Curly green stem
Leeks, Baby	Yes	Yes	1-2 wks	
Lettuce	Yes	Yes	1 wk	Romaine
Snap pea	Yes	Yes	1 wk	
Summer Squash	Yes	Yes	1 wk	Including zucchini

### Marinated Broccoli and Carrots

Approximately 1 lb broccoli (and/or cauliflower), cut into florets  
 2 carrots, sliced  
 ¼ cup olive oil  
 2 Tbsp red wine or cider vinegar  
 1 tsp paprika  
 1 clove garlic, minced (optional)

Steam broccoli, cauliflower, and carrots until crisp tender. Whisk together the remaining ingredients. Combine the vegetables with the dressing and chill. Serve cold.

### Snap Peas with Walnuts & Butter

The amounts in this recipe are very flexible: Place some snap peas pods in boiling, lightly salted water for about 1½ - 2 minutes and then, to stop the cooking process, blanch them immediately by immersing them briefly in ice water.

Melt a generous amount of butter in a skillet. Cook chopped walnuts in the butter for a couple minutes, until the walnuts become fragrant. (Try about 2-3 Tbsp chopped walnuts per pound of peas). Add the blanched peas and cook another few minutes, until the peas are heated through. Serve warm.