

Two Onion Farm

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Week of June 28, 2015

Transplanting



The past three weeks we've been following the vegetables in your boxes back towards their seed packets. I told you about washing, harvesting and growing them. This week I write about transplanting on our farm.

We transplant the first vegetables, onions, to the field in early April and set out the last lettuce seedlings 5 months later in September. Transplanting vegetables as opposed to direct seeding them has advantages. The young seedlings get a head start on the weeds, mature and ripen earlier, and overall have a better chance of survival and thus, ending on your table.

We set out each seedling into a furrow dug by the tractor, and cover the roots with soil. Spacing of the seedlings is aided by a long measuring tape, as you can see it on the photo above. After we finish a bed, we put the driptape irrigation on each row of vegetables and turn on the water. Young seedlings get a good dose of water after they are transplanted to lessen the so-called transplant shock (i.e. root disturbance).

Some crops are transplanted only once (onion, pea, tomato, eggplant, winter squash), but others have several plantings each year to ensure a continuous supply of them for you (lettuce, broccoli, cabbage, kohlrabi).

Next week I'll tell you how we start and raise the seedlings.
Enjoy the vegetables!

Juli

Farm News – Last week we harvested 8 beds of carrots yielding 13,000 carrots. We love carrots! And so do our members, based on the annual member survey. Rejoice! This harvest will keep all of us happy and well fed for a month. Then we dig into the next planting. We can't wait!

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	
Carrot	Yes	Yes	2 wks	
Cucumber	Yes	Yes	1 wk	Lots of cukes this week!
Fennel bulb	Yes	Yes	1 wk	
Garlic scape	Yes	Yes	1-2 wks	
Kale	Yes	Yes	1 wk	In some boxes every week.
Leek, baby	Yes	Yes	1 wk	
Lettuce	Yes	Yes	1 wk	Summercrisp.
Pea	Yes	Yes	1 wk	Great harvest this week!
Summer squash	Yes	Yes	1 wk	

Fennel bulb – Fennel bulb is the flattish, white vegetable with overlapping layers in your box. Fennel bulb has a spicy, licorice-like flavor and can be eaten raw or cooked. We have many good recipes with fennel on our [website](#).

Baby leeks – We enjoy baby leek 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 3-4 baby leeks for each regular leek in the recipe.

Broccoli Salad with Fennel and Raisins

1 lb broccoli, florets separated and stems sliced
 1 bunch baby leek, sliced OR 1 cup onions, chopped
 1 cup finely diced fennel bulb
 1/2 cup raisins
 1/3 cup toasted pine nuts OR sunflower seeds
 1/4 tsp dry orange zest
 3 Tbsp balsamic vinegar
 2 Tbsp orange juice
 1 Tbsp olive oil
 salt and pepper to taste
 1 tsp dry tarragon leaves
 1/4 tsp dry mint leaves

1. Steam broccoli until bright green and just tender. Combine broccoli, onions, fennel, raisins, and nuts in a bowl.
2. Whisk together remaining ingredients to make dressing. Stir dressing into salad. Serve chilled or at room temperature.

Vegetable Pizza

(our Sunday evening staple)

1 large (16") pizza (store brought or home made)
 2 Tbsp olive oil
 8 oz mushroom, sliced
 1 small broccoli, separated into small florets
 2-3 baby leeks, sliced OR 1/4 cup onion, sliced
 8-10 black or green olives, sliced
 1/3 cup frozen corn
 salt and pepper to taste
 mozzarella cheese

1. Heat oil in large skillet on medium-high heat. Add mushroom, broccoli, salt and pepper to taste, and saute until vegetables are tender to your liking (5-8 minutes).
2. Heat oven to 425 degrees. Spread your favorite pizza sauce on the pizza dough. Top pizza with cooked vegetables. Sprinkle with leeks, corn, and olives. Top with cheese.
3. Bake until cheese melts and bubbles, 7-8 minutes.

Kids' Corner



Dear Newsletter,

The weather this past week has been most disagreeable. We had to endure a dreadful storm last Monday during which we took refuge in the packing shed and crossed our fingers that no buildings would blow down. None did. We lost a couple of trees on the fence line, the power was out for a few hours, and some of our crops got badly blown about, but at least nothing worse occurred. This storm, coupled with rainy weather, has left our field a muddy mess which makes harvesting an interesting business. Indeed, my rain pants are so dirty it is hard to tell what color they were originally.

Our harvests of broccoli have been large, and even approaching titanic. Not to be confused with The Titanic. The peas have also yielded well, although they are succumbing to bacterial infections due to wet weather. However, the beans have started flowering, so our members will soon be able to enjoy them.

Well, good bye for now and enjoy your vegetables,

Panka

senior correspondent for the Two Onion Farm Newsletter