

Two Onion Farm

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Week of June 29, 2008

It's an exciting time of the year to be raising vegetables. The recent sunny mild weather has been good for many of our crops. Spring carrots, broccoli, lettuce, and peas are all yielding very well. Temperatures have remained somewhat cooler than usual, and some of the heat loving vegetables, such as summer squash, eggplant, and cucumbers, are languishing a bit and we do not expect them to yield as early or heavily as they have in other years. One of the benefits of raising multiple vegetables over a long season is that a bad stretch of weather for some vegetables at one time of year is usually compensated for by better yields of other veggies or at other times of year.

Our fields change quickly in early summer. On some crops such as winter squash and onions we can notice daily that the vegetables are larger than the day before. The weeds grow quickly as well at this time of year, and we have to be diligent with cultivating and hoeing to keep ahead of them. We're also planting and transplanting vegetables for late summer and fall harvest. On Saturday the 28th we set out one of our largest plantings of the year – cauliflower and cabbage for fall harvest. Fall broccoli and Brussels sprouts will be transplanted out in the coming weeks. We've seeded carrots and beets for late summer harvest, and we'll be planting more late season root vegetables throughout July.

Less than two weeks after we were pummeled by torrential rains, we've already begun irrigating – many vegetables are shallow rooted, and although the deeper layers of the soil are still quite wet, the shallower-rooted vegetables really benefited from some extra water in the past week.

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Lettuce	Yes	Yes	1 wk	Romaine or summercrisp
Baby leeks	Yes	Yes	1-2 wks	
Carrots	Yes	Yes	2 wks	
Yukina Savoy	Yes	Yes	1 wk	Loose head of dark-green leaves.
Snap peas	Yes	Yes	1 wk	
Radish	Yes	Yes	1-2 wks	Long, pinkish red
Broccoli	Yes	Yes	1 wk	
Spinach	Yes	Yes	1 wk	Not in all boxes
Cauliflower	Yes	Yes	1 wk	Not in all boxes
Cabbage	Yes	Yes	1 wk	Not in all boxes
Summer squash	Yes	Yes	1 wk	Not in all boxes

Please take the correct box! Each box is labeled – for example, "Weekly Small", "Biweekly Large", etc. Please be sure you take the right box. If you're not sure which box you should take, look at the checkoff sheet on the clipboard at the pickup location. Your box type will be listed next to your name. And if you send someone else to pick up your box, please tell them to take the correct box type. If someone takes the wrong box, then another member arriving later will not get the box they signed up for. Please be fair and considerate and take the correct box. Thank you!

Yukina savoy – This is an Asian leafy green vegetable similar to Tatsoi or Bok Choy. We recommend that you cook it. It is excellent in stir-fries. It cooks quickly and should be added near the end of a stir-fry. We have two recipes on the back page for Yukina Savoy.

Baby Leeks - 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.

Peas. These are snap peas, which means that 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.

Try the peas raw. You can also cook the entire pods. Best is to put the 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. You can then chill the peas for serving in a salad, or you can cook the boiled peas further by sautéing them in butter or oil.

Cabbage – This cabbage variety has thin, tender-crisp leaves. It is delicious lightly cooked or in salads and slaws.

You can enjoy your cabbage and carrots in coleslaw: mix thinly sliced or shredded cabbage with grated carrots, optionally sliced green onions, and a mayonnaise/yogurt dressing, salt, and pepper. We usually use half plain yogurt and half mayonnaise in our dressing, about 1/3 to 1/2 cup of each for a medium head of cabbage. Mayonnaise alone is fine as well. Also, try adding celery seed (about 1/4 to 1/2 tsp per head of cabbage) and dill (about 1/2 to 1 tsp per head of cabbage). They improve a coleslaw.

Yukina Savoy Sauté

1 Tblsp sesame oil
2-4 baby leeks, sliced (or 1-2 cloves garlic, crushed)
1 head Yukina Savoy, destemmed, with midveins cut out, and coarsely chopped (about 4 oz of leaves should remain).
1/2 Tblsp vinegar
1 Tblsp tamari sauce
Black pepper

Sauté leeks (or garlic) in oil for 2-3 minutes. Add greens and sauté until just wilted. Remove from heat and stir in vinegar, tamari, and pepper. Serve hot, as a side dish or with rice.

Creamy Cauliflower Lettuce Salad

5 Tbsp mayonnaise
2 Tbsp cider vinegar
1/2 tsp caraway seeds
1/4 tsp black pepper
1-2 Tbsp minced onion, green onion, or leek
3 cups chopped cauliflower florets
2 cups torn lettuce leaves
1/3 cup raisins OR 1 apple, chopped

Whisk together mayo, vinegar, caraway, and pepper and toss with remaining ingredients

Yukina Savoy with Sesame Ginger Dressing

2 heads Yukina Savoy, torn into individual leaves and stalks removed
4 tsp soy sauce
1½ tsp sesame oil
¾ tsp minced ginger
1 Tbsp rice wine vinegar
Salt and pepper to taste (may not need salt)
1 Tbsp sesame seeds, roasted in a pan until lightly browned

Bring a large pot of salted water to a rolling boil. Add tatsoi, cook 1 minute, and immediately remove and plunge into ice water to stop cooking. Drain. Whisk together all ingredients except tatsoi and sesame seeds. Toss tatsoi with dressing, garnish with sesame seeds. Serve warm or chilled.