

Two Onion Farm

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Who does the work? Small scale, organic vegetable growing relies heavily on human labor. Sure, there are tractors and many field implements to be pulled by those tractors, but the majority of the job gets done by hands. This is especially true on our farm, since we are not heavily mechanized. Transplanting, weeding, pruning, training, harvesting and washing produce are a few tasks where we mostly use our hands. We have several employees to aid us in these tasks. Emily W. started her third season on Two Onion Farm in March. She is in charge of seed starting and seedling care, drives our tractor on harvest days and delivers produce on Fridays. She thrives on working with people, has a friendly smile and good stories. Emily B. joined us for her second year a week later. She and Chris map out the field, set up irrigation and spread soil amendments early on. Emily B. does all the direct seeding (planting seeds with a push seeder straight into the field) and delivers produce on Tuesdays as well. When harvest season rolls around she moves into the packing shed and reigns over the produce which needs washing and packing. She stays cool and collected and cheerful at all times. Angie and Brianna arrived in April. They both work part-time. Angie has been our farm member from the first year of our CSA and this is her second year as an employee. They work alongside us in whatever task needs to be done. Shortly before the delivery season started our summer help came onboard: Emily H., Teagan, Nick, Kayla and Emma. It takes a community to raise vegetables; we have a great one!

Registration is open for the **8th Annual Bike the Barns** event. The organizer is FairShare CSA Coalition, a Madison-based non-profit organization supporting and connecting CSA farmers and eaters. Its annual fundraising bike tour, called Bike the Barns, highlights local farms and food. The FairShare website says: *This event is a spectacular, educational community ride with your fellow foodies and bike buddies. It supports a critical program, FairShare's Partner Shares Program, which helps low-income families purchase local, organic vegetables.* This year Bike the Barns will be on Sunday, September 14. [Click here](#) to learn the details. Two Onion Farm has been a FairShare member farm since 2006.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Baby Leek	Yes	Yes	1-2 wks	
Broccoli	Yes	Yes	1 wk	
Carrots	Yes	Yes	2 wks	
Chery tomatoes	No	No	1 wk	Not in all boxes – tomato harvest is just starting
Cucumber	Yes	Yes	1 wk	
Fennel bulb	Yes	Yes	1 wk	Flattened bulb with overlapping white layers
Garlic scapes	Yes	Yes	1 wk	Curvy, green stems
Kohlrabi	Yes	Yes	1 wk	
Lettuce	Yes	Yes	1 wk	
Pea	Yes	Yes	1 wk	
Summer Squash	Yes	Yes	1 wk	

Fennel Bulb. Fennel bulb is the flattish, white vegetable in your box. The bulb has overlapping layers; the outer layer can be a little tough and stringy; so you may want to discard that and eat only the inner layers. Fennel bulb has a spicy, licorice-like flavor and can be eaten raw and cooked. We have many good recipes with fennel on our [website](#).

Garlic Scapes. Garlic scapes are the long green items, often curly, and with a bulge in the middle. They are actually the top of the stem on the garlic plant. The scapes have a strong garlic flavor. Generally we use them in cooked dishes. The intense flavor of the raw scapes mellows a lot with cooking. You can substitute 1 thinly sliced scape for 1-2 cloves of minced garlic.

Broccoli Salad with Fennel and Raisins

1 lb broccoli, with florets separated and stems sliced
1 cup diced red onion
1/2 cup finely diced fennel bulb
1 cup raisins
1/3 cup toasted pine nuts (optional)
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

Steam broccoli until just tender. Combine broccoli, onions, fennel, raisins, and nuts in a bowl. Whisk together remaining ingredients to make dressing. Stir dressing into salad and chill before serving.

Cucumber Dill Dip

This recipe is a favorite of one of our members.

2 medium cucumbers, peeled, seeded and chopped
8 oz. cream cheese
1 cup mayo
1/2 tsp dried dill
1 Tbsp lemon juice
1 tsp hot pepper sauce

Combine all ingredients and chill for 1 hr to allow flavors to blend. Can be made in advance. Serve with fresh vegetables, chips or crackers.

Asian Lettuce Cups

Another recipe submitted by a member.

1 tsp either powdered or grated ginger
1 Tbsp minced or powdered garlic (or substitute with garlic scape)
1/8 cup Maagi sauce (or soy sauce)
Pinch of sea salt
1/4 tsp black pepper
1/4 tsp red pepper flakes (optional)
1 Tbsp honey (or to taste)
1 Tbsp sesame oil

1 lb ground beef (chicken or turkey)
1 Tbsp sesame oil, or more
1 can water chestnuts, diced
1 small bunch scallions or baby leeks, sliced and split into two piles
1 small summer squash, diced
1 small onion, diced
1 head of washed lettuce, leaves used as wraps

1. Combine first 8 ingredients in a large bowl. Add crumbled up meat and half the scallions (or leeks), and let it sit for a few minutes.

2. Heat 1 Tbp oil in a skillet on medium high. Add onions and summer squash, and cook until translucent and barely browned.

3. Add marinated meat (and marinade) to the skillet along with water chestnut pieces. Cook, stirring occasionally, until the meat browns and gets a bit caramelized (ass water, if needed to keep from burning).

4. Remove mixture from heat and serve it with lettuce leaves to wrap it in and the leftover scallions (or leeks) to top it with.