

Two Onion Farm

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Week of June 3, 2012

Many of our crops have come into bearing this week and we have an abundant box. We've picked the first cucumbers from our plastic-covered hoop house, several weeks before cucumbers grown outside would be ready for harvest. The broccoli, carrots, and beets you are receiving this week were also grown under covers to accelerate their growth and allow a slightly earlier harvest. We're pleased to have excellent harvests of lettuce and salad mix again this week as well. We're looking forward to a week of warm and mild weather this week which should promote fast and healthy growth in our crops. We have lots of beautiful spring vegetables growing towards harvest in our fields. Most of warm season vegetables (tomatoes, peppers, squash, etc.) are now in the ground and beginning to grow well.

Welcome to biweekly members who are receiving their first box this week! We hope you will enjoy receiving vegetables from us this year. Please read these notes on logistics:

Electronic newsletters. We email our newsletter to reduce paper waste. Paper newsletters are available on the clipboard at each delivery site. Anyone who receives email newsletters can opt out by contacting us at farmer@twoonionfarm.com; 608-762-5335.

Return your boxes. Your first delivery includes a sheet with instructions for breaking down your box. The instructions are also available on www.twoonionfarm.com. Please take care breaking down the box and remember to return it to the pickup location when you pick up your next box.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Beet	Yes	Yes	1-2 wks	Cylindrical variety - long and dark red root
Broccoli	Yes	Yes	1 wk	
Carrot	Yes	Yes	1-2 wks	First of the season
Cucumber	Yes	Yes	1 wk	
Garlic scapes	Yes	Yes	1-2 wks	Green, long, and curved
Green onions	Yes	Yes	1-2 wks	
Kale	Yes	Yes	1 wk	Lacinato kale - bumpy, dark blueish-green leaves
Lettuce	Yes	Yes	1 wk	Romaine and/or Boston
Salad Mix	Yes	Yes	<1 wk	Bagged mixed greens
Spinach	Yes	Yes	1 wk	
Turnip, salad	Yes	Yes	1-2 wks	Round, white root

Turnip. The round white salad turnips in this week's box are delicious. They are extremely tender, juicy, and sweet, with just a hint of mustardy, turnipy taste. They can be lightly stir-fried or sautéed, but most people eat them raw, on salads or sandwiches.

Salad Mix. You're receiving a bagged mix of Asian salad greens (to be specific: Mizuna, Vitamin Green, Kale, Tokyo Bekana, and Red Mustard). These are tender, sweet, and slightly spicy. Baby greens are always more perishable than larger leaves, so we encourage you to eat them quickly. The mix is delicious with the sour cream dressing recipe in this newsletter.

Like most of our vegetables, we washed the salad mix here at our farm. However, we recommend that you wash it at home before eating it.

Kale. This week you are receiving Lacinato type kale (also known as dinosaur kale). Kale is generally cooked, either steamed or sautéed. Typically you will chop the leaves and discard the tough midrib before cooking. Aim to cook the kale until it is limp but still retains some texture. Steamed kale can be dressed with olive oil, lemon juice or vinegar, salt and pepper. Or sauté kale in oil or butter with onions and garlic. Garlic generally accompanies kale nicely.

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. 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.

Beet Spinach Salad

2 medium beets
1/2 can chickpeas, drained and rinsed
2 green onions or baby red onions, sliced
1/8 cup balsamic vinegar
1 1/2 Tbsp olive oil
1 tsp. Dijon mustard
1/8 tsp salt
1/8 tsp pepper
1/2 lb spinach leaves
walnuts and goat cheese (optional)

Boil whole beets (or roast in a hot oven) until fork tender and slice. Mix with the drained chick peas and onions. Mix together the vinegar, oil, mustard, salt and pepper and pour over the beets and chickpeas. Marinate in the refrigerator for a few hours. Before serving, toss with the greens and garnish with optional nuts and cheese.

Gingery Kale and Soy Sauce

1 bunch of kale (about 5-6 leaves)
olive oil
2 garlic cloves, minced
1/4 tsp dry ginger
2 tsp sesame seeds
1 1/2 Tbsp soy sauce
2 Tbsp rice wine vinegar

Remove stems and midveins from kale and chop it coarsely. Steam kale until tender but not mushy, about 5 minutes. Set kale aside. Sauté garlic and ginger about 2 minutes in olive oil. Add sesame seeds, sauté for another 2 minutes. Remove from heat, add soy sauce and rice wine vinegar. Mix, and pour dressing over kale. Serve cold or warm.

For more recipes, look at our website www.twoonionfarm.com. You can view the recipes from all of our past newsletters.