

# Two Onion Farm

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## Week of June 5, 2016



### Welcome to a New Season:

We are happy to begin another season of delivering organic vegetables from our farm to your table. Along with a small crew of employees from our area, we've been busy since March seeding, transplanting, irrigating, and weeding our crops. We're excited to begin harvesting and delivering our produce.

On Monday morning the following picture greeted everyone at Two Onion Farm: washing tubs lined up,

cooler humming and awaiting the year's first lettuce, spinach and other vegetables; harvest crates clean and ready to be loaded on the tractor; eager farmers and employees meeting in the morning to start the first harvest day. It was exciting, electrifying and very cheerful. We look forward to many more days like this and providing you with a season's worth of delicious, fresh, beautiful vegetables from our farm. Enjoy!

~ Chris and Juli

### Save the date – member event

Our member event this year will be on Saturday, September 17 from 3:30 pm to 6:30 pm. We invite you to the fields: tour the farm, dig carrots and radishes, pick flowers, talk to your farmers and fellow members, listen to some music and have supper with us! Mark the date on your calendar now; more details to come later.



## In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	
Green Onion	Yes	Yes	1 wk	
Lettuce	Yes	Yes	1 wk	Boston type.
Radish	Yes	Yes	1 wk	
Salad Mix	Yes	Yes	<1 wk	
Spinach	Yes	Yes	<1 wk	
Turnip	Yes	Yes	1 wk	

**Lettuce** – Lettuce is a staple in your box; we aim to include it in every delivery. We grow many different varieties of lettuce over the course of the season. Pictured here is Adriana, a Boston type lettuce. One of its characteristics is a closed center, making this lettuce resemble a cabbage. It is tender, juicy, and it simply melts in your mouth.

**Salad Mix** - You're receiving a bagged mix of Asian salad greens (to be specific: Mizuna, Vitamin Green, 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. 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.

**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. You don't need to peel them.

## Kids' Corner



Dear Readers of this Publication, Things are going well here. Our beautiful, new greenhouse was a godsend

earlier in the spring. Instead of trying to plant little seeds while our fingers froze, as we used to in our old potting shed, we enjoyed hot running water(!) and balmy 70s temperature. Our apple trees flowered well in May, cloaking the orchard in white. We had a bit of a scare when, shortly after petal fall, the temperature dipped below freezing on the morning of May 15! Thankfully, we didn't have any frost damage.

This Monday we harvested an incredible 527 heads of broccoli! Apparently, the broccoli decided that it would be a good idea to ripen all at once instead of over a week or so like it usually does. Adding Monday's harvest to the 200 heads we picked on Saturday, there are 727 heads of broccoli sitting in crates in our cooler. I hope all of you readers have dusted those recipe books off! ~ Panka

## Frittata

*(A quick, easy and satisfying dish - a weekly staple on our dinner table during summer. We double the recipe for our family of five.)*

1 Tbsp olive oil  
3-4 green onions, sliced  
1 cup small broccoli florets  
1/4 tsp salt  
Pinch of dried oregano and thyme  
2 handfuls spinach, chopped (or other green)  
Black pepper  
4-5 eggs  
1/4 cup grated cheese (cheddar, Parmesan, etc.)

1. Preheat oven to 375 degrees.
2. Heat oil on stove top in 9 or 10 inch oven proof skillet. Add green onions, broccoli, salt, and herbs and cook, stirring, over medium-high heat for 3-5 minutes.
3. Add spinach and black pepper. Stir and cook for 1-2 minutes, until wilted. Remove from heat.
4. Beat eggs in a bowl. Stir in cheese and pour mix over vegetables. Place skillet in preheated oven for 10-15 minutes or until frittata is solid when you shake pan.

## Creamy Lemon-Mustard Vinaigrette

2-3 gr. onions, minced  
6 Tbsp olive oil  
1-2 Tbsp lemon juice  
1 tsp Dijon mustard  
1/2 tsp honey  
Salt and pepper to taste

Whisk together ingredients until smooth.  
Store it in fridge.