

Two Onion Farm

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News from the packing shed



We take great pride in our vegetables. We start with healthy soil. Then we choose varieties that taste good, give a lot of TLC to the young seedlings in our greenhouses, keep the vegetables well watered and weeded in the field, harvest them when they are at the peak of ripeness, and bring them to the packing shed for a good washing, so they reach you squeaky clean. I figured it would be fun to trace the vegetables in your box back to the seed packet. Let's start in the packing shed!

As soon as a load of vegetable freshly harvested reaches the packing shed, we dunk the crates in water. We do this for several reasons: first, we want to remove the field heat from the vegetables as much as possible, so our coolers don't have to work so hard; second, we want to loosen up the dirt on the vegetables to make washing easier. After the vegetables spend a little time floating in a tub of cold water, we give them a good scrub if they need it. Broccoli or kale are not really dirty. We just shake the water off them and move them to our coolers. Other vegetables need more attention. And here comes the exciting part...

This year we added new vegetable washing equipments to our packing shed. In the photo above you can see Emily B. washing the kohlrabi you will find in your box today in our new brushwasher. We place the kohlrabi on a table, hose them off a bit, then push them into the washer. Inside the washer are brushes on the bottom (hence the name, brushwasher) that are constantly turning to move the veggies along while scrubbing them well, but gently. From above water sprays on the kohlrabi to help the cleaning process. The clean produce rolls out from the brushwasher onto a series of rolling sponges that dry the excess water off. After this the kohlrabi rolls onto a turntable, so we can sort through and box the clean produce.

In the past we washed kohlrabi by picking each vegetable up and put it under a strong jet of water by a sink. The brushwasher saves us time and back strain, and we are very satisfied with it.

Next week I'll talk about harvesting - our favorite activity at Two Onion Farm!

Have a great week, Juli

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	
Cucumber	Yes	Yes	1 wk	
Green onion	Yes	Yes	1 wk	
Kale	Yes	Yes	1 wk	In some boxes every week
Kohlrabi	Yes	Yes	1 wk	
Lettuce	Yes	Yes	1 wk	Romaine/Bibb intermediate and/or Boston
Radish	Yes	Yes	1 wk	
Salad mix	Yes	Yes	< 1 wk	
Spinach	Yes	Yes	1 wk	

Salad Mix – You're receiving a small 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.

Kale – Our plan for kale for the next four months is that a portion of members will receive kale each week, on a rotation, so that members with weekly boxes will receive it every 3-4 weeks. Biweekly members should receive it every 4-7 weeks. Harvesting a modest amount of kale weekly is the best way for us to maintain the health of our kale planting. In the weeks that you do not receive kale you will receive extra of another item to compensate. We are giving out Lacinato (also called Dinosaur) kale from now on. This is our favorite kale; we like its taste best among all the different types of kale. Kale is very rich in vitamins A, C, and the mineral calcium. When preparing kale, remove stems from leaves by folding the leaf in half lengthwise and stripping or slicing away the thick stems. Discard the stems and chop up leaves for your dish. [Click here for great kale recipes.](#)

Kohlrabi – This is the white, round vegetable with protruding stalks. It has a crisp, juicy

texture, and a slightly mustardy, slightly fruity taste. Before eating, peel off the tough skin. Slice it up for a quick, delicious snack, grate it into a salad, or try the recipe below for a tasty side dish. [Find more recipes here.](#)

Black bean and spinach tacos with quick pickled radishes

4 Radish, sliced thin
 1/3 bunch Scallion, chopped
 1/4 teaspoon Cumin, whole seeds
 1/4 teaspoon Black Peppercorn
 1/2 teaspoon Dried Oregano
 1/4 teaspoon Salt
 1/3 cup Cider Vinegar
 8 oz Spinach, roughly chopped
 2 tablespoons Canola Oil
 1 14 oz can Black bean, drained
 2 teaspoons Chili Powder
 1/2 cup Queso Fresco, crumbled
 8 Corn Tortilla
 1 cup Salsa

1. To quick pickle the radishes, place sliced radishes in a bowl, and sprinkle with chopped scallions. Coarsely grind the pepper and cumin by placing them in a bag, and pressing down on them with a heavy skillet. Add spices, vinegar and salt to radishes, cover and allow to sit for a couple of hours. If you don't use them all up on your tacos, they'll keep in the refrigerator for a few weeks.

2. Warm a large skillet over medium-high heat, add 2 tablespoons oil and heat until

shimmering. Add spinach and cook, stirring until leaves wilt. Stir in black beans and chili powder, and cook 1-2 minutes, until whole mixture is heated through. Season to taste with salt and pepper.

3. Wrap tortillas in a clean towel, and warm in microwave for 1-2 minutes, and serve. Place a tortilla on a plate, spoon in some greens and beans, sprinkle some cheese and spoon some salsa. Top with a little of the pickled radish, roll up and enjoy. Place beets in a small, rimmed baking sheet and cover with foil. Roast beets on 350 degrees for 1 hr or until beets are tender. Let them cool. When beets are cool enough to handle, peel and chop them. Mix beets, green onions and walnuts with the vinaigrette and serve over the spinach.

Grated kohlrabi

2 kohlrabi bulbs
1 Tbsp unsalted butter
Salt and pepper to taste
1/4 cup grated Parmesan cheese

Peel the kohlrabi and grate it with a hand grater or in a food processor. Melt the butter in a pan on medium-high heat; add the kohlrabi and cook, stirring frequently until the kohlrabi is tender and started to turn brown, 6-10 minutes. Add the cheese, salt and pepper, stir, and continue cooking until the cheese melts. Serve it piping hot.

Kids' Corner



Dear Newsletter,

My name is Panka McGuire. I am writing in answer to an advertisement regarding an opening for a correspondent. I hope you will find me suitable.

You asked for an overview of the applicant's past. I should be happy to oblige. I have lived on Two Onion Farm since I was one. For the last three summers I've helped on the farm planting, weeding and harvesting. I've also been helping in the apple orchard since we planted it in the spring of 2012. I hope you will consider my application, so I may elaborate more fully upon these and other points.

Please believe me to be yours most sincerely,

Panka McGuire

P.S.: I have been known to possess a strange sense of humor.

(Editor's note: we hired her.)