

Two Onion Farm

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Week of June 8, 2014

The third week of our delivery season brought wonderful weather to our farm. The long, cold winter and the erratic spring robbed us of the gentle, balmy weather that I love to have before summer heat kicks in. Well, here it is! It is invigorating to step outside in the morning and start the day. I am simply happy to be alive. Our vegetables are also alive and doing great! Two weeks ago the greenhouses were full of young seedlings; by now almost all of them are in the field, throbbing with life and growing at a fast pace. Tomatoes, peppers, eggplants, summer and winter squash were all transplanted recently. As we are transitioning to summer, we are taking down temporary structures and uncovering plantings from their protective tents. They served their purpose, keeping young, vulnerable plants away either from cold or insect pests, now they are disassembled, folded and put away until fall.

May and June are undoubtedly the busiest months here. There is a lot of tractor work to be done: mowing down and tilling in winter cover crops, and preparing beds for seeding or transplanting. Once those beds are ready, we sow seeds for spring crops such as spinach, radish, salad mix, and we transplant a huge number of young vegetable seedlings starting from the first lettuce through fall leeks to winter squash. When weather turns warm weeds also get the signal that it's time to grow. Our never-ending battle with them thus begins. Our summer crew arrives in late May, right before the delivery season starts. Chris and I start training them, and they start learning the myriad of things that vegetable farming entails. And then, BANG, the delivery season starts and our life revolves around harvest and delivery days for the next 5-6 months. Hurrah for vegetables! – Juli

Like us on Facebook! We regularly post pictures of farm happenings on our Facebook page. You can watch the fields change, vegetables mature, our family and employees work - all in color! Our printer can't do justice to what goes on at Two Onion Farm. [Click here](#) to visit us on Facebook!

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	These come from our hoophouse
Green onions	Yes	Yes	1-2 wks	
Lettuce	Yes	Yes	1 wk	Boston or Romaine/Bibb intermediate
Kale	Yes	Yes	1 wk	Dinosaur kale, dark green leaves
Radishes	Yes	Yes	1-2 wks	Red and round – very low yield this week
Salad Mix	Yes	Yes	<1 wk	Bagged baby greens: various colors and shapes
Spinach	Yes	Yes	1 wk	Bagged dark green leaves

Kale. This week you are receiving Lacinato, also called Dinosaur, kale. The leaves are longer and narrower than in other varieties, in our opinion, they are also more tender. We usually eat kale cooked, however we included a raw kale salad recipe this week. It's good to be adventurous once in a while!

Broccoli. The first broccoli planting matured this week. We are very happy to include this vegetable in the weekly box. We'll have broccoli in several more of your early summer boxes, and again we'll harvest more in autumn.

Kale Salad with Maple Spiced Hazelnuts

This recipe comes from a friend and CSA member.

5 cups kale, de-stemmed and chopped
1 1/2 cups (1 large) apple, chopped
1 cup hazelnuts
2 Tbsp olive oil, divided
2 Tbsp maple syrup, divided
2 Tbsp apple cider vinegar
1 tsp salt, plus more to taste
1/4 tsp cayenne pepper
1 tsp ground cinnamon
1 clove garlic, minced
1/4 tsp ground nutmeg
Black pepper
Juice of 1 lemon
Juice of 1 orange

1. Preheat oven to 400 degrees F. In a small mixing bowl, combine 1 Tbsp maple syrup, cayenne, cinnamon, nutmeg and a pinch of salt. Stir hazelnuts into mixture until well coated. Lay them evenly on an oiled baking sheet (or line the baking sheet with parchment paper). Bake for 10 minutes or until golden brown – be careful to not let them burn. Set aside.

2. In a large bowl, combine the kale with the lemon juice, salt and 1 Tbsp oil. Massage the leaves with your hand (as if you were kneading bread dough) to distribute oil, salt and lemon juice on kale, and to soften the kale for up to 2 minutes. Set aside.

3. Combine 1 Tbsp maple syrup, apple cider vinegar, orange juice, 1 Tbsp oil, minced garlic,

salt and pepper to taste. Pour dressing over kale, add apples and spiced hazelnuts. Mix well and serve at room temperature, chilled or warmed.

4. If you prefer a warm salad, sautee kale for 2-3 minutes before adding the dressing, apple and hazelnuts.

Makes 4 servings.

Chicken and Broccoli Stir-Fry

Serve over rice.

1 lb chicken breast (or tofu) in bite size pieces
1 Tbsp soy sauce
1 Tbsp sesame oil
1/2 tsp corn starch
1 1/2 Tbsp oil, divided
5 cups small broccoli florets
3/4 cup chicken broth
Salt
1 tsp corn starch mixed with 1 Tbsp water

1. If possible, marinate the chicken (or tofu) for several hours in soy sauce, sesame oil, and 1/2 tsp of the corn starch.

2. Heat 1/2 Tbsp oil in a skillet over medium-high heat. Add broccoli and stir-fry for one minute. Add broth and optional salt. Cover and cook 2-4 minutes, stirring every minute or so, until broccoli is almost at desired texture. Remove broccoli from pan.

3. Add 1 Tbsp oil and chicken (or tofu). Stir-fry for two minutes or more, to cook chicken through. Add broccoli and cook for 1 minute more. Form the broccoli and chicken into a ring with a hole in the middle. Pour corn starch-water mixture into middle. Mix together and continue cooking until corn starch thickens.

Recipes for Two Onion Farm T-shirt –
What's cooking in your kitchen? Share it with us! Send us 3 of your favorite recipes you made with Two Onion Farm vegetables and receive an awesome Two Onion Farm T-shirt (sizes S, M, L)! We will include those recipes in our newsletter whenever we can. Thanks!