

Two Onion Farm

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Each season brings its own challenges. Last year we had an exceptionally dry and hot season, this year we've faced rather different weather so far. Early spring is a very important period in growing vegetables. A farmer needs to be ready to get out to the field and prepare the soil for planting. This April was cooler and wetter than average, and the soil was never dry enough to be tilled. Our early spring transplanting (onion, lettuce, broccoli, chard) and direct seeding (spinach, radish, carrot, beet) were thus delayed, in some cases by weeks. By late April we knew that the first few boxes would not contain all the vegetables we planned to include in them. To insure that our members would still receive boxes full of great vegetables, we added extra plantings of faster growing varieties (pac choi, radish, turnip). We also covered a record number of beds with protective fabric to speed up growth and keep insects away. Your box has lots of greens and other salad items. Enjoy them! Other vegetables will follow shortly. We feel that things are going really well on the farm despite this weather. We are thrilled to share the first broccolis with you this week! We have the best cucumber planting under our hoop house we've ever seen. Our 10-year-old daughter surprised us with the first ripe cucumber on Saturday. Some boxes will have cucumbers this week, and we expect to pack many more next week! We also saw blossoms on the summer squash. We will probably start picking them in two weeks.

Farm-Fresh and Fast Cookbook. Fairshare CSA Coalition has published a new cookbook: *Farm-Fresh and Fast*. A companion to the popular *From Asparagus to Zucchini*, *Farm-Fresh and Fast* is bursting with strategies, techniques, and over 300 novel and delicious recipes for both seasoned and new CSA members and farmers' market shoppers. As a member farm of Fairshare we have received a discount on the cookbook which we are passing on to our CSA members. You can order the book from us for \$20 including tax (regular price is \$24.95 plus tax). Email us if you'd like to order a cookbook and we will deliver one to you with an upcoming vegetable delivery.

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	Not in all boxes
Green onions	Yes	Yes	1-2 wks	
Kale	Yes	Yes	1 wk	Very dark green leaves with bumpy texture
Lettuce	Yes	Yes	1 wk	
Radishes	Yes	Yes	1-2 wks	Pink-white, cylindrical
Salad Mix	Yes	Yes	<1 wk	Bagged baby greens: various colors and shapes
Spinach	Yes	Yes	1 wk	Bagged dark green leaves
Swiss chard	Yes	Yes	1 wk	Not in all boxes. Large leaves with colorful midveins

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. 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.

Swiss Chard is the large green leafy vegetable with bright colored stems. It is generally cooked. Both the stems and leaves can be eaten; the stems require longer cooking. Generally you should cut the leaf away from the stem and prominent midrib before cooking. Everyone is receiving chard this week from an early planting in our hoopouses. Chard is excellent is sautés and stir-fries.

Kale. This week you are receiving dinosaur, also called Lacinato, kale. The leaves are 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.

This week's recipes from Local Thyme:



Kale, Spinach and Ricotta Pasta with Toasted Breadcrumbs

This is similar to one of my favorite recipes that uses mustard greens with ricotta, and once you fall in love with the combination of ricotta and pasta, you'll start to improvise with whatever greens you have on hand. Be sure to not skimp on the breadcrumbs, as they really give this dish yum-factor. If you don't eat anchovies, you can substitute a tablespoon of capers.

1 tablespoon Olive Oil
3-4 Anchovy
1 bunch Kale , washed, stems removed
1 bunch Spinach , washed well, stems removed
3 cloves Garlic , minced, optional
1 teaspoon Salt
1 1/2 cup Ricotta Cheese , preferably fresh
1 cup Breadcrumb , fresh
2 tablespoons Butter or Olive Oil
1 pound Penne Pasta
Salt
Water , from cooking pasta
Black Pepper , freshly cracked
Parmesan Cheese , freshly grated

1. Bring a large pot of water to a boil and then salt the water so it's as salty as ocean water. Using a pasta insert for the large pot of boiling water, if you have one, toss the kale in the boiling salted water for 2 minutes, just to quickly blanch the leaves. Remove them from the pot, and drain in a colander in the sink.
2. Add the spinach leaves for 30 seconds, remove from the boiling water and add to the colander. Rinse the greens in the sink under cold water, and gently squeeze out the excess water. Transfer to a cutting board and roughly chop.
3. In a large saucepan, heat 1 tablespoon olive oil and add the anchovies and garlic. Stir at medium heat until fragrant, mashing anchovies as you go, about 1 minute.
4. Add the kale, and stir, allowing any excess water to evaporate, about 2 minutes. Add the spinach, and again, allow excess water to

evaporate. Add the ricotta, and stir, allowing the ricotta to melt into the greens, about two minutes. Reduce heat to low, and continue to stir occasionally while you finish cooking breadcrumbs and boiling pasta.

5. In a medium skillet melt the butter or olive oil at medium heat, and add the breadcrumbs. Stir the crumbs occasionally so that all are coated with butter, and toast them evenly, for about 10 minutes. Set aside.

6. Cook penne according to package directions minus two minutes. When cooking time is over, reserve one cup of the cooking water from the pot, and drain the pasta.

7. Add 1/4 cup of the reserved hot pasta water to the greens-ricotta mixture. Add the drained pasta to the ricotta-greens mixture, and with the heat on low, stir the pasta and the greens-ricotta mixture for another 2-3 minutes to finish off cooking the pasta. Continue adding water as needed, 1/4 cup at a time, until the liquid creates your desired sauce consistency with the ricotta.

8. Remove from heat, divide among 4 plates, and garnish each with toasted breadcrumbs, freshly cracked pepper, and pass Parmesan cheese at the table.

Broiled Goat Cheese Croute Salad

A classic French salad that is simple to make and surprisingly delicious.

8 slices Baguette , 1/2 inch thick

8 tablespoons (4 ounces) Fresh Soft Goat Cheese

1 Scallion , thinly sliced

2 tablespoons Red Wine Vinegar

1/4 cup Extra Virgin Olive Oil

Salt and Pepper

1 head Lettuce , leaves washed, spun dry and torn

1. Preheat broiler. Spread 1 tablespoon goat cheese on each slice of bread. Arrange the slices on a baking sheet, in a single layer.

2. Place scallion, vinegar, oil and generous pinch of salt and pepper in a jar with a tight fitting lid. Vigorously shake to emulsify.

3. Toss lettuce with dressing, and divide among 2 plates. Place baking tray on highest shelf under broiler, and broil until cheese melts, about 1-2 minutes. Divide the croutes among the plates and serve.