

Two Onion Farm

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Welcome to a new season of goodness! We welcome our many returning members as well as our first-time members! We hope you will enjoy the organic produce from our farm. We've been working towards the first delivery since early March when we sowed the first onion seeds. Two and a half months later green onions accompany other vegetables in your first box. Our family has been craving fresh greens for months. Here they are, finally! Salads can once again grace our table. We each have our favorite vegetables, but this time we all agree that nothing can beat the salad turnips you will find in your box this week. White and round, they are excellent in salads, on sandwiches or with hummus. Salad turnips are mild and juicy, and our children sometimes eat them like apples. Larger ones might have spicy skin, so you might want to thinly peel those. Enjoy!

Save the date - Member Event

Our member event this year will be on Saturday, September 12 from 3:30 pm to 6:30 pm. We invite you to the fields: tour the farm, harvest 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.

Breaking down your box

Each time you pick your vegetable box up you can take the whole box home. We ask you to carefully break the box down at home and return it to your delivery site next time you pick vegetables up. Alternatively, you can transfer the produce to your bag on delivery day, break the box down and leave it at the site. Detailed instructions with pictures for breaking down your box are available on our [website](#).

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Green onion	Yes	Yes	1 wk	
Lettuce	Yes	Yes	1 wk	Mini Bibb and Romaine/Bibb intermediate
Pac choi	Yes	Yes	1 wk	
Radish	Yes	Yes	1 wk	
Salad mix	Yes	Yes	< 1 wk	
Swiss Chard	Yes	Yes	1 wk	
Turnip	Yes	Yes	1 wk	White and round

Pac choy (also spelled bok choy) – is the head with spoon shaped leaves and a thick fleshy white stalk under each leaf. It's usually cooked by lightly sauteeing or stir frying. Typically you should cut the stalks free from the leaves and slice the stalks and leaves separately. Pac choy thrives in cool weather making it an excellent candidate for the early weeks of our season. This vegetable is high in vitamins A, B-complex and C.

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.

Swiss chard – is the large green leafy vegetable with bright colored stems. The variety we grow is called Rainbow chard because of the multi-colored stems. Chard is generally cooked, and it has a very mild flavor. Both stems and leaves can be eaten; the stems require longer cooking. To prepare chard for cooking: wash leaves, pat them dry. Place one leaf on a cutting board, and with a short sharp knife cut the leaf away from the midrib. Do this with all the chard leaves; then chop stems and leaves separately.

Sesame Soy Braised Pac Choy

(a slightly spicy side dish)

1 head pac choy, leaves and stalks separated, and thinly sliced
2 Tbsp peanut oil (or sesame oil)
3 cloves garlic, minced
1 Tbsp grated fresh ginger (or 1 tsp dry ginger)
1/4 cup water
1 Tbsp sesame oil
2 Tbsp soy sauce
2 tsp rice wine vinegar
1 tsp sugar (optional)
Salt and pepper to taste
1 Tbsp sesame seeds, toasted

Heat a large, heavy skillet or wok on medium high for 1-2 minutes. Add peanut or sesame oil and swirl to coat pan. Add pac choy stems; stir-fry for 3 minutes. Add ginger and garlic, and stir-fry briefly. Stir in pac choy leaves along with water, 1 Tbsp sesame oil, soy sauce, vinegar and sugar. Cover, reduce heat, and cook until pac choy is tender and glazed with sauce, 2 minutes. Remove cover, sprinkle with sesame seeds, increase heat to medium-high, and cook for another minute to evaporate excess liquid. Add salt and pepper to taste, serve immediately.

Teriyaki Sauteed Pac Choy

(a simple, sweet side dish that accompanies fish well)

1 head pac choy, leaves and stalks separated, and thinly sliced
4 Tbsp Teriyaki sauce, divided
2 Tbsp sesame oil

Place sliced pac choy leaves and stalks in separate bowls. Pour 2 Tbsp Teriyaki sauce on each and mix. Marinate pac choy for 10 minutes. Heat heavy skillet or wok on medium-high for 1-2 minutes. Add sesame oil and swirl to coat pan. Add pac choy stalks along with the marinade, and sauté for 2 minutes, stirring frequently. Reduce heat, cover pan, and cook pac choy stalks for 1-2 minutes. Add pac choy leaves along with marinade. Raise heat to medium-high, and cook pac choy, stirring frequently, until the leaves wilt, for app. 2 more minutes.