

Two Onion Farm

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Week of May 25, 2014

Welcome! We have been preparing for the first week of vegetable delivery since early March when we planted the first onion seeds. We hope you and your family will enjoy all the bounty this season will bring to your table from our farm! Two thousand fourteen marks the 10th year of CSA deliveries for Two Onion Farm. We came a long way since we purchased our land in September, 2003. In spring, 2004 we sowed our first seeds in our house one evening after our 18 months old daughter went to bed. They were onion seeds. That year Chris and I grew a few vegetable crops on a half acre to sell at two farmers' markets while Chris worked full time in Madison. In the fall we decided to start a CSA next year. We wanted to grow all or most of the vegetables a family would eat during the growing season, to establish a strong connection with the people who eat from our farm, and to have a secure market for our produce. In 2005 Chris became a full time farmer, and together we grew vegetables for 51 members. Ten years later, in 2014 we are growing produce for 430 members with the help of 5 full-time and several part-time employees! We also started a small apple orchard 2 years ago, because we would like to provide fruit to our members in the future.

We think it is time to celebrate! To celebrate our 10th year of CSA and to introduce our new apple plantings, we invite our members to a gathering at our farm this fall. Several apple varieties will be available to sample; and we will offer farm tours and live music. The event will be held on Saturday, October 4 in the afternoon. Mark your calendar and we will be back with more details!

Electronic newsletters. We email our newsletter to reduce paper waste. Paper newsletters are available on the clipboard at each delivery site. Anyone who receives email newsletters can opt out by contacting us at farmer@twoonionfarm.com; 608-762-5335.

Return your boxes. Your first delivery includes a sheet with instructions for breaking down your box. The instructions are also available on www.twoonionfarm.com. Please take care breaking down the box and remember to return it to the pickup location when you pick up your next box.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Green onions	Yes	Yes	1-2 wks	
Kale	Yes	Yes	1 wk	Green leaves with lobed edges
Lettuce	Yes	Yes	1 wk	Mini Romaine/Bibb intermediate
Pac Choi	Yes	Yes	1 wk	Head with spoon shaped leaves and thick white leaf stalks
Radishes	Yes	Yes	1-2 wks	Pink-white, longish
Salad Mix	Yes	Yes	<1 wk	Bagged baby greens: various colors and shapes
Spinach	Yes	Yes	1 wk	Bagged dark green leaves
Turnips	Yes	Yes	1-2 wks	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. Add the stalks to the pot first, and then the leaves 3-4 minutes later, since the leaves need less cooking time. In a stir fry, cook pac choy until the leaves are wilted but still have some texture. Try this week's recipe featuring pac choy!

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.

Recipes from Two Onion Farm

Last year we partnered with Local Thyme CSA recipe service to bring recipes to our members. Based on the feedback we received in the yearly member survey last fall we decided to return to providing you with recipes and cooking tips on our own. The majority of responding members did not visit Local Thyme's website and did not use the recipes on a regular basis. Although we think Local Thyme is offering a valuable service to some CSA farms it looks like our members are satisfied with the recipes we can provide. So, we will bring our tried-and-true Two Onion Farm recipes to you again, along with some novel ones and those that you, our members, sent to us over the years. You can also visit our website www.twoonionfarm.com to view the recipes which we have developed and published in all of our past newsletters since 2005.

Peanutty Noodles With Pac Choi

Our dear friend, Liz, runs Happy Hollow Farm in Missouri. She shared this recipe with her CSA members 2 weeks ago (the season starts early in MO). We tweaked it a bit and all family members gave the thumbs up. If you want it a bit spicier and thicker, prepare the peanut sauce that appears at the end of this

recipe and add some to the pasta dish (start with 1/4 cup).

8 oz whole-wheat spaghetti
1/4 tsp salt
1 Tbsp canola oil
3-4 green onions, sliced (green and all)
1 piece (app. 1 inch) ginger, peeled and chopped
1 large head pac choy, leaves and stems separated, roughly chopped
2 radishes, sliced
3/4 cup vegetable stock or water
2 Tbsp soy sauce
1 Tbsp sesame oil
1 Tbsp rice vinegar
1/2 cup chopped unsalted, roasted peanuts

1. Cook pasta in salted water until just tender. Drain and rinse it with cool water; set aside in a large serving bowl.
2. In a large skillet, heat canola oil over medium-high heat. Cook onions and ginger briefly, stirring, for 1 minute. Add pac choy stems, radish, and salt. Cook, stirring frequently, until vegetables are crisp-tender, 1-2 minutes. Transfer this to the pasta bowl.
3. To same skillet, add pac choy leaves, stock, soy sauce, sesame oil and vinegar. Cook, stirring, until leaves are soft and bright green, 1-2 minutes. Add this to pasta along with peanuts. Toss to combine and serve.

Peanut Sauce

1/2 cup peanut butter
2 Tbsp soy sauce
2 Tbsp sesame oil
1 1/2 Tbsp rice vinegar
1 Tbsp garlic
1 Tbsp fresh ginger, peeled
1/2 tsp dried hot red pepper flakes (optional)
1 Tbsp lime juice
6 Tbsp water

Blend all ingredients in a food processor with salt to taste until smooth. Sauce keeps, covered and chilled, 1 week.

For more recipes, look at our website www.twoonionfarm.com. You can view recipes from all of our past newsletters.