

Two Onion Farm

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Week of May 26, 2013

Welcome! We are happy to begin another season of delivering organic vegetables from our farm to your table. Along with a small crew of employees from our area, we've been busy since March seeding, transplanting, irrigating, and weeding our crops. We're excited to begin harvesting and delivering our produce. Enjoy!

This year brings some changes to our CSA program. We extended our delivery season to 24 weeks for our Platteville, Dubuque and Galena members (we did this last year for our Madison area members). We are glad that we can offer the same long season of our delicious vegetables to all members. In order to assure a diverse, bountiful harvest two weeks earlier than in the past we turned our green fields white, literally. In addition to planting into our 5 hoopouses (unheated plastic tunnels) to protect young vegetable seedlings from unpredictable spring weather, we covered our early field plantings with white protective fabric to speed up their development. It worked! Despite this year's wet and cool spring we think you will receive a nice variety of vegetables in your early boxes.

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	
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, 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	Dark green leaves with multi-colored stems
Turnips	Yes	Yes	1-2 wks	White and round

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.

Pac choi (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 rest 3-4 minutes later since the leaves need less cooking time. In a stir fry, cook pac choi until the leaves are wilted but still have some texture. Another option is to sautee the stalks (possible with garlic), then add the leaves with salt and 1/2 or 3/4 cup of water or stock and braise - simmer covered until the leaves are soft, then remove the cover and boil rapidly to evaporate most of the liquid.

Recipes: Local Thyme

This year we've partnered with Local Thyme CSA recipe service. We think this service will help you enjoy our produce more. Local Thyme is a business run by two local chefs who are dedicated to helping folks enjoy foods from CSA farms and farmers markets.

Each week Local Thyme will provide two recipes which we will include in our newsletter.

You can also login into Local Thyme's website to access additional information:

- Searchable database of chef-tested, seasonally-based recipes
- Vegetable ID with pictures of typical CSA produce and storage info. (For example, you can visit www.localthyme.net/veggies/bok-choy/ to see several recipes for pac choi.)
- Cooking support, tips and tricks and more

To view this information on the Local Thyme website, you'll need to create an account there. Go to LocalThyme.net/register, and use the code: TWOONIONFA. We've paid an annual fee so that registration is free for Two Onion farm CSA members.

Recipes: Two Onion Farm

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.

This week's recipes from Local Thyme:



Glazed White Turnips and Radishes with Wilted Spinach

The original recipe calls for adding the greens of the radish and turnips, but since these veggies store so much better with the greens removed, I've added spinach leaves here. Cooking these veggies highlights their inherent sweetness.

Servings: 4

Prep Time: 8 mins

Cook Time: 20 mins

Total Time: 28 mins

1 bunch Salad Turnip , trimmed and quartered
1/2 bunch Radish , trimmed
1 bunch Spinach , washed and roughly chopped
1/4 cup Butter
3 tablespoons Sugar
Salt

1. To make cooking easier, slice the turnips so they are approximately the same size as the radishes. Place turnips and radishes in a medium or large skillet, and add enough water so it comes almost half way up the sides of the radishes. Add butter, sugar and a large pinch of salt. Place over high heat and bring to a boil. Reduce heat to medium, and continue cooking, stirring occasionally basting the turnips and carrots with the sauce. Allow the sauce to reduce and become syrupy, about 15 minutes. Test the turnips and radishes, and once they are tender, remove them with a slotted spoon to a large bowl.
2. Add the spinach to the skillet and allow it to wilt while stirring and basting with the sauce, about 3 minutes. Place the greens on a plate, and return the turnips and radishes quickly to the skillet to glaze them once more just before serving. Top greens with the glazed turnips and radishes, and serve.

Pinto Bean and Chard Tacos with Quick Pickled Radishes

I love the pickled radish's bright crunch as a flavorful textural contrast to the smooth beans and silky greens.

Servings: 4

Prep Time: 30 mins

Cook Time: 15 mins

Total Time: 45 mins

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
1 bunch Rainbow Chard , washed, striped and chopped
1/3 bunch Scallion , sliced
2 tablespoons Canola Oil
1 14 oz can Pinto 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. Thoroughly wash your chard, and strip the leaves from the stalks. Chop the stalks and place to the side, then roughly chop leaves and keep separate from stalks.
3. Warm a large skillet over medium-high heat, add 2 tablespoons oil and heat until shimmering. Add in chopped stalks of chard. Sauté 3-5 minutes. Stir in chopped chard leaves and continue to fry until leaves wilt. Stir in pinto beans and chili powder, and cook 1-2 minutes, until whole mixture is heated through. Season to taste with salt and pepper.
4. Wrap tortillas in a clean towel, and warm in microwave for 1-2 minutes, then 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.