

# Two Onion Farm

Chris & Juli McGuire • 19638 Cottage Inn Road, Belmont, WI 53510  
farmer@twoonionfarm.com • (608) 762-5335

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Week of May 27, 2012

**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!

As our members have requested in surveys, we are in the process of gradually lengthening our delivery season. Last year we extended the end of our deliveries in the autumn by two weeks in the Madison area. This year we've offered the longer autumn season to members outside Madison and we've begun our Madison deliveries two weeks earlier than usual in the spring. To accelerate spring harvests, we've raised many spring vegetables inside plastic-covered hoopouses or under lightweight woven row covers. We are packing this week's box with many leafy greens, including an abundant harvest of lettuce. Looking ahead to the next few weeks, we expect your boxes will include carrots, beets, spinach, turnips, peas, broccoli, and cabbage, as well as more lettuce, green onions, and salad mix. Most of these spring vegetables look excellent in the field. Those of you who were members last year will be glad to know that our bulb onion planting is vigorous and healthy, and we're expecting to include bulb onions in most of this year's boxes. We're now in the process of planting tomatoes, peppers, cucumbers, squash, eggplant, beans, sweet potatoes and other summer vegetables.

Unfortunately, heavy thunderstorms battered our farm early Saturday morning. You may notice that your lettuce has leaves which were torn by the hard rain. The rain also splashed dirt several inches high up and into the lettuce heads. We're tried our best to wash the lettuce heads but you may find some more soil inside the heads as you take them apart and wash them.

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**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](http://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.

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## In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Garlic scapes	Yes	Yes	1-2 wks	Green, long, and curved
Green onions	Yes	Yes	1-2 wks	
Kale	Yes	Yes	1 wk	Blueish-green leaves
Lettuce	Yes	Yes	1 wk	Romaine and/or Boston
Radishes	Yes	Yes	1-2 wks	Pink, cylindrical
Salad Mix	Yes	Yes	<1 wk	Bagged baby greens
Swiss chard	Yes	Yes	1 wk	Dark green leaves with multi-colored stems

**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. The mix is delicious with the sour cream dressing recipe in this newsletter.

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 a small portion of chard this week from an early planting in our hoopouses. Chard is excellent in sautés and stir-fries.

**Kale.** This week you are receiving the Red Russian variety of kale. Kale is 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.

**Garlic scapes:** These are the long green items, often curly, and with a bulge in the middle. Garlic scapes are actually the top of the stem on the garlic plant. The scapes have a strong garlic flavor. Generally we use them in cooked dishes. The intense flavor of the raw scapes mellows a lot with cooking. You can substitute 1 thinly sliced scape for 1-2 cloves of minced garlic.

### Sour Cream Dressing

Mix ingredients and refrigerate for at least 6 hours before serving.

1 cup olive oil  
5 Tbsp red wine vinegar

1/4 cup sour cream  
1 and 1/2 tsp salt  
Pinch pepper  
1/2 tsp mustard powder  
1/4 cup sugar, or less  
2 tsp chopped fresh parsley  
1 clove garlic, minced

### Rice, Cheese and Chard Pie

You can substitute Swiss chard for any cooking green.

3 Tbsp olive oil  
4-5 green onions, thinly sliced  
3 garlic scapes, thinly sliced  
5-6 leaves Swiss chard, leaves and stem separated, both chopped  
1/4 lb mushroom, sliced (optional)  
3 cups cooked rice  
1 cup diced extra-sharp Cheddar cheese  
1/2 tsp black pepper  
1/4 tsp salt  
4 large eggs  
1 cup milk

Heat oil in a large skillet over medium heat. Add green onion, the sliced Swiss chard stems and cook, stirring frequently for a couple minutes. Add garlic scapes and mushroom. Continue cooking until mushroom softens and its liquid starts to evaporate. Add Swiss chard leaves to the skillet with salt and pepper. (You may need to add the chard in batches) Stir and cook the vegetables until chard leaves are limp and turn dark in color (2-4 minutes).

Transfer to a large bowl and add rice and cheese. Stir to combine.

Whisk eggs and milk in a bowl. Stir into vegetable-rice mixture. Transfer to a well-oiled 9-inch pie pan. Smooth the top.

Bake on 425° until lightly browned in spots, about 25-30 minutes. Let pie stand for 5 minutes before cutting into wedges.

**For more recipes,** look at our website [www.twoonionfarm.com](http://www.twoonionfarm.com). You can view the recipes from all of our past newsletters.