

# Two Onion Farm

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## Week of May 31, 2015

**Sassy spring weather** – Welcome to our biweekly members who are receiving their first vegetable box this week! We hope you will enjoy the organic produce from our farm. Farmers like to talk about weather. In addition, Chris likes data and graphs. On Sunday morning he delighted the family with a line graph of the lowest and highest daily temperatures since early March. It looked like a roller coaster. Weather this spring certainly provided us with plenty to talk about. Big temperature fluctuation coupled with frequent rains often made us revise our work plans for the day or week, and ponder on questions like: is the soil dry enough to work it, shall we wait with transplanting cold sensitive plants until it warms up again, how can we occupy 5 workers in a downpour. So you can understand if I say we are very excited about the weather this week - sunny and dry days with balmy temperatures. Weeds, here we come! - Juli

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### 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
Baby beets	Yes	Yes	1-2 wks	
Broccoli	Yes	Yes	1 wk	Not in all boxes. First harvest, more to come in a couple of weeks.
Green onion	Yes	Yes	1 wk	
Kale	Yes	Yes	1 wk	Green, lobed leaves
Lettuce	Yes	Yes	1 wk	Mini Bibb and Romaine/Bibb intermediate
Pac choi	Yes	Yes	1 wk	
Radish	Yes	Yes	1 wk	
Spinach	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. [Click here for recipes.](#)

**Kale** – another spring favorite! This week we are giving out a variety called Red Russian. Kale is very rich in vitamins A, C, and the mineral calcium. When preparing kale, remove stems from leaves by folding the leaf in half lengthwise and stripping or slicing away the thick stems. Discard the stems and chop up leaves for your dish.

**Turnip** – the round white salad turnips in this week's box are delicious. They are extremely tender, juicy, and sweet, with just a hint of mustardy, turnipy taste. They can be lightly stir-fried or sautéed, but most people eat them raw, on salads or sandwiches.

### **Beet and spinach salad with walnuts**

3-5 baby beets  
8 oz spinach  
2-3 green onions, sliced  
1/2 cup walnuts, lightly toasted and chopped

Dressing: combine 1.5 Tbsp red wine vinegar, 2 tsp balsamic vinegar, 1 tsp Dijon mustard, 1/8 tsp salt, black pepper, 3 Tbsp olive oil, and 2 Tbsp walnut oil.

Place beets in a small, rimmed baking sheet and cover with foil. Roast beets on 350 degrees for 1 hr or until beets are tender. Let them cool. When beets are cool enough to handle, peel and chop them. Mix beets, green onions and walnuts with the vinaigrette and serve over the spinach.

### **Lentil Soup with Greens**

2 cups lentils,  
1 onion, minced (substitute with a bunch of green onions)  
2 bay leaves, 1 tsp cumin, 1 tsp coriander, & 1/4 tsp cardamom  
1 bunch of kale, destemmed and chopped (4 - 5 cups)  
1 tsp salt  
1/4 cup olive oil  
1/2 Tbsp dry basil and/or 1/2 Tbsp dry mint  
1 clove garlic, crushed

Combine lentils, onion, bay leaves, cumin, coriander, cardamom and 4-5 cups water in a covered saucepan and cook, on low heat, for 20-40 minutes or until lentils are soft. Add greens and salt and continue cooking until greens are tender. Stir in olive oil, basil and/or mint, and garlic, and serve immediately.

### **Kids' Corner**



Hi! My name is Katie and I am 6 years old. My job on the farm is to fold the boxes members receive their vegetables in (my brother helps me).

My favorite vegetables in this week's box are lettuce and salad turnip. How about yours?