

# Two Onion Farm

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## Week of September 20, 2009

We were deeply saddened this week to learn that Traci LoBianco, one of the employees at Two Onion Farm, died in an accident on Friday evening. Traci has worked with us since May. In the spring she helped in the field with planting and weeding our early plantings. Among many other vegetables, she helped to transplant the leeks and onions which are in this week's box. Since our delivery season began in mid June, she helped to pack vegetables boxes on Tuesday and Friday mornings and she delivered the boxes to your pickup locations.

Traci was an intelligent and committed worker. Whenever lunchtime or the end of the workday arrived with a task uncompleted, she would volunteer to stay and complete the task. She assumed responsibility for her work and looked for quicker and more effective ways to do the job. She took pride in keeping our tools

and workplaces clean and organized. She always wanted to learn how to perform another task on the farm so that she would be a better and more useful worker. We have many employees of different ages and from diverse backgrounds; she took a sincere personal interest in all of them and enjoyed talking and working with them.

Prior to her work here, Traci was a member of our farm herself for three years. A passionate cook and a keen supporter of local foods, she shopped regularly at the Dubuque area farmers markets. She also has dedicated a great deal of her time to promoting and managing the new Dubuque winter farmers market.

Traci frequently spoke about her husband and son and held them very close to her heart. We offer them our condolences.

## In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	
Carrot	Yes	Yes	2+ wks	
Garlic	Yes or No	No	2+ wks	Cured garlic. Store dry, in or out of fridge
Onion, Yellow	Yes or No	No	2+ wks	Cured onion with dryish papery outer layer - store dry, in or out of fridge
Leek	Yes	Yes	1 wk	
Lettuce	Yes	Yes	1 wk	Oakleaf, Red Romaine, or Boston
Pepper	Yes	Yes	1 wk	Red, white, or green. All are sweet, not hot
Potato	No	No	2+ wks	
Radish, Beauty Heart	Yes	Yes	2+ wks	Root, pale green skin and rose red interior
Squash, Acorn	No	No	2 wks	Do not store in fridge

**Leek.** The flavor of leeks is similar to, but subtler than, that of onions. You can substitute leeks for onions in many recipes and appreciate the change in taste. Leeks can be eaten raw, but are usually cooked. Like onions, leeks will sweeten when cooked.

Generally the white portion of the leeks and the lower portion of the green leaves are eaten. Cleaning leeks can be tricky, because soil particles are often trapped within the bases of the leaves. Here's what we recommend: start by chopping off the green tops, if any, to within 2 inches of the white portion. Then peel off the outer layer if it has turned slimy or brown, which happens naturally as the leeks mature. Now slice the leeks and place them in a colander. Rinse the leeks under running water to wash the dirt away.

**Beauty Heart Radish.** One of our favorite vegetables! This is a delicacy, not at all to be confused with regular red radishes. Peel the pale green skin from these beauties (the skin is bitter) and then enjoy the deliciously flavored and beautifully colored inner flesh sliced in salads and sandwiches. The taste is slightly sweet, slightly hot, and utterly alluring.

**Peppers.** We're giving out more red Italian style peppers this week (red, thin walls, long tapering shape). These are excellent eaten raw, cooked, or roasted. Some of you will also receive a bell pepper, either white, red, or green.

**Potato.** The potatoes in your box are organic potatoes raised at Vermont Valley Community Farm west of Madison. The folks at Vermont Valley raise several acres of excellent potatoes and they have invested in specialized equipment and facilities for growing, harvesting, and storing potatoes. It does not make financial sense for us to purchase these items at our scale of production and we have decided to purchase our potatoes instead from another local farm. Potatoes are the only vegetable which we plan to include in your boxes that we do not raise ourselves.

## Broccoli stir-fry with sesame

A nice side dish.

¼ cup vegetable or chicken stock  
1 ½ tsp soy sauce  
1 ½ tsp sesame oil  
1 ½ tsp sesame seeds  
2 tsp peanut oil  
About ¾ lb broccoli florets, broken into bite sized pieces.  
1 clove garlic, crushed or minced  
1 ½ tsp minced fresh ginger

Combine stock, soy sauce, and sesame oil in a bowl and set aside. You can make the whole dish in one large skillet. Start out by cooking the sesame seeds in over medium heat, stirring frequently, until the seeds are lightly browned, just a few minutes. Put them aside in a small bowl. Add 1 ½ tsp of the peanut oil and heat over high heat for about a minute, until the oil is shimmering. Add broccoli florets and stirfry for 30 seconds to a minute, until the oil coats the broccoli. Make a space in the middle of the skillet and add garlic, ginger and remaining ½ tsp peanut oil. Cook about 30 seconds, until the ginger and garlic are fragrant, then stir them into the broccoli. Add stock, soy sauce, and sesame oil mixture to pan and cook covered over medium heat until broccoli is just tender, about two minutes. If desired and needed you can remove the cover toward the end of the cooking to reduce the liquid. Stir in sesame seeds and serve hot.