

Two Onion Farm

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Week of August 15, 2010

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Basil	No	No	<1 wk	Store in vase with base of stem in water and upside down plastic bag over basil and vase
Beans, green or Romano	Yes	Yes	1 wk	Romano beans have wide, flat pods
Cucumber	Yes	Yes	1 wk	
Eggplant	Yes	Yes	1 wk	
Garlic	No	No	4+ wks	Cured; store at room temperature
Lettuce	Yes	Yes	1 wk	Summercrisp
Onions	No	No	2+ wks	Cured; store at room temperature or in fridge
Pepper	Yes	Yes	1 wk	White or red peppers, all are sweet, not hot
Summer squash	Yes	Yes	1 wk	
Tomatoes	No	No	1 wk	Cherry and slicing tomatoes
Watermelons	Yes	No	1 wk	Not in all boxes

Tomatoes. Our larger, slicing tomatoes are entering their period of peak yield, and we are hoping to include lots this week and the next.

Peppers. The white bell peppers which we have been including in your boxes for the past several weeks are reaching the end of their harvest, and only a few boxes will receive them this week. Others will receive red peppers: either a long red Italian frying type, or a bell pepper. Both are sweet, not hot, and well suited for cooking or eating fresh.

In most pepper varieties, the fruits change color from green to red as they ripen and sweeten. A green pepper is simply a pepper picked when it is not fully ripe and has not sweetened. The white peppers which we raise are unusual in that their unripe color is white, not green. We grow them as an alternative to green peppers since their flavor is milder and less harsh. The red Italian and red bell pepper varieties which we are distributing this week

are two varieties which are green when unripe and red when ripe. We allow them to ripen red before we harvest them. We anticipate many more red peppers in weeks to come as the red varieties continue to ripen their fruit.

Lettuce. We are enduring a difficult time for our lettuce. We can partly blame the heavy rains of last week, which tore holes in many of the lettuce heads and caused others to rot from high moisture. In addition, there was a recent outbreak of caterpillars which devoured many heads. Most of the heads which we are harvesting this week had damaged outer leaves (from rot, rain, or caterpillars), and if you receive a smaller sized head, it's because we were forced to remove the damaged outer leaves.

Onion of the week is 'Ailsa Craig'. This is an heirloom (old) variety originally from Scotland. The bulbs are relatively large and juicy but do not store well for long periods. They are well suited for fresh eating in

sandwiches and salads as well as for light cooking.

Watermelons. We have not raised watermelons for our farm members since 2005 but we decided to plant them again this year because members expressed a lot of interest in receiving more fruit in your boxes. Unfortunately the watermelons did very poorly for a number of reasons such as the wet weather for much of the growing season. We have a very poor yield of the melons. We are including them in some boxes this week.

For future years, we are considering continuing to grow watermelons – we have some ideas for how to grow them more successfully, including planting them in raised beds to improve soil drainage and reduce their vulnerability to wet weather. We are also looking for a reliable variety of watermelon with small sized fruit – large fruit are very difficult to fit into CSA boxes along with eight other items! This year we also trialed several other types of melons, including a miniature sized honeydew which grew well and which we may include in future years' boxes.

Paste Tomatoes. Those who are interested in canning or freezing tomatoes for winter use can consider ordering extra paste tomatoes for delivery in August or early September – read how at www.twoonionfarm.com/PasteTomatoOffer.pdf.

Salad Nicoise

This recipe is somewhat time consuming to prepare but fantastic to eat.

Dressing:

1 tsp Dijon mustard
1 Tbsp red wine vinegar
 $\frac{3}{4}$ tsp salt
1 clove garlic, finely minced
3 Tbsp peanut or canola oil
3 Tbsp olive oil
black pepper to taste
 $\frac{1}{2}$ tsp thyme

Salad:

1 lb green beans, steamed
1 green or white pepper, sliced
 $\frac{1}{2}$ pint cherry tomatoes
2-3 medium potatoes, cooked and cubed
1 $\frac{1}{2}$ seven oz cans of tuna
5 stuffed olives, sliced
5 black olives, sliced
 $\frac{1}{2}$ large red onion or Ailsa Craig onion, sliced
1 Tbsp fresh basil
5 Tbsp chopped parsley
3 hard boiled eggs, quartered

Combine the salad ingredients in a large bowl. Whisk together the dressing. Pour dressing over other ingredients, mix, chill, and serve cold.

Pizza Sauce

A simple oven roasted tomato sauce which is excellent for pizzas and can also be served over pasta.

4 cups tomatoes, chopped into $\frac{3}{4}$ " cubes
 $\frac{1}{2}$ cup chopped yellow onion
2 whole garlic cloves
1 tsp salt
Black pepper
 $\frac{1}{4}$ cup thinly sliced fresh basil OR 2 Tbsp dry basil
2 Tbsp olive oil

Preheat oven to 450 degrees. Combine all ingredients except oil in a large casserole dish. Then stir in oil. Roast uncovered for 35-40 minutes or until tomatoes are very soft. Remove from oven and mash the sauce with a potato masher until tomatoes a bit chunky.