

Two Onion Farm

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Week of August 17, 2008

Lettuce is back in the box this week after a one week hiatus. We actually aim to include lettuce in every box we pack. We plant lettuce at least once a week from early April through late August to meet that goal. However, the weather speeds up the growth of some plantings and delays the growth of others, and last week we suffered a gap between two plantings. It's back now, however, and we have many more young lettuce plantings growing for harvest in late August, September, and October. We're looking forward to the fall lettuce harvest. Most lettuce varieties are bitter if they mature in summer heat. During summer, therefore, we're forced to rely on the few lettuces which do not turn bitter in heat: the red and green summercrisps (which you're receiving this week) and the 'Jericho' Romaine variety (which you received several times in July). As the weather cools in autumn we can harvest some other lettuce types, such as oakleaf, bibb, and Boston.

There's no broccoli in the box this week or for the next several weeks. We intentionally schedule a gap in our broccoli harvests in late August. Our fall broccoli plantings should begin to mature in early September, and after that we hope for a steady supply through mid or late October.

Right now we are still picking heavy harvests of the main summer vegetables: tomato, pepper, eggplant, cucumber, and summer squash. These hot weather crops will soon begin to wind down. In the next 2-3 weeks, we'll begin to harvest some of our early fall crops: cauliflower, cabbage, carrot, leek, fennel, and turnip.

In this weeks box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Lettuce	Yes	Yes	1 wk	Summercrisp
Tomatoes	No		<1 wk	Cherry and slicing tomatoes. Best stored on counter. Once you have cut them open, store in the fridge
Pepper	Yes	Yes	1 wk	
Eggplant	Yes	Yes	1 wk	
Yellow Onion	Yes	Yes	2-3 wks	
Zucchini	Yes	Yes	1 wk	
Cucumber	Yes	Yes	1 wk	
Radish	Yes	Yes	1-2 wks	

Peppers. This week we are giving out a mix of peppers: red, yellow, white, purple, chocolate, and green bell peppers and a few long thin red Italian frying peppers. None of these are hot peppers. Most varieties of peppers form fruits which are green when young and immature. As the pepper fruits

mature, they turn color, usually red or sometimes yellow, but sometimes other colors. Now is the time when many of our peppers are beginning to turn color from green to red or yellow. The flavor also changes and the fruits become sweeter.

Tomato. We are giving out both slicing and cherry tomato varieties this week. Our tomatoes are nearing their peak yields now. We grow several varieties of slicing tomatoes: several red round varieties, a medium to large pinkish tomato ('Pink Beauty'), a small pale yellow fuzzy variety ('Garden Peach'), a yellow-orange variety ('Valencia'), and a dark reddish brown ('Nyagous').

Ratatouille

1 1/2 Tbsp olive oil
2 cloves garlic, minced
1 cup chopped onion
1 bay leaf
1 small or medium eggplant, cubed
3/4 tsp salt
3/4 tsp basil
1/2 tsp marjoram or oregano
1/4 tsp rosemary
1/4 tsp thyme
1 small or medium summer squash, cubed
1 bell pepper, cut into strips
black pepper
3 tomatoes, coarsely chopped

Sauté garlic, onion, and bay leaf in olive oil. Add eggplant, salt, and herbs, and cook covered until eggplant is soft, about 5-7 minutes. Add summer squash, bell pepper, black pepper, and tomatoes. Cover and cook until tomatoes and peppers are soft, about ten minutes. Serve warm, at room temperature, or chilled.

Cucumber Salad

1/4 cup thinly sliced onion
2 cucumbers, thinly sliced
1/2 tsp salt
black pepper
1/2 cup yogurt
1 small clove garlic, minced
1/2 or 1 tsp honey (optional)
2 tsp dry mint leaves
1 sprig each parsley and dill, finely minced (optional)

Mix everything, chill, and serve cold.

Autumn Season Memberships

Many of you signed up for a summer season membership, with deliveries through September 6th. You can extend your membership for the autumn season, through November 1. The autumn is the peak season for some of our best vegetables, including carrots, winter squash, leeks and Brussels sprouts. Lettuce, broccoli, and onions will continue throughout the autumn.

If you signed up for a full season membership, then you will continue receiving vegetables through November 1.

If you extend an existing summer season membership through the autumn, then you only need to pay the difference between a summer and full season membership. The prices for extending a summer season membership through the autumn are:

Weekly Large Box	\$260
Biweekly Large Box	\$140
Weekly Small Box	\$155
Biweekly Small Box	\$80

We have a limited number of autumn memberships still available.

Call or email us if you would like to extend your summer season membership into the fall. Our phone number is (608) 762-5335, our email address is: farmer@twoonionfarm.com.