

Two Onion Farm

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

Week of August 9, 2009

Tomatoes are slowly ripening, several weeks later than normal because of the cool summer. We hope to have enough cherry tomatoes for everyone this week. We are also picking our first red slicing tomatoes this week and some yellow oblong shaped tomatoes. With relatively warm weather in the forecast, we hope that yields will continue to improve over the next few weeks.

Unlike most of our other vegetables, we do not wash our tomatoes, because wet tomatoes are very susceptible to rotting and deterioration. Some of the tomatoes will have a film of dust on them or the remains of a dead tomato leaf. They usually wash easily.

Beans. As with last week, we are giving out several bean varieties. Some of you will receive a very long round green bean. This is a very flavorful variety. You can use it anywhere you would use shorter round green beans, although you may want to cut each beans into several pieces. Others will receive

flat podded Romano-style beans, either green or pale yellow. These can be prepared similarly to round green beans. Cooking time may be slightly longer than with round green beans. The flat podded beans have a very nice flavor, slightly more buttery than round beans.

Lettuce this week looks a bit battered because on Sunday we had a severe storm (again), which tore up some of the outer leaves. We have done our best to harvest the least damaged heads.

Broccoli in the Tuesday boxes this week is the last until September, when our fall broccoli plantings will begin to mature.

Onions and garlic this week have both been cured and dried after harvest. Store them in a dry place (not inside a plastic bag). The onions and garlic should keep for at least several weeks on the countertop, longer inside the refrigerator.

In this week's box:

| Vegetable | Refrigerate? | Store In Plastic Bag To Retain Moisture? | Approx. Storage Life | Comments |
|-------------------------------|--------------|--|----------------------|--|
| Beans | Yes | Yes | 1 wk | |
| Broccoli | Yes | Yes | 1 wk | Tuesday boxes only |
| Cucumber | Yes | Yes | 1 wk | |
| Eggplant | Yes | Yes | 1 wk | |
| Garlic | Yes or No | No | 2-3 wks | Cured garlic. Store dry, in or out of fridge |
| Onion, Yellow | Yes or No | No | 2-3 wks | Cured onion with dry paper outer layer – store dry, in or out of fridge |
| Lettuce | Yes | Yes | 1 wk | Summercrisp |
| Parsley | Yes | Yes | 1 wk | |
| Pepper, white | Yes | Yes | 1 wk | |
| Summer squash | Yes | Yes | 1 wk | |
| Tomato, Cherry and/or Slicing | No | No | 1 wk | Tomatoes may keep slightly longer in the fridge but fridge temperatures damage the flavor a bit. |

Please take the correct box when you pick up your vegetables. Each of our vegetable boxes has a label – "Weekly Large", "Biweekly Small", etc. If you are not sure which box you signed up for, look at the sheet of paper on the clipboard at the pickup location. Your box type is listed next to your name. If you send someone else to pick up your box for you, please tell them to take the right box. If one member takes the wrong box, then another member who arrives later will not be able to pick up the vegetables they signed up for, which is frustrating and unfair to them. This has happened several times recently. Thank you very much for your cooperation!

Summer Squash Bread

2 cups grated summer squash
6 Tbs butter
2 eggs
1 1/2 tsp vanilla extract
1/3 cup sugar
1 cup each white and whole wheat flour
3/4 tsp salt
2 1/2 tsp baking powder
3/4 tsp allspice
1 tsp cinnamon
1/4 tsp nutmeg
1/2 tsp dry ginger
1/2 cup chopped walnuts

Preheat oven to 350 degrees. Let the grated squash stand in a colander in the sink for 10 minutes to drain; then squeeze out excess moisture with your hands. Mix butter, eggs, vanilla, and sugar in a bowl. Add the dry ingredients, zucchini, and nuts, and mix. Spoon batter into a medium loaf pan and bake for 50-60 minutes, until a knife inserted into the center comes out clean. Remove from pan and let cool before slicing.

Green Bean Salad

3 Tbsp olive oil
2 Tbsp red wine vinegar
heaping 1/2 tsp salt
1 clove garlic, minced
black pepper
3/4 cup thinly sliced onion
2 cups boiling water
3/4 lb green or Romano beans

Combine oil, vinegar, salt, garlic, and pepper in large bowl. Place sliced onions in a colander in the sink and slowly pour the boiling water over the onions to soften them. Drain the onions well and add to the marinade. Steam beans until just tender and then place them in a colander and run cold water over them. Drain the beans well and add to the marinade. Mix

everything well and marinate in the refrigerator for several hours.

Walnut-Tarragon Green Beans

1/8 cup chopped walnuts
1/2 lb green or Romano beans
salt
1/2 tsp dry tarragon leaves
2 tsp walnut oil
black pepper

In a pot, heat enough water for boiling or steaming the beans. Toast the walnuts in a dry skillet, stirring frequently, until they become fragrant. Set them aside. Cook the beans with 1 tsp salt in the boiling water (or steam the beans) until tender. Drain the beans and mix with walnuts, tarragon, and oil. Season with salt and pepper.

Summer Squash Ankara

1/4 cup olive oil
2 cups chopped onion
4 garlic cloves, minced or crushed
1 tsp dry marjoram
3 medium summer squash, quartered
lengthwise and then sliced 1/2 inch thick
1 cup cooked chick peas
1/2 cup sliced black olives
1 Tbsp cumin
Dash of cayenne
4 Tbsp lemon juice
Salt and pepper to taste
Crumbled feta cheese (optional)

Sauté onions and garlic in olive oil. Add squash and marjoram and cook until squash is just tender. Add remaining ingredients. If dish is not juicy, add up to 1/4 cup water. Continue cooking until chick peas are heated through. Serve hot over rice or couscous, topped with feta cheese. In place of the feta cheese, you can also top the dish with the garlic potato sauce in our [8/20/2006](#) newsletter.