

Two Onion Farm

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Tomatoes. Our tomatoes are beginning to bear, and we have just enough to go around. You'll all receive more in the weeks ahead. You may have a slicing tomato or cherry tomatoes in your box. If you receive cherry tomatoes, you will get either a pint of traditional red cherry tomatoes or the yellowish-orange Sun Gold tomatoes, which have a sweet fruity taste. Cherry tomatoes, especially Sun Gold, are very fragile and crack easily, so we have not washed them.

Green Beans. Our green beans are also beginning to bear. Generally we steam beans and then eat them warm or chilled in salads. If using the beans in salads, steam them only until they are just tender. You can make a simple bean salad by dressing the cooked beans in a vinaigrette and chilling them in the refrigerator.

Another idea is to roast green beans – spread the beans with thinly sliced onion over an oiled baking tray, sprinkle with salt and pepper, and roast at 400 degrees until the beans are tender, 20-30 minutes. Drizzle the beans with balsamic or red wine vinegar when they are done and serve warm, chilled, or at room temperature. You can also add whole garlic cloves to the pan before roasting – the garlic will mellow nicely when roasted.

Eggplant. Your eggplant this week is a small fruited variety with speckled white and lavender skin. You can use it as you would use eggplants of any color. Grilled or sautéed eggplant is nice. We've included a recipe for a grilled eggplant sandwich.

Onion. The large, light colored onion is an Ailsa Craig onion. This fine old onion variety was first grown on Ailsa Craig, an island off

the coast of Scotland. It has a sweet, mildly pungent taste and a juicy texture. Ailsa Craig onions can grow large – we've had some in the past weighing close to 3 pounds, but none of you should receive anything quite that large. Enjoy your onion raw in salads and sandwiches, or lightly cooked.

Cucumber or Summer Squash.

Some of you will receive cucumbers, others summer squash. If you receive summer squash, try grilling or sautéing it with eggplant. Eggplant and summer squash make a nice combination.

Sliced cucumbers are excellent in sandwiches. One possibility is a sandwich of sliced cucumbers and cream cheese. Or try our cucumber salad recipe on the next page.

Cabbage. For the benefit of late season and biweekly shareholders, we are reprinting some cabbage suggestions from earlier newsletters:

We usually eat cabbage raw in salads. Our favorite is thinly sliced cabbage and onion in a vinaigrette with garlic and dill. We also included a sesame cabbage salad recipe on the next page.

To make a coleslaw, mix thinly sliced or shredded cabbage with grated carrots, sliced onions and a mayonnaise/yogurt dressing, salt, and pepper. We usually use half plain yogurt and half mayonnaise in our dressing, about 1/3 to 1/2 cup of each for a medium head of cabbage. Mayonnaise alone is fine as well. Also, try adding celery seed (about 1/4 to 1/2 tsp per head of cabbage) and fresh dill.

Carrots.

Red Potatoes.

Kohlrabi. Biweekly and late season shareholders are receiving this in your box for the first time – it is the white, roundish vegetable with stems pointing out of the top. Kohlrabi has a crisp, juicy texture and a mustardy, fruity taste. Peel the tough skin off before eating. You can eat raw kohlrabi slices as a snack or add grated kohlrabi to a salad or coleslaw. Or sauté kohlrabi in butter or oil with onions, salt, and pepper.

Herbs. A sprig each of basil, dill, and parsley. Try basil with eggplant, tomato, or summer squash – this week’s grilled eggplant sandwich recipe calls for basil. Dill is excellent with potatoes, cucumbers, and cabbage.

Grilled Eggplant Sandwich

This makes four sandwiches.

4 Tbsp mayonnaise
2 Tbsp chopped fresh basil
2-3 small eggplant, sliced into 1/2” slices
olive oil
8 slices of bread
mozzarella cheese, 1 slice for each eggplant slice
4 thin slices of onion
4 thin tomato slices (optional)

Mix mayonnaise and basil leaves. Brush both sides of each eggplant slice with olive oil.

Brush bread with olive oil.

Grill eggplant slices on one side for six minutes, turn them, top with cheese, and grill until cheese melts and eggplant is tender. Toast the bread on the grill, 1-2 minutes each side.

To assemble sandwiches, spread basil mayonnaise on four slices of bread. Top with cheesy eggplant, onion, tomato, and remaining bread slice.

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

Mix everything, chill, and serve cold.

Sesame Cabbage Salad

3 Tbsp red wine vinegar
2 tsp olive oil
1 tsp sesame oil
3/4 tsp honey
1/4 – 1/2 tsp salt
red pepper to taste
1 small head cabbage, sliced thinly or shredded
1 carrot, shredded
1/4 cup minced sweet onion

Combine vinegar, oils, honey, salt and pepper in a cup and whisk together. Pour dressing over vegetables in a bowl, and mix. Serve chilled. Recipe adapted from Fresh Market Wisconsin by Terese Allen.

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