

Two Onion Farm

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

Week of July 25, 2010

Like most of the region, we experienced heavy rains at the end of last week. Fortunately our ridgetop location saved us from flash floods and standing water; but we do have plenty of mud. We're looking forward to a few days of dry weather this week. Earlier last week, before the downpours, we passed a key milestone on our farm when we seeded and transplanted our last large plantings of vegetables for fall harvest. Chris announced that farming was going to be fun again, but the employees gamely maintained that July hadn't been so bad and they didn't know what he was talking about. The mile's length of fall carrot rows which we planted last Monday have rapidly become a part of the farm lexicon. As in, "Do you know where we left the spool of drip line?" "It's over by the mile." Or, anticipating harvest: "I can't wait until we dig into the mile!" Our yellow onions have reached the end of their growth and this week we'll begin to pull them up, cut off their tops and bring them into the shed to dry. The yellow onions don't typically mature until early-mid August, but the warm weather this spring and summer speeded their development. Anticipated yield: about 13,000 onions; as in, "I can't wait until we pull up the 13,000! I'm gonna be so proud of them when they're drying in the shed." Sometimes it's a lot of fun, farming.

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	Yes	Yes	1 wk	Not in all boxes
Broccoli	Yes	Yes	1 wk	
Cucumber	Yes	Yes	1 wk	
Eggplant	Yes	Yes	1 wk	
Garlic	No	No	2+ wks	
Lettuce	Yes	Yes	1 wk	Romaine
Onions, yellow	No	No	2+ wks	Cured; store at room temperature
Parsley	Yes	Yes	1 wk	
Pepper	Yes	Yes	1 wk	White bell pepper
Summer squash	Yes	Yes	1 wk	
Tomatoes	Yes	No	1 wk	

Tomatoes. We're picking our first tomatoes last week and this week. There won't be enough yet of any one type to include in every box, but we hope to give everyone either cherry tomatoes (the dark orange 'Sun Golds' or the larger yellow-orange 'Yellow Mini'), red slicing tomatoes, or a golden Roma tomato. We hope to have many more cherry and slicing tomatoes in weeks ahead.

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.

Eggplant. We're raising several varieties of eggplant this year. 'Galine' is a large bell shaped black Italian type; 'Dancer' is a long

slender light purple variety; 'Beatrice' is squat and dark purple; and 'Calliope' is round or oblong with speckled purple and white skin. These varieties are largely interchangeable, with some subtle differences in taste and texture. Each individual variety tends to have boom-and-bust cycles of yield, with a heavy harvest one week and few the next. The four varieties grown together tend to balance each other out and yield a relatively consistent overall harvest.

Peppers. The peppers in this week are 'Bianca', a white bell pepper variety. They are similar to green bell peppers but have a milder flavor. We're expecting to harvest a number of Biancas in the coming weeks followed by sweeter red peppers later in the summer.

Oven Fried Zucchini Wedges

2 medium size zucchini or summer squash
6 Tbsp dry bread crumbs
2 Tbsp dry parmesan cheese
2 tsp dry oregano
1 tsp dry basil
1/2 tsp garlic powder
1/4 tsp ground black pepper
4 tsp canola or corn oil

Preheat oven to 475 degrees and oil a baking sheet. Cut the zucchini lengthwise into 8 equal wedges which each have the shape of a pie slice if looked at from the end. Cut each wedge into half crosswise. Mix the bread crumbs, cheese, herbs, garlic powder and pepper on a sheet of wax paper. Whisk together oil and 2 Tbsp water in a bowl. Moisten each zucchini wedge in the water and oil mixture, then roll them in the bread crumb mixture to cover all sides. Arrange zucchini on baking sheet. Bake 7 minutes or until lightly browned. Turn and bake 7 minutes more or until done. Serve immediately with marinara sauce (optional) and eat while warm; these do not store well.

Chocolate Zucchini Cake

3/4 cup oil
1 cup sugar
2 eggs
1 tsp vanilla
2 cups grated zucchini
1/2 cup buttermilk
3 Tbsp cocoa or carob powder
1/2 tsp baking powder
1 tsp baking soda
1/2 tsp cinnamon
1/2 tsp cloves
2-1/2 cups flour
Small bag of chocolate or carob chips

Preheat oven to 350 degrees and grease a 9" x 13" baking pan. Mix all ingredients and bake 35 minutes or more; until a knife inserted in the center comes out clean.