

Two Onion Farm

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Week of July 3, 2011

Last week brought summer weather – a little too hot for comfort at times, but we needed the dry weather after the wet period in mid to late June. We kept busy getting caught up on weeding and transplanting. All of our fall cauliflower, cabbage, and Brussels sprouts have been planted; this week we'll begin transplanting the fall broccoli as well as sowing seeds of kale and kohlrabi for autumn harvest.

We're expecting abundant harvests for this week's boxes. This year's spring broccoli is possibly the best for yield and quality that we've seen in eight years here. We keep careful records of planting and harvest dates for different broccoli varieties and we try to refine our planting dates and varieties each year. We're very pleased with this year's results. Our outdoor field planting of summer squash is beginning to yield well. This week's fennel is magnificent. This will be the last week for radish until mid August. Peas are the only disappointment – they are still suffering from the late start they had in this year's cold spring – they never experienced a long period of moderate temperatures before the heat of summer, and they are now bearing but yields are low.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	
Cabbage	Yes	Yes	1-2 wks	Cone shaped head
Carrot	Yes	Yes	2 wks	
Cucumber	Yes	Yes	1 wk	
Fennel bulb	Yes	Yes	1 wk	Flattened bulb with overlapping white layers
Green onion	Yes	Yes	1-2 wks	
Lettuce	Yes	Yes	1 wk	Romaine
Pea	Yes	Yes	1 wk	Snap peas – eat pods and seeds both
Radish	Yes	Yes	1-2 wks	Pinkish-red cylindrical
Summer squash	Yes	Yes	1 wk	

Summer squash. We have several different types of squash. Some folks will receive green zucchini from our hoopouses. Others will receive a thick gray 'Cousa' style squash or yellow summer squash. There are some differences in flavor or texture, but all fairly interchangeable in recipes.

Cabbage. This week's cabbage variety is a cone-shaped head with thin, tender leaves. It is excellent lightly cooked or in salads.

Fennel. This is the flat white vegetable with overlapping layers. It has a licorice like flavor. Fennel can be eaten raw if you enjoy its pronounced flavor. When cooked, fennel's flavor moderates to a gentle sweetness. It is very nice in stir-fries, sautees, and pasta sauces. To cut up a fennel bulb, wash it, then slice in half lengthwise. Slice each half in half again lengthwise. With a small sharp knife, remove the triangular core from the base of each quarter-bulb piece. Then lay the quarters down flat and slice into thin strips.

Zucchini Fennel Salad

This makes a lot – you may wish to halve the recipe.

1 lb summer squash (2-3 medium)
1 large bulb fennel
2 Tbsp olive oil
2 Tbsp lemon juice
3/4 tsp salt
1/4 tsp black pepper
1/4 cup slivered green onion
Optional: 6 Tbsp shredded Asiago cheese

Very thinly slice the summer squash lengthwise using knife or vegetable peeler. Lay the slices on a double layer of paper towel to dry while you prepare the rest of the salad.

Quarter, core, and very thinly slice the fennel bulb. Whisk together oil, lemon juice, salt, and pepper and then stir together with squash, fennel and onion. Optionally, sprinkle with cheese before serving.

Lemon Honey Mustard Pickled Vegetables

One of our members recommended this recipe.

Marinade:

1/2 cup freshly squeezed lemon juice
2 Tbsp honey
1 1/2 tsp salt
1 Tbsp dry mustard, reconstituted with a little water to form a paste
1 Tbsp peppercorns
1 Tbsp red pepper flakes (optional)

Vegetables:

1 medium fennel bulb
2 medium carrots
1 small head broccoli
1 medium cucumber

(Other vegetables can be substituted in season: cauliflower florets, deseeded tomatoes, peppers, beans, chard stalks, turnips, kohlrabi, celeriac, cabbage.)

Combine the marinade ingredients in small pan. Stir over low heat until everything is dissolved. Take off the heat.

Quarter, core, and thinly slice the fennel bulb. Peel and cut the carrots into matchsticks. Cut the broccoli into small florets, and peel and cut the stem part into matchsticks. Deseed and cut up the cucumber into matchsticks.

Blanch the carrots and fennel in boiling water for 1 minute. Add the broccoli and boil for another 30 seconds. Don't overcook - they should still be very crisp! Drain well.

Put the hot vegetables in the marinade and toss well. Add the cucumber and toss some more.

Leave in a non-reactive container, well covered, in the refrigerator for at least 3 hours or overnight. You may want to stir or shake it around occasionally. Serve cold.

Vegetable Rice Pilaf

Our friend and fellow CSA member served this tasty side dish to us. She usually makes it with whatever vegetables she has in her fridge.

2 Tbsp olive oil
1/4 tsp cumin seed
1 tsp grated fresh ginger, or more to taste
Small bunch of green onions, sliced
2-3 radishes, sliced
1-2 carrots, sliced
1/2 cup small broccoli florets
1 small zucchini, quartered and sliced
1.5 cups rice, cooked
Salt and pepper to taste
2 tsp lime juice and some grated lime zest

Heat oil in a large skillet over medium heat. Add cumin seed and grated ginger, stir and cook until fragrant (30 seconds).

Add green onions and cook until soft. Add radishes and carrots, and stirfry them. Add the broccoli, later the zucchini. Season with salt and pepper. When vegetables are soft, add rice, lime juice and zest. Mix it all well and serve.

Other recipes from past newsletters:

Fennel Sauce for Pasta ([9/9/2007](#))

Carrot Cabbage Fennel Salad ([8/30/2009](#))

Sesame Cabbage Salad ([7/4/2005](#))