

Two Onion Farm

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Week of July 9th, 2006

These are the vegetables we're distributing this week. You'll receive a selection of them in your box, but not all of them.

Potatoes. We are digging our first potatoes of the year. These "new" potatoes have delicate skins and they don't store well for long periods. Keep them bagged, in the refrigerator. Beware that prolonged storage in the refrigerator will gradually cause the potatoes to sweeten: cold temperatures convert the starch in the potatoes to sugar.

Garlic. You are receiving young garlic bulbs this week. These bulbs are freshly harvested and they have not yet had time to go through a drying, curing process. You'll notice that the wrapper surrounding the cloves are still a bit fleshy and juicy. We think that garlic is delicious at this stage. You can use it anywhere you would use dried garlic. However, the young garlic you're receiving will not store well – please keep it refrigerated and use within a week or two.

Onions. This week's onion is a juicy yellow onion, suitable for cooking or fresh use. Like the garlic, these onions are freshly harvested and have not been cured. Keep them in the refrigerator and use within 1-2 weeks.

Broccoli. We've included a recipe for roasted broccoli. Like stir-frying over high heat, roasting broccoli preserves the texture better than steaming or boiling.

Lettuce. Romaine.

Summer Squash

Swiss Chard. We're reprinting some preparation instructions from last week's

newsletter for the benefit of biweekly members and for those who did not receive chard last week: It is generally cooked. Both the stems and leaves can be eaten; the stems require longer cooking. Generally you should cut the leaf away from the stem and prominent midrib before cooking.

You can sauté the chard: Separate the leaves and stems. Slice the stems, and cut the leaves into 1/2" wide strips. Start the stems sautéing in olive oil with salt and pepper, and, optionally, onions and garlic. When the stems begin to become tender, add the leaves. Continue cooking until the leaves are just tender. Serve over pasta with parmesan cheese. Or dress with lemon juice or vinegar and serve as a side dish.

Another possibility is to cook the leaves in their own juice: After cutting the leaves away from the stems and midribs, slice the leaves into 1/2" wide strips. With the leaves still wet from washing, place them in a large pot. Salt lightly. Cook covered, stirring occasionally, until the leaves wilt. Remove the cover and continue cooking until excess water evaporates. You can dress with olive oil and lemon juice/vinegar, season with pepper, and serve warm.

Cucumbers. Our cucumber harvest is just beginning, so we may not have enough for every box.

Kohlrabi. This week's kohlrabi is the last of our spring plantings for this vegetable. More to come to in late summer and fall. We've included an excellent recipe for grated kohlrabi. This is the best recipe for cooked kohlrabi which we've discovered.

Eggplant. Our eggplants are just beginning to ripen. You can sauté eggplant in oil or butter until lightly browned and then season with salt, pepper, and parmesan cheese. You can also bread the eggplant in flour, egg, and/or bread crumbs before sautéing. Grilled eggplant is excellent. Eggplant should always be cooked; peeling is optional.

Roasted Broccoli

2 medium heads broccoli, large stems removed and broken into florets
 1 ½ Tbsp olive oil
 1 tsp balsamic vinegar
 1 garlic clove, crushed
 Salt and pepper
 Grated mozzarella or cheddar cheese, optional

Preheat oven to 400 degrees. Toss broccoli florets with oil, vinegar, garlic, salt and pepper. Lay in a single layer on a baking sheet and put in the oven. Stir the broccoli after 10 minutes. After stirring, continue roasting for about 10 minutes more, until broccoli is deep green color and just tender. If you are including the cheese, sprinkle it over the broccoli about a minute before removing it from the oven, so cheese will melt.

Grated Kohlrabi

2 kohlrabi bulbs
 1 Tbsp unsalted butter
 2 Tbsp grated Parmesan cheese
 Salt and pepper

Peel the kohlrabi and grate it with a hand grater or in a food processor. Melt the butter in a pan; add the kohlrabi and cook, stirring frequently, until the kohlrabi is tender, about 6-10 minutes. Add the cheese, salt, and pepper, stir, and continue cooking until the cheese melts. Serve warm.

Extra Newsletters. We leave a few extra newsletters at each pickup site, under the checkoff sheet on the clipboard. If you share your membership with another household and both households would like their own copy of the newsletter, feel free to take an extra newsletter. The newsletters are also available at www.twoonionfarm.com

Storage

| Vegetable | Refrigerate? | Approximate Storage Life | Comments |
|----------------|--------------|--------------------------|---|
| Broccoli | Yes | 1 week | Keep bagged. |
| Cucumbers | Yes | 1 week | |
| Eggplant | Yes | 1 week | |
| Garlic, Fresh | Yes | 1-2 weeks | Keep bagged. |
| Kohlrabi | Yes | 2 weeks | Keep bagged. |
| Lettuce | Yes | 1 week | Keep bagged. |
| Onions | Yes | 1-2 weeks | Keep bagged. |
| Potatoes, New | Yes | Several days | Keep bagged. These potatoes have tender delicate skins and do not store well. |
| Squash, Summer | Yes | 1 week | Keep bagged. |
| Swiss Chard | Yes | 1 week | Keep bagged. |

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