

Two Onion Farm

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

Week of June 13, 2010

Greetings! We are happy and honored to see many of last year's members back with our farm this year as well as to welcome many new members. The support and communication which we receive from our farm members is as vital to us as hands or hoes. It is a blessing to know that the produce we raise feeds people in our region, with many of whom we have spoken, worked together, exchanged recipes, and shared delight. We look forward to providing you with a season's worth of delicious, fresh, beautiful vegetables from our farm.

Since we sowed our first seeds in mid March, Chris, Juli, our superb employees, and many member workers have been tilling, planting, transplanting, weeding, and cultivating to bring you a season's worth of vegetables. The spring weather has been good, although warmer than average. Many of our plantings, such as the cabbage you receive in this week's box, have matured somewhat earlier than usual. After taking a collective deep breath, we are now entering the busiest time of our year. Our earliest plantings of cool season vegetables are maturing. The heat loving crops such as tomatoes, squash, beans, and peppers are beginning their tremendous surge of summer growth. In between harvesting, packing, and delivering vegetables on Monday, Tuesday, Thursday, and Friday, we will furiously fight the weeds (which grow most rapidly in the hot long days of early summer) as well as establish our fall plantings of broccoli, carrots, lettuce, Brussels sprouts, and other late season vegetables for your autumn boxes (we plant more vegetables in July than any other month of the year).

Enjoy your vegetables! Feel free to call or email us. We are happy to answer your questions, and we take your comments and suggestions very seriously.

Electronic newsletters. Last year we began emailing our weekly newsletters instead of including paper copies in each box. Members had requested this in order to reduce paper waste. We do leave paper newsletters each week on the clipboard at each delivery site. Anyone who wants a paper newsletter can take one from there. If you find that your site is running short of paper newsletters, let us know and we will bring more. (Please understand that we cannot pack a paper newsletter in the box for individual specific members, because we do not pack boxes for specific members. Each "Weekly Large Box" we pack, for example, could end up going to one of many members.) Anyone who receives email newsletters can opt out now or at any time by contacting us at farmer@twoonionfarm.com; 608-762-5335.

Box sizes. Our large box is a 3/4 bushel box. The small box is 1/2 bushel. We deliberately use boxes which are larger than needed, and in most weeks there will be some empty space in the boxes. Please don't think you're being cheated! In the past we have tried some smaller boxes which required us to cram the vegetables in, resulting in bruised tomatoes, torn lettuce, etc. The larger boxes are much easier for us to work with and keep your produce in better condition.

Return your boxes. Your first delivery includes a sheet with instructions for breaking down your box. The instructions are also available on www.twoonionfarm.com. Please take care breaking down the box and remember to return it to the pickup location when you pick up your next box.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	Not in all boxes – cool cloudy weather has delayed maturity of this week's planting – we expect much more in weeks to come.
Cabbage	Yes	Yes	1-2 wks	Cone headed green cabbage – good fresh or lightly cooked.
Garlic scapes	Yes	Yes	1 wk	Long, thin, and green
Green Onions	Yes	Yes	1-2 wks	
Lettuce	Yes	Yes	1 wk	Romaine or Boston
Peas	Yes	Yes	<1 wk	Snap peas – eat pods and seeds both
Radishes	Yes	Yes	1-2 wks	Long and cylindrical, with pinkish red skin and white flesh. Hot, pungent taste.
Salad Turnips	Yes	Yes	1-2 wks	White, round, and smooth.
Spinach	Yes	Yes	1 wk	Not in all boxes because of low yields.

Cabbage. This week's green conical cabbage has tender leaves which are delicious when eaten fresh or lightly cooked. Try slicing your cabbage thinly and eating it with a vinaigrette salad dressing. Or eat it in a stir-fry with broccoli and turnips, and radishes.

Garlic scapes: These are the long green items, often curly, and with a bulge in the middle. Garlic scapes are actually the top of the stem on the garlic plant. The scapes have a strong garlic flavor. Generally we use them in cooked dishes. The intense flavor of the raw scapes mellows a lot with cooking. You can substitute 1 thinly sliced scape for 1-2 cloves of minced garlic.

Peas. These are "snap peas" - you can eat both the pod and the pea seeds inside. The pod is juicy and crunchy and the seeds sweet. We recommend that you eat your peas soon. Their sugars turn to starch as they remain in storage, so the peas will become less sweet.

For less teeth-clogging, string your pods before eating: snap off the top of the pod toward one side and pull it downward taking the string away with it.

Try the peas raw. You can also cook the entire pods. Best is to put the pods in boiling, lightly salted water for about 1½ - 2 minutes and then, to stop the cooking process, blanch them immediately by immersing them briefly in ice

water. You can then chill the peas for serving in a salad, or you can cook the boiled peas further by sautéing them in butter or oil.

Turnips. The round white salad turnips you're receiving this week are exceptionally juicy and tender. They can be eaten fresh in salads and sandwiches. For a simple cooked side dish, try slicing the turnips thin and sautéing them in a little butter until they are just turning brown and crispy.

Shredded Salad

2 cups finely sliced cabbage
 2 cups finely sliced lettuce
 1 cup finely sliced spinach (optional)
 1 salad turnip, julienned (sliced in two directions to make long thin strips)
 2 green onions, sliced thinly
 2 tsp fresh lemon juice
 Salt
 4-5 Tbsp olive oil

Mix all greens and turnip in a bowl. Mix green onion, lemon juice, and ¼ tsp salt; then whisk in oil. Toss the greens with a few pinches of salt, then with the dressing. Serve.

For more recipes, look at our website www.twoonionfarm.com. You can view the recipes from all of our past newsletters.