

# Two Onion Farm

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

---

## Week of June 25<sup>th</sup>, 2006

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

**Peas.** These are snap peas, which means that you can eat both the pod and the pea seeds inside. The pod is juicy and crunchy and the seeds sweet. We eat the peas raw. You can also boil them quickly, for no more than 2 or 3 minutes, then blanch them immediately by immersing them in ice water to stop the cooking process, and later serve them chilled in a salad. Some people "string" the pods before eating them to remove the strings from the sides of the pod. To string the pods, snap off the stem toward one side of the pod and pull it downward.

**Fennel.** This is the flattish, white vegetable with overlapping layers. Fennel bulb can be eaten raw and cooked. It has a spicy, licorice-like flavor.

We've included a recipe for a side dish of roasted fennel and red onions. See the recipe for a good method of slicing fennel, no matter how you are using it. Check our web site as well for our Broccoli Salad with Fennel and Raisins recipe, in the July 18 2005 newsletter.

**Broccoli.** This is our first of the season, and we may not have quite enough for every box. Much more to come.

You can eat both broccoli stalks and florets; you may wish to peel the stalks if they have a tough outer later. The florets cook quickly, but the stalks need a bit more heat. To cook stalks and florets at the same time in one pot, place the sliced stalks in boiling water, and the florets in a steamer basket above the water.

The boiling water will provide the stalks with the higher heat they need, and both stalks and florets will be done at the same time.

**Red Onions.** You can use the small bulbs as you would any onion. They are sweet and pungent.

**Cabbage.** This week's cabbage is Early Jersey Wakefield, an old variety with especially tender leaves. It is well suited to salads and light stir-frying. We have several cabbage salad recipes on our web site. We also enjoy sliced cabbage dressed with a simple vinaigrette (see the lettuce discussion for a basic vinaigrette recipe).

**Summer Squash.** Our first summer squash planting is just beginning to bear. We're distributing four different types: a dark green zucchini; a yellow and green bicolored squash; a thicker, light green Middle Eastern squash; and a Patty Pan squash – flatter with scalloped edges. All four are similar in taste, with slight differences in how moist and/or nutty the flesh is. You can use the different squashes interchangeably in any recipe that calls for zucchinis or summer squash, including breads or muffins. Long thin slices of summer squash can be dipped in olive oil and salt and grilled.

**Kohlrabi.** This has a crisp, juicy texture and a slightly mustardy, slightly fruity taste. Peel the tough skin off before eating. You can eat kohlrabi raw and unaccompanied, and you can add grated or thinly sliced kohlrabi to a salad or coleslaw. Or sauté kohlrabi in butter or oil with onions, salt, and pepper.

**Lettuce.** A simple vinaigrette, suitable for lettuce or cabbage, is 1 cup olive oil, 5 Tbsp red

wine vinegar, 1/2 tsp salt, lots of black pepper, and 1 crushed or minced garlic clove.

## Radish.

**Garlic Scapes.** These are curly, green, and long. Scapes are the flower stalks of our garlic plants, which we remove so the plants will channel their energy towards larger bulbs, which we will harvest later in summer. Slice them thinly and use like garlic. Generally we cook with scapes: the raw scapes have an intense garlic flavor which moderates with cooking. One thinly sliced garlic scape substitutes for about two garlic cloves. The tips of the scapes are tender; the base is tougher and you may want to cut off a portion and discard it.

**Storage.** All of this week's vegetables should be stored, bagged, in the refrigerator.

## Broccoli with Balsamic Dressing

1 large bunch broccoli, or 2 small bunches  
2 tsp balsamic vinegar  
2 tsp red wine vinegar  
1 garlic clove, minced  
4 Tblsp olive oil  
Salt and pepper

Cook the broccoli stalks and florets – see the directions under the discussion of broccoli above. Mix the dressing together while the broccoli cooks. When the broccoli is done, toss it with the dressing and serve immediately or at room temperature.

## Roasted Fennel and Red Onions

1 large fennel bulb  
2 small (or 1 large) red onion, cut into large pieces  
1-2 Tblsp olive oil  
Salt  
1 Tbsp balsamic vinegar

Heat the oven to 425 degrees. Slice a thin slice from the base of the bulb. Remove the outer layer or two if they are tough or stringy. Cut the bulb in half, through the base, and with a

sharp knife cut out the triangular core which you will see in each half. Then lay the flat side of each half down and slice into large pieces (1/2 " wide). With the core removed, the pieces will fall apart easily as you slice them. Mix the fennel, onions, and oil in a roasting pan. Salt to taste. Roast for about 30 minutes, stirring the vegetables after 20 minutes. Drizzle the vinegar over the vegetables and roast for a few minutes more, until the vegetables are brown and very tender. Serve hot.

To biweekly members, who did not receive a newsletter last week: Welcome to your 2006 farm membership. We hope you will enjoy the vegetables you receive from us this year. The newsletter which accompanies each box describes the week's vegetables and provides recipes and cooking tips. We are always looking for new recipes. If you would like to contribute a favorite vegetable recipe of your own, please send it to us. Our website [www.twoonionfarm.com](http://www.twoonionfarm.com) includes all of our past newsletters. The website also allows you to search for recipes using a specific vegetable.

Your box includes a sheet with instructions for breaking down your box. The instructions are also available on [www.twoonionfarm.com](http://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.

A note to those of you who receive half boxes: As stated in our membership brochure, we aim to provide you with about 1/4 bushel of vegetables each week. However, the smallest waxed produce box which is readily available has a 1/2 bushel capacity. We need to use the 1/2 bushel box for your vegetables, so please expect some empty space in your box each week.

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