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Rockville Market Farm

August 25, 2010

News From the Farm

**In your vegetable box
this week:**

Small Share

- ❖ Chard
- ❖ Radishes
- ❖ Mesclun
- ❖ Tomatoes
- ❖ Corn
- ❖ Cucumbers
- ❖ Peppers
- ❖ Ailsa Craig onions

Large Share

- ❖ Chard
- ❖ Radishes
- ❖ Mesclun
- ❖ Tomatoes
- ❖ Corn
- ❖ Cucumbers
- ❖ Ailsa Craig onions
- ❖ Green Beans
- ❖ Eggplants

We are winding down our pastured poultry project for the 2010 season. Early in the spring, we built a 10'x12' walk-in freezer (which is rapidly filling up). In June 2600 little yellow chicks were delivered to our post office. They have been raised at the farm on pasture from day one, and for the last three weeks we've had the Vermont Mobile Poultry Processing Unit on farm. It's been a successful project but we'll be very happy when the last bird is in the freezer and we can move on to our next big project--winter squash harvest (it's going to be epic). Speaking of harvest, we had our best onion crop ever. Yellow and red storage onions and Ailsa Craig onions are drying in the barn. This week's box will include the Ailsa Craig variety. They have a sweet, mild taste and are great for burgers or added to kebobs for the grill. They also make the best onion rings (check out this week's recipe).

Last Thursday we said goodbye to our awesome summer intern Mito from Miami. We thanked him for his good work with a huge farm lunch consisting of bar-b-que chicken, Cuban black beans, sweet corn, watermelon, and mojitos. We're not sure if it was the most productive farm afternoon ever, but we sure had fun. Thanks Mito!!





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Share the Harvest!!!



Golden Herb Crusted Sweet Onion Rings

The Ultimate Onion Rings! These lightly battered rings, seasoned with herbs and Dijon mustard, cook up crisp and golden.

2 Ailsa Craig sweet onions, about 8 ounces each
1 cup flour
2 teaspoons Herbes de Provence or Italian herb seasoning
1 teaspoon salt
1/4 teaspoon cayenne pepper
1 cup beer 2 tablespoons Dijon mustard
Peanut, corn or vegetable oil for frying

Peel sweet onions and cut crosswise into 3/8-inch thick slices; separate into rings. In a medium bowl, combine flour, herbs and seasonings. Gradually stir in beer; add mustard and whisk batter until smooth. Heat about 3 inches of oil in a deep fat fryer or large kettle to 375 degrees. Dip the rings into the batter, coating well, and allow excess batter to drip back into the bowl. Fry the onion rings in small batches for about 3 minutes, or until golden brown, turning occasionally. Transfer onion rings with a slotted spoon to paper towels to drain. Serve hot.

Yield: 4 servings

