

Growing Onions

I love home-grown onions fresh out of the garden. Onions are the foundation of almost every great dish and come packed with good stuff for health and well-being. And like many other foods, you can't beat that fresh-out-of-the-garden flavor.

Why am I writing about onions now, when we won't harvest onions for another six weeks or so? Because now is the most critical time in this year's onion crop. The big project in the fields this week is growing onions through weeding.

Onions are generally easy to grow except that they cannot stand weeds. Onions have few pests and light nutrient requirements, but they have very shallow roots that are easily disturbed by competition. Also, they need full sun so that their leaves can grow full size by the time to start "bulbing out".

For the most part, I love weeding onions at this point. The weeds are generally easy to pull, but it takes a long time. It takes a really long time. It's actually quite a large project. But there are few things more beautiful than a freshly weeded bed of onions. I try to remember this when I'm bogged down in the middle of a weed patch, but it's easy to remember. The tall slender green stalks point gracefully to the blue sky with patience and stability, ready to expand into one of the most ancient foods.

Onions can be traced beyond the ancient Egyptians, back into the heart of early vegetable cultivation. Every spring we join these thousands of generations plying the weedy ground of the onion patch, sweating under the yellow sun, with hopes of onions in the summer to come...

Upcoming Events

Shareholder Potluck, June 1, 6 p.m.

Join us this Friday for our first potluck of the harvest season!

Farm Work Day, June 2, 8 a.m.

Check the Shareroom boards for more information.

What's in Your Share

Basil
Turnips
Spinach
Radishes
Lettuce
Scallions
Bok Choy
Kale and Collards
Swiss Chard

What's For Dinner:

Pesto

Basil is here! This classic "first taste of summer" is perfect for pesto sauce, for use on pasta or as a spread.

1 bunch basil, leaves only (approx. 2 -3 cups)
1 or 2 garlic cloves
3 tablespoons pine nuts (or roasted walnuts)
½ cup parmesan cheese
½ cup olive oil

Blend all ingredients until smooth

Enjoy pesto now and for the next couple months while basil is fresh, but be sure to freeze enough for the winter. By July basil will be plentiful in the pick-your-own field!

Looking Ahead:

Beets, Broccoli, Chinese Cabbage, and Squash following close behind...