

Rapini with Theme and Three Variations

adapted from Cook's Illustrated

BLANCHED RAPINI (BROCCOLI RAAB)

- 1 pound Rapini (broccoli rabe), washed, cut into 1-inch pieces
2 teaspoons Salt
1. Bring 3 quarts water to boil in large saucepan. Stir in rapini greens and salt and cook until wilted and tender, about 2 1/2 minutes. Drain and set aside.
 2. Cool empty saucepan by rinsing under cold running water. Fill cooled saucepan with cold water and submerge greens to stop the cooking process. Drain again; squeeze well to dry (or twirl in a salad spinner) and proceed with one of the following recipes.

VARIATION 1: RAPINI WITH GARLIC AND RED PEPPER FLAKES

- 2 T extra virgin Olive Oil
3 medium Garlic Cloves
1/4 teaspoon Red Pepper Flakes
1 recipe Blanched Rapini Greens (above)
1. Heat oil, garlic and red pepper flakes in medium skillet over medium heat until garlic begins to sizzle, about 3 to 4 minutes. Increase heat to medium high, add blanched rapini greens, and cook, stirring to coat with oil, until heated through, about 1 minute. Season to taste with salt, serve immediately.

VARIATION 2: RAPINI WITH SUN DRIED TOMATOES AND PINE NUTS

- Ingredients for Variation 1, plus
1/4 cup Oil-Packed Sun-dried Tomatoes, cut into thin strips
3 tbsp. Toasted Pine Nuts
1. Follow recipe for Rapini with Garlic and Red Pepper Flakes, adding sun-dried tomatoes, garlic, and red pepper flakes. Add toasted pine nuts to skillet with rapini greens.

VARIATION 3: RAPINI WITH ASIAN FLAVORS

- Ingredients for Variation 1, plus
1 tbsp. Soy Sauce
1 1/2 tsp. Rice Wine Vinegar
1 tsp. Toasted Sesame Oil
1 tsp. Sugar
1/2 tsp. Finely Grated Ginger
1. Mix soy sauce, rice wine vinegar, toasted sesame oil, and sugar in small bowl; set aside. Follow recipe for Rapini with Garlic and Red Pepper Flakes, adding ginger along with garlic and red pepper flakes. Add reserved soy sauce mixture to skillet along with rapini.



WHISTLING TRAIN Farmletter

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WE START SPRING ON TIME!

That may not seem like a big deal to you all, but it is to us. Last year we were making up missed weeks of the previous winter season at this time. It is nice to be punctual for a change! I take it as a sign that all might run as scheduled this season, at least for the CSA.

Our new interns arrived from Peru this past weekend. Carlos and Maria are settling in, and today we are putting them to work for the first time. The first few weeks will be a little challenging, as we explain everything in a broken Spanglish. But we are looking forward to their stay with us for the season.

If the weather holds today, we'll be planting peas, fava beans, and more arugula. Last week we were able to plant a big patch of carrots and beets and spinach. And five weeks ago, we were able to plant little patches of many greens, and carrots in one of our greenhouses. Until just last week the temperatures were so cold, especially at night, that in all that time, almost all of the plants have only grown an inch, or are just now germinating! With a little warmth, we should have radishes and arugula in a few weeks. The carrots we will probably not harvest until May, even as baby carrots. They take a bit more time.

There is a greenhouse full of transplants to set out in another week, a long list of varieties remaining to sow in trays for the greenhouse, and another big greenhouse to put together this month for the tomato plants that will arrive May 1.

We lost a number of hens to coyotes during the dark months of winter, but the remaining 100 hens are starting to lay like crazy. And without an outlet for eggs, we're including them in the shares for the first few weeks. Toward the middle of April we will start saving them for farmers markets and sales at the farm. Our new "hens" arrived last week—100 chirping fluffballs. They should start laying white eggs in August, if all goes well.

THIS WEEK'S MENU:

Turnip Rapini (light)
Broccoli Rapini (dark)
Salad Onions
Purple Cabbage
Field Greens (1 bunch
each Chervil and
Claytonia, and 1 head
baby Radicchio)
Italian Parsley
Eggs

Recipes on the back!

COMING SOON:

Leeks
Stinging Nettles
Pea Shoots
Dandelion Greens