

NETTLE SOUP

1/2 lb. Fresh Nettles
1 quart Chicken Broth
1 Hard Boiled Egg
1 tbsp. Butter

1. Rinse nettles. The soft stalks can be used, but if you use fully grown plants, use only the leaves. Of course, the fresh young tops are the best. Be sure to wear gloves, as they sting until they have been cooked. Put rinsed nettles in a pan with a quart of water and bring to a boil. Push down the nettles into the water. When all the nettles have been softened, drain liquid from nettles.
2. Puree the nettles, mix with the chicken broth. Heat up mixture, add salt and pepper to taste. Try adding chives or a bit of garlic.
3. As this is considered a spring dish in Scandinavia and Russia, an egg, which symbolizes rebirth, is often added. You may add some lovely quail eggs, or half an egg. The white and yellow look especially nice as a center piece of the soup. The most elegant version is to chop an egg and mix it with soft butter. Put mixture onto some plastic wrap, and form into a sausage. Refrigerate until hardened. When ready to serve soup, cut egg/butter mixture into thick slices and put into center of soup plates.

NETTLE FRITTATA

1/2 lb. Cleaned Nettle Tops
4 tbsp. Olive Oil
1 Garlic Clove, chopped
6 Large Eggs
1/4 cup Heavy Cream
Salt and Pepper to taste

1. Preheat oven to 300°. Cook one-third of the nettles in one tbsp. of the olive oil in a non-stick pan. Cook until tender adding a small amount of water if needed. Repeat this 2 more times adding the garlic on the third batch
2. Place all of the cooked nettles on a cutting board and chop finely. Place the nettles in a bowl with the eggs, salt, and pepper and stir with a fork or whisk until the nettles are incorporated into the eggs. Add the cream and mix until blended.
3. Heat the non-stick pan on medium with the remaining tablespoon of oil. Add the nettle mixture and with a rubber spatula move the eggs around to get the entire mixture warm.
4. Place into the oven and cook for about 12 minutes. Let cool for 3 minutes then turn the frittata out onto a plate and cut.

ABOUT GREEN GARLIC:

Green Garlic is a spring treat, being the immature garlic plant. The stem is tender and sweet, and the plants have not yet begun to put energy into the bulb. Think of it as a mild, garlic-flavored scallion. You can use the whole plant—just cut off the tougher leaves and they're ready to use.



WHISTLING TRAIN Farmletter

SPRING WEEK 4 • APRIL 25, 2006

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WATCH OUT, THEY'LL STING!

Stinging nettles are considered a healthful green in so many cultures, and we have them growing wild here, so it's impossible not to include them in the Spring Share when it's their season. High in vitamins and minerals, and they're tasty. Don't worry, the sting fades after cooking, drying, or freezing. The easiest thing to do is to boil a pot of water and empty the bag into the pot. You don't even have to touch them. Once wilted (don't cook them more than a minute or so) you can dress them with vinegar, scramble them in eggs, or treat them like spinach. More special spring treats are coming next week!

THIS WEEK'S MENU:

Stinging Nettles
Green Garlic
Arugula
Kale
Purple Mustard
Dandelion Greens
Sorrel
Recipes on the back!

COMING SOON:

Mint
Pea Shoots
Radishes

GREEN GARLIC SOUP

1 pound Green Garlic
1/2 pound Potatoes
2 Medium Onions
1/4 8 tbsp. Unsalted Butter or Olive Oil
2 quarts Chicken or Vegetable Stock
Salt

1. To clean and prepare the garlic, trim away the root end and peel away any tough or dirty outer leaves. Cut away the tough upper portion of the green leaf; unless very tough, the lower couple of inches of greens are fine to use.
2. Cut the clean garlic into thin rounds or half-circles. Peel the potatoes and cut into 1/2-inch cubes. Peel and chop the onions into small dice.
3. Melt the butter (or olive oil) in a heavy-bottomed pot, add the onion, and cook slowly until translucent and tender. Salt, and add the agarlic and potatoes. Cook these together for 5 minutes, then pour in the stock and bring to a boil. Lower the heat to a simmer and cook the soup until the potatoes are tender. Check the seasoning. This soup can be served rustic and chunky, or puréed. Either way is delicious.