

PEA SHOOT PESTO

- 1 small Garlic Clove, *smashed*
- 1/4 cup Cilantro leaves (*optional*)
- 4 ounces Pea Shoots, *coarsely chopped*
- 3 tbsp. Fresh Lime Juice (*about 2 limes*)
- 1/3 cup Olive Oil
- 3.4 cup Grated Parmesan Cheese
- 1-1/2 tsp. Salt and 1/4 tsp. Freshly Ground Pepper

1. Purée all ingredients in a blender. If not using immediately, refrigerate in a airtight container up to 1 week.
Use like basil pesto. Delicious on pasta or sandwiches, or spread onto slices of rustic bread and top with shaved Parmesan cheese, or spoon it over soft goat cheese.

PEAS AND PEA TENDRILS WITH LEMON DRESSING

- 1/4 cup Olive Oil
- 2 tbsp Fresh Lemon Juice
- 1 tsp Sugar
- 2 cups Shelled Fresh Peas or one 10-ounce package frozen Petite Peas, *unthawed*
- 8 ounces Pea Tendrils, *cut into 4-inch lengths*

1. Whisk oil, lemon juice, and sugar in small bowl to blend; set dressing aside.
2. Bring large pot of salted water to boil. Add fresh or frozen peas and cook 3 minutes. Add pea tendrils; cook 1 minute. Drain well. Return vegetables to pot; add oil-lemon dressing and toss to coat. Season with salt and pepper.

ONION AND MINT RAITA

- 4 Scallions (*or 2-3 Salad Onions*)
- 1 cup Plain Yogurt
- 1/3 tsp. Salt
- Black Pepper *to taste*
- 1 tsp. *ground toasted Cumin Seeds*
- 1/8 tsp. Cayenne, *optional*
- 2-3 tbsp. *finely chopped Fresh Mint*

1. Cut the scallions into very thin rounds starting at the white section and going halfway up the pale green section. Do not use the green parts. Put them into a small bowl filled with ice-cold water. Cover and refrigerate for 1 to 2 hours. Drain. Put the sliced scallions in a dish towel. Bring the 4 ends of the towel together and squeeze out as much moisture as possible from the scallions. Set aside.
2. Put the yogurt in a bowl and whisk lightly with a fork until smooth and creamy. Add the salt, pepper, cumin, and cayenne and mix well, then add the scallions and mint. Serve chilled.
Excellent with bean dishes, or with a simple salad of spinach or mizuna, delicate quick-cooked spinach or Swiss chard, and/or cooked grains.



WHISTLING TRAIN Farmletter

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HERE IS WHERE THE BIRDS SING!

Here is where the sky is blue! This is our "Room with a View". It's a beautiful day—indeed there is a chill in the air this morning, but the sky is blue, the sun is shining, and green is abundant. All shades of green, growing things.

Last year a pair of Great Blue Herons nested in a big pine tree next door, and we were happy to have at least two of them winter over and start nesting again this spring. Their raucous voices are with us when we rise in the morning, and their beautiful song courses the farm throughout the day. Actually, I jest—it's a terrible sound. And the combination of the calls and the ungainly flight of the huge birds led us to call them the Pteradactyls (actually I think now they're called Pteranodons). Of course they're welcome here though, since they are somewhat threatened due to loss of habitat.

Other newcomers to the farm include a brown weasel under the pig barn (welcome because they are voracious rat hunters, and rats are abundant wherever feed is stored). The little green herons are back as well nesting across from the pigs. Ladybugs are hatching too, just in time for the new crop of tiny aphids ready to make their first attack. Unfortunately once the weather warms up a bit more, it will also be time for those nasty root maggots (the ones that like radishes and turnips) to rear their headless bodies.

But for now, the radishes are relatively clean, so enjoy them. Spicy, sweet, juicy, and crisp—this is how a radish is meant to taste. Mint and onions are a delicious spring combination. Adding some mint leaves to a pile of onions makes it enjoyable to eat them raw—especially with a squeeze of lemon juice and a sprinkle of salt. Marry the two with a grain salad, like tabbouleh, or rice, or even pasta salad. The collards and kales are all flowering, so we are nearing the end of heavy greens. We had kale for dinner last night and it was good, but pea shoots are so tender and sweet, and the arugula is so delicious right now, I'm glad to be moving on. Soon we'll have spinach and lettuce, too. We're not big "salad" eaters, but we do enjoy the tender greens of spring!

THIS WEEK'S MENU:

Salad Onions
Collard Greens
Green Garlic
Arugula
Pea Shoots
Radishes
Mint

Recipes on the back!

COMING SOON:

Spinach
Carrots
Lettuce