

## SPINACH WITH SORREL

serves 4

2 pounds Fresh Spinach, trimmed and well-washed, then chopped  
1/2 pound Fresh Sorrel, trimmed and well washed, then chopped  
1 medium Onion, peeled and finely chopped  
1 fresh hot Green Chile, finely chopped  
1 tsp. Salt

2 tsp. Yellow Cornmeal

3 tbsp. Vegetable Oil (preferably Olive Oil)

2 to 3 stalks of Green Garlic, white and light green parts only, chopped

1. In a good-sized pan, combine the spinach, sorrel, onion, chile, salt and 1 cup of water. Bring to a boil. Cover, turn the heat down to low, and simmer for about 15 minutes. The greens should be completely wilted. Move the lid so it sits slightly ajar, turn up the heat to medium-low, and cook another 15 minutes. Uncover and add the cornmeal slowly. Stir and mash the greens with a potato masher as you do this. You should end up with a coarse puree.
2. Put the oil in a small frying pan and set it over medium-high heat. Add the garlic. As the oil heats, the garlic will begin to sizzle. When it has turned golden on all sides, empty the contents of the frying pan, oil and garlic into the pan with the spinach. Stir to mix.

## ARUGULA & OLIVE SALAD

About 14 ounces Arugula

20 oil-cured Black Olives (Kalamata olives are tasty too)

2 slices firm-textured White Bread

1-1/2 tsp. Virgin Olive Oil

## LEMON DRESSING

1-1/2 tbsp. Lemon Juice

2 tbsp. Virgin Olive Oil

1/4 tsp. Salt

1/8 tsp. freshly-ground Black Pepper

1. Preheat oven to 400°.
2. Wash the arugula, removing and discarding the tough outer leaves and stems. Dry it thoroughly, taking care not to bruise the leaves.
3. Pit the olives and cut them into 1/2-inch pieces.
4. Trim the crusts from the bread slices, and cut the bread into 1/2-inch cubes. Place the bread cubes in a bowl, add the 1-1/2 tsp. of olive oil, and toss to coat them well. Arrange the cubes on a baking tray, and bake them at 400° for 8 minutes, until they are well browned. Set aside.
5. In a bowl large enough to hold the arugula, mix dressing ingredients. Add the arugula to the bowl containing the dressing, and toss well to combine. Divide the arugula among four plates, and sprinkle the olives and croutons on top and around the greens. Serve immediately.



# WHISTLING TRAIN Farmletter

SPRING WEEK 6 • MAY 9, 2006

27112 78th Avenue South • Kent, Washington 98032  
253.859.5197

shelley@whistlingtrainfarm.com  
www.whistlingtrainfarm.com

## OUR BUSIEST SEASON IS HERE.

After waiting for the skies to clear, the time has come to really get busy. We have a new greenhouse to put together, and our 800 tomato and pepper plants will arrive this week to be planted inside it. We used to grow our own tomato and pepper transplants, but we don't have any supplemental heat in our greenhouses, so we realized a few years ago that we would be better off to have a professional nursery do it for us. The result—beautiful, large, healthy plants that start producing for us in July. Last year we had tomatoes a full month earlier than in previous years, all due to the skill of Langley Fine Gardens (whom you can find at several farmers markets this year) & choosing the best varieties. And then, there is much ground to prepare for planting, many thousands of transplants that need to be set out, and many weeds to take care of.

The plant we know as spinach has come a long way from its roots. Originally found growing wild near the desert lands of Arabia, it was transplanted to Persian gardens where it was grown to feed the prized Persian cats. In Persia, spinach was and is known as *isfanakh*, which means "a green hand".

In the sixth century, the plant traveled to China, where it became known as "Persian herbs". The Chinese raised spinach along the outer fringes of their rice fields, where the soil was sandiest, and in time they transported it to India and Nepal, where it became "China flower". (It is interesting that spinach likes sandy soil, fertility, and water, which don't necessarily all go together, especially when hot.)

The invading Moors introduced it to Spain in the twelfth century and within a hundred years spinach was known all over western Europe as *spanacha*, or "Spanish greens". How it came to America is up for debate—some credit Columbus, others claim it was in the cargo of the Mayflower. There are many plants that we eat now that are related to spinach—Swiss chard, beets, and sorrel among them. There are also many weeds in the spinach family, like lambsquarter and pigweed. All of them can make for good eating if harvested at the proper time, and you can eat them all just like spinach.

## THIS WEEK'S MENU:

Spinach  
Stir-Fry Mixed Greens  
Green Garlic  
Arugula  
Swiss Chard  
Kale  
Fresh Thyme  
*Recipes on the back!*

## COMING SOON:

Carrots  
Lettuce  
Beet Greens