

GARLIC SCAPES

The garlic scapes have a subtle garlic flavor and a tender-crisp texture. Here are some ideas on how to use them:

- You can add sliced scapes to any stir fry recipe.
- Slice and sprinkle over any pasta, or slice and cook them in almost any sauce recipe.
- Great in guacamole and fresh salsa, too.
- Chop & add to softened cream cheese.
- Add chopped fresh scapes when serving a light garlic soup; can also add them to buttered, french bread floated on the soup.
- Use them as you would green onions, they're just better.
- Good in salads, on bruschetta, pizza.
- An excellent addition to stocks...and much Asian cuisine.
- Put in Thai chicken/basil/coconut soup.

ROASTED GARLIC SCAPES

Take the scapes and put them in a lightly oiled roasting pan, top with salt (kosher or sea salt works best but any will do). Put the loaded and covered pan in a hot (425°) oven for 30 to 45 minutes or until they are beginning to turn brown. Serve as a side or main dish. Tastes like roasted garlic but creamier.

SALADS & DRESSINGS

To paraphrase Alice Waters in [Chez Panisse Vegetables](#) . . .

We often serve salad greens, undressed, as a bed for an entrée or savory dish; the seasoned juices of the meat or fish are all the dressing one could wish for. Served all alone very fresh young greens with a variety of clean wild flavors can be excellent with nothing but a little olive oil, salt, and pepper.

Most salads we serve with a vinaigrette. All are made the same way: finely diced shallots [or green onions or garlic] are macerated in vinegar with a little salt for 20 minutes to an hour to temper the raw onion/garlic flavor; then a few grinds of the peppermill, and extra-virgin olive oil is whisked in—usually in a ration of three parts oil to one of vinegar. However, this is just a starting point. Avoid overdressing your salads; they should sparkle with a light coating of oil and vinegar, nothing more.

It is useful to have different vinegars on hand. We use red wine vinegar, balsamic vinegar, Champagne and white wine vinegars, and sherry vinegar. In some cases, lemon juice or another citrus juice either augments or replaces the vinegar. [I like to use homemade flavored vinegars—blueberry, raspberry, strawberry, and fresh herbs all make delicious vinaigrettes.]

IT'S STRAWBERRY SEASON ON 78TH AVE. OUR NEIGHBORS, THE PEARSONS, NOW HAVE U-PICK STRAWBERRIES! THEY ALSO HAVE THE BLUE HERON NEST RIGHT BY THE FARM STAND. THEIR HOURS ARE IRREGULAR, BUT THE BERRIES ARE GREAT!



WHISTLING TRAIN Farmletter

SPRING WEEK 10 • JUNE 6, 2006

27112 78th Avenue South • Kent, Washington 98032
253.859.5197

shelley@whistlingtrainfarm.com
www.whistlingtrainfarm.com

THERE IS A SHORT STORY

by

Isaac Asimov about a planet where it always rains. Never any sun or "partly cloudy", just always wet. So wet that special plants have evolved that don't rot. I can just imagine how moldy it must be there, how many special fungi must have been created. The people wear heavy rain gear every day, and it's not uncommon for people to go insane from the constant sound of raindrops on their heads and bodies. And we all get grumpy when we don't see the sun for a while. Even those of us who love rain and our wet winters. Well, that's how we were feeling last week. So much work to do and not being able to do anything because it was so wet. Thousands of plants that need planting, seeds that need sowing, and a greenhouse that still needs to get finished, but the ground was too wet to dig the post holes.

As it usually happens for us here, we go from one extreme to the other. We are ready now to not have any more rain until October. Luckily we have cloudy weather this week—it's easier for the baby plants to establish themselves when the sun isn't blazing down on them. And many seeds germinate better in cooler temperatures, like lettuce and spinach. Songbirds are returning to the farm—I've seen Lazuli Buntings, Goldfinches, and endless Sparrows, in addition to Hummingbirds and those harbingers of spring, the Tree and Barn Swallows. They all love the wildflowers and/or the insects that feed on them. Indeed they are all part of our farm ecosystem and have a role in either pollinating our fruiting plants or dispensing of insect pests like cabbage butterflies, flea beetles, and aphids.

Our Spring season is over this week, and we start our Summer season next week. So we won't expect you to pick up a produce unless you've paid for a Summer Share. If you haven't already told us and/or paid for your summer share, please let us know right away so we know you want one.

We hope you've enjoyed the spring season of greens and spring herbs and hope you'll be back for more.

THIS WEEK'S MENU:

Lettuces
Baby Beets
Baby Carrots
Green Swiss Chard
Bok Choy
Garlic Scapes
Fresh Mint

Recipes on the back!

**THIS IS THE LAST
WEEK OF SPRING!
SUMMER SHARES
START NEXT
WEEK**