

RAPINI WITH GARLIC AND RED PEPPER FLAKES

- 1 pound Rapini or Broccoli Raab, washed and cut into 1-inch pieces
- 2 T extra virgin Olive Oil
- 3 medium Garlic Cloves
- 1/4 teaspoon Red Pepper Flakes
- 1 recipe Blanched Rapini Greens (above)

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; squeeze well to dry (or twirl in a salad spinner).
2. 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.

RAPINI WITH ASIAN FLAVORS

- 1 pound Rapini or Broccoli Raab, washed and cut into 1-inch pieces
- 1 tbs. Soy Sauce
- 1 1/2 tsp. Rice Wine Vinegar
- 1 tsp. Toasted Sesame Oil
- 1 tsp. Sugar
- 1/2 tsp. Finely Grated Ginger

1. Blanch and drain rapini as in step 1. of above recipe.
2. 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.

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.]



WHISTLING TRAIN Farmletter

SUMMER WEEK I • JUNE 13, 2006

27112 78th Avenue South • Kent, Washington 98032
253.859.5197

shelley@whistlingtrainfarm.com
www.whistlingtrainfarm.com

AT LAST, SUMMER IS HERE!

It may be rainy and moist, but it is warm, and the vegetables thrive in it. Of course, the weeds are also rapidly turning the entire farm into a jungle. It's also a haven for slugs. Usually slugs aren't a problem for us because we can keep the uncultivated parts of the farm clean with now hidden passages of vegetation for the little devils. But, when it's too wet for weeding, the slugs have plenty of avenues for travel to various parts of the farm. Last year we bought ducks in an effort to control some of the slugs—the ducks are voracious hunters of their favorite food. However, the ducks don't feel save venturing far when the weeds are taller than they are, so there's the rub. Too wet to get rid of the vegetation, so the ducks can't do their job.

I know we have a lot of subscribers who have been with us for several seasons, but I want to also welcome all of the new folks. We hope that you will enjoy your season with the farm, and visit us often. We will post notices about u-pick crops in this newsletter, so be sure to read it every week. Soon we will have flowers to cut, and in two or three weeks we will open the pea patch to you to pick to your hearts' content.

This is the week for lettuce, and salad greens. Frisée is a type of endive, a member of the chicory family. Typically somewhat bitter, this patch is young and tender, and the rain has tempered the bitter flavors. Mix it with lettuce for a lovely, flavorful salad. You can use the shallot tops like chives or green onions, and mixed with a little fresh thyme they will make a delicious dressing for your salads.

We urge you to remember that the early weeks of the summer season consist mostly of salad greens, and by mid-July when the weather is nice and warm we will have a lot more variety and bulk of produce for you each week.

THIS WEEK'S MENU:

Lettuces
Frisée
Baby Carrots
Rapini
Shallot Tops
Fresh Thyme
Recipes on the back!

COMING SOON:

Peas
Rapini
Cilantro

OUR NEIGHBORS, THE PEARSONS, NOW HAVE U-PICK STRAWBERRIES! THEY ALSO HAVE A NEST OF GREAT BLUE HERONS. THEY'RE OPEN FOR PICKING AT 9:00AM ON MONDAYS, WEDNESDAYS, AND SATURDAYS.