

SAUTÉED SNAP BEANS

3/4 cup Water

1/2 pound Snap Beans, topped and tailed

1/2 tbsp. Unsalted Butter or Olive Oil

1/2 tbsp. Peanut or Canola Oil

1 Shallot, peeled and finely-chopped* (or 1/4 sweet onion, chopped)

1/8 tsp. Salt

1/8 tsp. Ground Black Pepper

1. Bring the water to a boil in a large saucepan. Rinse the beans, and add them to the boiling water. Cook, covered, over high heat for 7 or 8 minutes, until the beans are tender but still firm to the bite. Drain the beans and spread them on a plate to cool.
2. At serving time, heat the butter and oil in a skillet. When they are hot, add the shallots and sauté for about 10 seconds. Add the beans, salt, and pepper, and continue to sauté for about 2 minutes, until the beans are heated through.

WILTED SUMMER GREENS

2 tbsp. Butter

1 medium Onion, minced

1 clove Garlic, minced

1 medium Tomato, peeled, seeded and roughly chopped

1/4 cup chopped fresh Basil

1/8 tsp. Ground Ginger

2+ cups (1+ pound) trimmed, roughly chopped Mixed Greens, such as chard, collards, mustard, dandelion, arugula, sorrel, or kale
Salt and Ground Black Pepper

1. Melt butter in a large saucepan over medium-low heat. Stir in the onion, cook 1 minute. Stir in the garlic, cook until golden. Add the tomato, basil, and ginger. Cook, uncovered, stirring occasionally, until slightly thickened, about 5 minutes.
2. Stir in the greens and cook, covered, until wilted, 3 to 4 minutes. Add salt and pepper to taste. Serve hot or at room temperature.

NOW IS THE TIME TO THINK ABOUT WINTER:
It's always strange to think about winter eating in the middle of summer, but we're just about finished planting all of our winter crops this week, and we will be harvesting a lot of exciting things after October.

We also have a lot of expenses this month—seed, plastic mulch, poly tunnels and rowcovers for winter crops, and water to get everything through the last dry month.

WE HAVE A SPECIAL OFFER FOR YOU!

If you pay for your Winter Share in full by September 15, we will put together a lovely fruit/nut basket for you to pick up the first week of our winter season. Last year's fruit basket included heirloom apples and pears, hardy kiwis, hazelnuts and walnuts—all from local organic farmers.



WHISTLING TRAIN Farmletter

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THE END OF THE FRENZY IS

in view! We should be nearly finished planting this week, after covering nearly half the farm in plastic mulch, and plowing the other half for our final crop of carrots, beets, and enough spinach to hopefully last through the winter.

But now it's still summer, and the cucumbers are on. This week we just have pickling cucumbers, but we've included some dill heads this week, so you can make a quick batch of refrigerator pickles. Here's what I do: Wash the cucumbers, then slice them. Sprinkle them with salt and toss well. Let them sit for about half an hour or so, then pour some mild vinegar over them. Chop up the dill head, add some smashed garlic and a bit of sugar if you like. Then let them sit in the fridge for another half an hour or overnight. The longer they sit, the more pickly they'll be.

This marks the half-way point of our summer season, and you'll notice we have the flyers for our winter season ready. It seems strange to think about it now, but market customers have been asking about winter vegetables for a couple of weeks now, so it seems best to give our summer subscribers the first opportunity at our limited number of winter shares—we're only offering 50 shares this winter.

CUCUMBER RAITA

2 Cucumbers

Salt

2 cups Yogurt

1 pinch Cayenne

1. Cut the cucumbers in half lengthwise, scrape out the seeds with a spoon, and cut into small dice or thin slices. Salt them, and fold into the yogurt. Add the cayenne and more salt if needed.

If you've got it handy, try adding a little chopped dill or mint for flavor.

THIS WEEK'S MENU:

Carrots

Green Beans

Swiss Chard

Summer Squashes

Sweet Onions

Cucumbers & Dill

Sorrel

FRUIT SHARES:

Peaches from Rama Farms in Bridgeport
Recipes on the back!

COMING SOON:

Cauliflower

Lettuce

Lemon Cucumbers

Tomatoes

**U-PICK BEANS
WILL BE READY
NEXT WEEK!**