

SPAGHETTI WITH SICILIAN GREEN TOMATO SAUCE

1/3 cup Pine Nuts or Walnuts
1 pound Green Tomatoes, preferably with pink blush, very finely chopped
1/2 cup Extra Virgin Olive Oil
2 large cloves Garlic, minced
1/4 tsp. Hot Red Pepper Flakes
1 pound Spaghetti
Salt & Fresh Ground Pepper
2 dozen Fresh Basil Leaves, torn into pieces

1. Preheat oven to 325°. Toast nuts on a baking sheet until they are golden brown and fragrant, 12 to 15 minutes. Cool.
2. In a wide, shallow serving bowl, combine tomatoes, olive oil, garlic and hot-pepper flakes. You can make this mixture 1 to 2 hours ahead and let stand at room temperature. Do not add salt at this point as it will draw out the tomato juices.
3. Bring a large pot of salted water to a boil over high heat. Add pasta and cook until al dente. Just before spaghetti is ready, season sauce generously with salt and pepper and stir in basil leaves. Drain pasta and transfer to the serving bowl. Toss to coat with sauce. Scatter nuts on top.

BRAISED PURPLE CABBAGE AND PEARS

3/4 pound Purple Cabbage, in 2 or 3 wedges, cored
1 large Bosc or Bartlett Pear (8 to 10 ounces)
2 tbsp. Butter, in small pieces
2 tbsp. Balsamic Vinegar, or more to taste
Salt and Fresh Ground Pepper

1. Slice the cabbage wedges finely by hand. Transfer to a pot. Quarter, core, and peel the pear. Grate the pear on the coarse side of a four-sided grater. Add to the pot along with the butter, balsamic vinegar, and salt and pepper to taste.
2. Cover and cook over moderately low heat, stirring often, until cabbage is tender, about 30 minutes. Taste and adjust seasoning, adding another splash of balsamic vinegar if necessary.

ARUGULA

Arugula is a delicious, nutty, slightly spicy green for salad. Combine it with other greens, or alone with a bit of vinaigrette, or salty olives and feta. It's also great on a pita with hummus. It can be cooked like spinach, but at this tender stage it seems a waste since it will wilt down so much.

PAN DI ZUCCHERO

This radicchio is less bitter than most varieties, with a blanched, tender heart. Use it for salad, or braise it like chard or any other cooking green. It can also be combined with sweeter greens.

THERE ARE 4 WEEKS LEFT OF SUMMER !



WHISTLING TRAIN Farmletter

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THERE'S MUCH TO TALK ABOUT

in the food world this week. For example, pinach, especially mass-produced, bagged spinach. I'm still wondering what the source of the E. coli bacteria was. Every animal has it in their gut because it's a necessary part of the digestive process, helping to turn our food into particles that our bodies can use. But, did it come from cow manure fertilizer, birds flying overhead, or a worker who didn't wash his hands? Was it in the field, or did it get into the spinach in the washing/bagging process? There's always a risk of E. coli contamination, just as with many, many other organisms, but the amazing thing to me is how quickly and widely the contamination spread. I have a hard time grasping the size of the field needed to produce that much baby spinach. It seems like a perfect terrorist plot—luckily it was just E. coli. It illustrates to me how important it is to buy from small farms, rather than from corporations, and to know who harvests the food for your family. You can ask us if we wash our hands when we're harvesting lettuce, spinach, or anything else. Do we wash our sinks and equipment? (YES) Do we use raw manure on our fields? (NO—we only apply manure in the fall, giving it 6 months to break down prior to planting)

Perhaps you've heard of the I-933 initiative, regarding development of farmland. I'm including a flyer with more information, but I urge you to please vote NO on I-933 in November. King County has worked hard to put protections in place for agriculture, especially where we farm. I-933 would destroy all of the investment and hard work, and quickly our little island of agriculture would be swallowed up by more warehouses. Don't believe that the Farm Bureau (who is backing I-933) has farming in it's best interest—they support farmers who want to sell out and make millions by selling their land to developers. Believe those of us who want to continue farming for the long term.

THIS WEEK'S MENU:

Swiss Chard
"Pan di Zucchero"
Radicchio
Summer Squashes
Cucumbers
Green Tomatoes
Garlic
Basil
Arugula or
Purple Cabbage
FRUIT SHARES:
Italian Plums and
Asian Pears from
Tonnemaker Orchard
in Royal City
Recipes on the back!

COMING SOON:

Spinach
Carrots
Winter Squashes