

BEET GREEN PASTA

1/4 cup Currants
1 to 2 bunches Beet Greens
1 small bunch Fresh Mint
1 medium Red Onion
1 to 2 cloves Garlic
1 Bay Leaf
1/4 cup Olive Oil
1/2 pound Dried Pasta, such as rotini, penne, bowties
Salt and Pepper

1. Cover the currants with boiling water, let them soak for 15 minutes, and drain them. While they are soaking, wash the beet greens, strip the leaves from the stems, and cut the leaves into chiffonade. Chop the stems into 2-inch lengths. Stem the mint, wash the leaves and chop into a chiffonade.
2. Put on a pot of salted water for the pasta. Peel the onions and the garlic and chop them both fine. Sauté them with the bay leaf over medium heat in 1/8 cup of olive oil for about 5 minutes or until they are translucent. Add the beet leaves and stems and the currants and cook 5 minutes more, covered. Meanwhile, when the water has come to a boil, add the pasta. Uncover the beet greens, season with salt and pepper, and add the mint leaves. When the pasta is cooked, drain it and toss well with the sauce, moistening it with a ladle of the pasta water and the rest of the olive oil. Serve immediately.

STIR-FRIED BEET GREENS WITH GINGER AND GREEN CHILES

1-1/2 tbsp. Peanut or Canola Oil
1/2 fresh Hot Green Chile, cut into long, fine slivers
1-1/2 slices Fresh Ginger, cut into long, fine slivers
1/2 pound Beet Greens, cut crosswise into fine ribbons
Dash Salt, or to taste

1. Put the oil in a large pan and set over medium-high heat. When hot, put in the chile and ginger. Stir a few times and put in the beet greens. Stir a few times and then cover the pan.
2. Turn the heat down to low and cook until the leaves have wilted. Add the salt and stir a few times. Add 4 tbsp. water, bring to a simmer, and cover.
3. Cook on low heat for about 30 minutes, or until the greens are tender. Stir every now and then during this period.
Serve with pasta or rice.

PEAS

There are a lot of recipes for shelled peas out there but we find that they are such a treat, we just eat them fresh out of the pod. Toss a handful of peas in a green salad, or in an omelette or scrambled eggs. If you do plan on shelling a mess of peas, remember that it takes about a pound to yield a cup of shelled peas.



WHISTLING TRAIN Farmletter

SUMMER WEEK 2 • JUNE 20, 2006

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WE'RE FINALLY CATCHING UP!

At last we've had enough dry days that we've been able to plant the shelling beans, another set of green beans, new Swiss Chard, spinach, carrots, and many other bits of crops. The corn is going in tomorrow, and then more broccoli, summer squash and cucumbers, and finally, the tomatoes will be planted in the ground! I'm hopeful that we'll still be rolling in ripe tomatoes by the end of July. A little later than last year, but when they hit we'll have more than last year, thanks to the new greenhouse. That's been the holdup actually—Mike can't put the supports into wet, soggy ground or it will all fall over. After he makes more plastic beds for the squash he'll be able to devote his energy to finishing that greenhouse. It's 50% wider than any of the others we've built, so that's 50% more tomatoes! And we should have peppers on the way too—mostly sweet peppers, but some chilies, for those of you who enjoy them, and tomatillos.

We're still all about salad, so enjoy the lettuces while they're juicy, crisp, and abundant. Both cilantro and sorrel are tasty in a salad, just sliver the sorrel and chop the cilantro. Sorrel is also delicious cooked with beet greens, or sprinkled on top of the roasted or steamed beets.

It's almost time to harvest garlic. It needs to be pulled gently from the ground, put into bunches of about 10 plants and hung in our garage to dry out of the sun. We need another week or so of dry weather, but then it would be great to have help for such a big job.

U-pick flowers are just about ready—next week many will be blooming, including bachelor buttons, poppies, snapdragons, and clarkia. We need to wait about two more weeks for the U-pick shelling peas. There are too many unripe ones right now.

THIS WEEK'S MENU:

Lettuces
Sorrel
Beets with Greens
Shelling Peas
Garlic
Fresh Cilantro
Recipes on the back!

COMING SOON:

Sugar Snap Peas
Cilantro
Spinach

OUR NEIGHBORS, T&M BERRIES, NOW HAVE U-PICK STRAWBERRIES! THE BERRIES ARE BIG, RED, JUICY, AND PLENTIFUL. THEY'RE OPEN FOR PICKING AT 8:00AM JUST ABOUT EVERY DAY. (253) 859-4193