



# WHISTLING TRAIN Farmletter

SUMMER WEEK 3 • JUNE 27, 2006

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## SUGAR SNAP PEAS WITH SESAME

1 pound sugar-snap peas  
Dark sesame oil  
Black sesame seeds

1. Remove and discard stem end and string from each pea pod. In a large bowl, toss snap peas with enough sesame oil to lightly coat. Sprinkle with sesame seeds to garnish, and serve at room temperature.

## SUGAR SNAP PEAS WITH TOASTED ALMONDS

1/2 cup Whole Almonds (2 1/2 ounces)  
3 tbsp Butter  
1 pound Fresh Sugar Snap Peas, ends trimmed  
3 tbsp Fresh Lemon Juice (1 lemon)  
1/2 tsp Coarse Salt  
1/4 tsp Ground Pepper

1. Preheat oven to 400°. Spread almonds on a baking sheet; place in oven. Toast until almonds are golden and fragrant, 8 to 10 minutes. Remove from oven; let cool completely. Transfer half the almonds to a cutting board, and chop coarsely. Place remaining half in the bowl of a food processor fitted with the metal blade; process until almonds are finely chopped, 15 to 20 seconds. Add coarsely chopped almonds, and stir to combine.
2. Melt butter in a large skillet over medium heat. Add peas, lemon juice, salt, and pepper; stir until all ingredients are well combined and heated through, about 2 minutes. Sprinkle with almonds, and toss to coat. Transfer to a serving bowl, and serve.

## ONION & MINT RAITA

4 Scallions  
1 cup Plain Yogurt  
1/3 tsp. Salt  
Black Pepper to taste  
1 tsp. ground toasted Cumin Seeds  
1/8 tsp. Cayenne, optional  
2 to 3 tbsp. finely-chopped Fresh Mint

1. Cut the scallions into very thin rounds starting at the white section and going halfway up the pale green section. Do not use the green parts. Put them into a small bowl filled with ice-cold water. Cover and refrigerate for 1 to 2 hours. Drain. Put the sliced scallions in a dish towel. Bring the 4 ends of the towel together and squeeze out as much moisture as possible from the scallions. Set aside.
2. Put the yogurt in a bowl and whisk lightly with a fork until smooth and creamy. Add the salt, pepper, cumin, and cayenne and mix well, then add the scallions and mint. Serve chilled. Excellent with bean dishes, or with a simple salad (of spinach or mizuna), delicate quick-cooked spinach or Swiss chard, and/or cooked grains.

## WE GOT THE CORN PLANTED!

Finally, a year with corn. Last year we got it planted about this time, but it was so dry it didn't germinate until September when the rain came. I planted Friday, and the ground was nice and moist underneath, even though it was 80° above ground. And no, it's not too late for corn. Knee-high by the fourth of July is a guideline, but when the weather is so wacky in the spring, we do what we can. It does mean that we probably won't have corn until the end of September, though. When we get things in late, we always find a way to justify the delay—corn germinates very quickly when the soil is very warm. We should lose very few seeds to rot and birds.

Actually, corn is a funny thing. If you have read seed packets or catalogs, you know that most include a number of "days to maturity", which is how many days you can expect to wait for your crop to be ready to harvest. But it's not always that simple. Corn, and certain other crops, don't operate on "number of days". They operate on "heat units". After the last killing frost of spring, heat units are computed by adding up the numbers of hours during each 24-hour period that the temperature is above 50°, and multiplying by the number of degrees the temperature is above 50°. So, if I buy corn seed from a company in Maine that claims 80 days until maturity, but their early summer is 15° cooler than ours (where currently it is in the 90°s) our corn will probably mature a good 5 to 7 days earlier than it will there, even if I plant a bit late. So, early heat is good for the corn, and so are warm nights. The more hours we have above 50° is putting energy into the corn and speeding up its clock.

## THIS WEEK'S MENU:

Lettuce  
Carrots  
Sugar Snap Peas  
Frisée  
Green Onions  
Fresh Mint  
*Recipes on the back!*

## COMING SOON:

Spinach  
Fava Beans  
Broccoli

## U-PICK PEAS NEXT WEEK! GET THEM BEFORE THEY DRY UP!

The best days for us are Wednesday after 2:00pm and Saturdays after 10am.

**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**