

FAVA BEAN RAGOUT

1 to 2 pounds young Fava Beans
1 clove Garlic
1 small sprig Rosemary
Olive oil
Salt and Pepper
1/4 Lemon

1. Shell the fava beans and discard the pods.
 2. Bring a pot of water to a boil, add the favas, and simmer for 1 minute. Drain and cool them immediately in cold water. Pierce the outer skin with a thumbnail and squeeze each bean out of its skin with thumb and forefinger. Peel and chop the garlic very fine. Strip the rosemary leaves off the sprig and chop very fine.
 3. Put the fava beans in a saucepan with a mixture of half water and half olive oil, enough to barely cover them. Add the garlic and rosemary, and season with salt and pepper. Bring to a simmer, cover, and cook until the beans are tender, about 5 minutes, more or less, depending on the beans. Finish with a squeeze of lemon juice and another grind or two of pepper and serve.
- * If the fava beans are young and tender, you may omit step 2—no need to peel the outer skin from the individual shelled beans. Beans cooked this way are delicious with pasta—toss or serve on the side.

FAVA BEANS BAKED WITH GARLIC & ROSEMARY

3 whole Green Garlic Bulbs
(or peeled cloves from 2 mature bulbs of garlic)
1 cup Shelled Fava Beans (or 2 pounds unshelled beans)
2 sprigs Fresh Rosemary & Thyme (or 1/2 tsp. dried)
1/8 cup Olive Oil
Salt & Pepper to taste
Olive Oil

1. Preheat the oven to 350°
2. Arrange the garlic in the bottom of a small baking dish appropriate to bring to the table. Surround with the favas and cover with the rosemary. drizzle the olive oil evenly over the vegetables. Cover and bake for 40 minutes, or until the garlic is tender. Season with salt and pepper, moisten with additional olive oil, and serve.

FAVA BEAN PURÉE

Warm 1/4 to 1/2 cup of good olive oil in a shallow pan, and add a few cloves of minced garlic with some shelled fava beans and a touch of salt and a sprig each of rosemary and thyme, and a splash of water. Simmer about 30 minutes and mash or purée. Add a few drops lemon juice, and as much olive oil as needed to make it spreadable. Serve warm, alone or on grilled bread.



WHISTLING TRAIN Farmletter

SUMMER WEEK 4 • JULY 4, 2006

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THUNDER & RAIN LAST NIGHT!

In July, of all things. A little cooling down is welcome on the farm, as we're working hard to get everything watered. We're starting to get our winter crops planted too, and it's always tricky to keep them all wet enough to germinate when the temperatures are in the 90s. But, everything is going much better than last year. We're nearly caught up after getting behind in the rain last month. Broccoli is coming, green beans are blooming—I'm so glad I threw in a few rows when I finished with the last planting of peas. I only had a couple of rows left anyway, so it was a good use of space.

Fava beans are not actually a bean at all, they are in the pea/vetch family. This helps us get them planted early—typically we plant them as early as March with the peas. We can't plant true beans until May, when the soil is warmed up nicely. You need to shell the favas, so we've only given you a small amount this time. Next week you'll get twice as much.

Our garlic is ready to harvest—we planted nearly 1/4 acre and it all needs to be pulled bunched and hung to dry, in the next week. Please let us know if you'd like to help.

Fennel is a delicious member of the carrot/parsley family. It has a slight licorice flavor, and you are meant to eat the bulbous stem at the base of the plant. Use it raw like celery, or try grilling or sautéing it. The leaves can be used in salads.

Have a happy Fourth, and enjoy the heat!

**OUR NEIGHBORS, T&M BERRIES,
STILL HAVE U-PICK STRAWBER-
RIES! THEY'RE OPEN FOR PICKING
AT 8:00AM JUST ABOUT EVERY
DAY. (253) 859-4193**

THIS WEEK'S MENU:

Lettuce
Spinach
Carrots
Fennel

Sugar Snap Peas
Fava Beans

"Spanish Roja" Garlic
Cilantro

FRUIT SHARES:

Sweet "Chelan"
Cherries from

Tonnemaker Orchards
in Royal City

Recipes on the back!

COMING SOON:

Summer Squash
Broccoli

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

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

OUR FLOWER PATCH IS READY FOR U-PICK!

Take home some
Snapdragons,
Cosmos, Bachelor
Buttons, Salvia, Rocky
Mountain Garland,
Hollyhocks, and
Corn Cockle!