

SAUTÉED SWISS CHARD WITH LEMON AND HOT PEPPER

1. Stem the chard, wash and drain the leaves, and cut them into a rough chiffonade (shreds, or thin strips).
2. Sauté in olive oil, covered, for 5 minutes or so, until the leaves are wilted and tender. Remove the cover and cook away the excess moisture.
3. Season at the last minute with a pinch of red pepper flakes according to taste, and with salt and pepper, and squeeze lemon juice over the greens just before serving.

If you don't like hot pepper, try using either sweet or hot paprika, or a little chopped fresh oregano.

FENNEL & ORANGE SALAD

- 1 fresh Fennel Bulb, cut crosswise into paper-thin rounds
- 1 Navel Orange, peeled and cut into skinless segments
- 3 tbsp. Fresh Orange Juice
- 1 tbsp. Fresh Lemon Juice
- 1/2 tsp. each Salt and Sugar
- Pinch of Ground Cinnamon

1. Put all the ingredients in a bowl, toss well, and refrigerate, covered for 30 to 60 minutes. Drain lightly before serving.
This salad can almost serve as a refreshing dessert. It will last in the fridge for 24 hours and the flavor improves the longer it sits.

BROCCOLI WITH SPINACH

Salt

- 1/2 pound Spinach, washed and trimmed (1 bunch)
- 6 cups Broccoli florets (1 good-sized crown)
- 1/4 Olive Oil
- 1/2 Medium Onion, peeled and very finely chopped
- 1 Garlic Clove, peeled and very finely chopped
- 2 thin slices Fresh Ginger, very finely chopped
- 1/2 to 1 Hot Red Chile, seeds removed, very finely chopped (optional)
- 1 tsp. Ground Cumin

1. Bring a large pot of water to boil. Add 2 tbsp. salt. Now put in the spinach and broccoli florets and bring to a boil again. Boil rapidly for 3 to 4 minutes, or until the broccoli and spinach are tender. Drain in a colander. Run cold water over the greens. Let them drain naturally, but do not squeeze any liquid out. Chop very finely.
2. Put the oil in a large, preferably nonstick frying pan and set over medium-high heat. When hot, put in the onion, garlic, ginger, and chile. Stir and fry until the onion bits turn brown at the edges. Put in the cumin. Stir once and quickly put in the broccoli-spinach mixture. Stir once or twice and turn the heat to medium. Now put in 1 tsp. salt. Stir and cook gently until the broccoli-spinach mixture has just heated through. Serve.



WHISTLING TRAIN Farmletter

SUMMER WEEK 8 • AUGUST 1, 2006

27112 78th Avenue South • Kent, Washington 98032
253.859.5197

shelley@whistlingtrainfarm.com
www.whistlingtrainfarm.com

WE HAD A LOVELY COOL BREAK

in the weather. At least the hot evenings have passed. It would have been nice to have a bit of rain, but how often do we get rain in summer?

We're still in our mid-summer panic of how to get everything done and harvest four days a week. We'll get there—we always do, and then when the shorter fall days come, it's such a relief. We still need to get some water to the winter squashes and parsnips, and plant the winter patch of carrots and beets and kale. The last variety of garlic still needs to be harvested, and the brussels sprouts and leeks need to be planted. Just as soon as I finish all those winter cabbage and lettuce transplants.

Several people have asked about basil—we should have bulk quantity available in two to three weeks. If you want to make a big batch of pesto for winter, that will be the time to do it because we sell the new crop of nice, juicy leaves by the pound and it's much more economical. That's when I make mine.

We lost our lettuce in the heat—it all bolted, or went to seed. So, instead this week we're hoping that you will make an adventurous salad with the sweet fennel bulbs, tangy purslane, and maybe some spinach or tender baby chard. We should have cabbage, cucumbers, and green beans next week, but it will be a few weeks until lettuce is back.

And I apologize for not having any fruit this week. We had planned on getting blueberries, but the farm has had a rough time in the heat. I have peaches lined up for next week, though, so get your napkins ready! Thank you for returning the berry flats this week, we will need them!

THIS WEEK'S MENU:

Spinach
Baby Swiss Chard
Zucchini
Broccoli
Sweet Onions
Basils
Fennel
Purslane
FRUIT SHARES:
Sorry, no fruit this week. We had hoped for blueberries, but the plan fell through. Peaches next week!
Recipes on the back!

COMING SOON:

Green Beans
Cucumbers

U-PICK PEAS ARE FINISHED NOW!

In another week or two you can pick green beans.

OUR FLOWER PATCH IS READY FOR U-PICK!

Take home some Snapdragons, Cosmos, Bachelor Buttons, Salvia, Love-in-a-Mist, Calendula, Dahlias, Statice, and Black-Eyed Susans!