

Are We Organic?

We believe in growing organically—for our family and for yours. We used to be certified organic with the WSDA, but we felt it was no longer necessary when the USDA Organic program took effect. We don't need government approval, we want yours. We use no chemicals of any kind on our farm.



Whistling Train Farm
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Kent, WA 98032
(253) 859-5197
www.whistlingtrainfarm.com



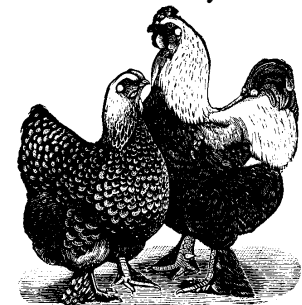
Tentative Crop Availability Plan

VEGETABLES	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN
Artichokes										
Basil										
Beans, Snap										
Beans, Shell										
Beets										
Broccoli										
Brussels Sprouts										
Cabbage										
Carrots										
Cauliflower										
Sweet Corn										
Cucumbers										
Eggplant										
Fava Beans										
Fennel										
Garlic										
Kale										
Leeks										
Lettuce										
Mustard Greens										
Onions										
Parsnips										
Peas										
Peppers										
Potatoes										
Pumpkins										
Radicchio										
Radishes										
Rutabagas										
Shallots										
Spinach										
Summer Squash										
Winter Squash										
Swiss Chard										
Tomatoes										
Turnips										

In addition to the items listed, we will have many standard & gourmet vegetables available seasonally, including but not limited to: Squash Blossoms, Pickling Cucumbers, Rapini, Bok Choi, Edible Flowers, Radish Pods, Green Onions, Dill, Cilantro, Sorrel, and many others. See our website for more.

Celebrating Our Fourteenth Year!

A new season of fresh,
delicious produce and a face-to-face
connection with your food.



Free U-cut Flowers and Herbs
Unlimited U-pick Peas and Beans
U-pick Pumpkins in October

2012 Season

We, Mike & Shelley Verdi, have been farming together for 14 years. Our farm lies in the fertile Green River Valley, home of some of the finest agricultural soil in the country. “What,” you say? “Farms in Kent?” No it’s not all warehouses. Some land has been spared from the rampant filling and building of the last twenty years, and farms can still be found, you just can’t see them all from the freeway. Our 15 acres encompasses several microclimates and soil types that make it perfect for growing a wide variety of crops, making harvest typically possible for 10 months of the year. And we’re close to you—less than a ½ hour drive from Tacoma, Federal Way, Burien, Renton, and Seattle, which makes it easy for us to bring you produce as fresh, tasty, and healthful as it can be.

Whistling Train Farm lies between Kent and Auburn, and between the Burlington Northern and Union Pacific railroad tracks, hence the name. No we don’t grow trains, and we don’t have a train to ride on. We grow vegetables and herbs, primarily, and we raise chickens for eggs, Berkshire pigs, and Dexter cows and a handful of geese. We sell at farmers markets, to select Seattle restaurants, and we operate a CSA program for families in South King County and Seattle—produce by subscription.

We choose to grow a lot of things that you can’t find in the grocery store. We enjoy exploring new varieties, as well as improving on the standards. We want you to enjoy new foods, or at the very least, to break out of the grocery store box. Try some Pea Shoots, Japanese Turnips, or Romano Beans. Bake up a Gold Nugget or Sugarloaf squash, or some heirloom Italian shelling beans. Have a Lemon Cucumber and Tomato Salad with Italian Torpedo Onions and Cinnamon Basil. Try a Deer Tongue or Four Seasons Lettuce instead of romaine, or one of 12 varieties of Radicchio. Of course, we grow broccoli, carrots, and over 100 other things, too, but not like what you’ve had from the supermarket. Our produce takes longer to grow because we don’t use as much water as the big farms, and we use slower-acting, organic fertilizers and growing methods. The result—premium flavor and, we believe, better health.



CSA Overview

Every week we assemble a tasty, well-balanced assortment of the various items that we are harvesting that week. Subscribers share in the risks and abundance inherent to farming. Certain crops may be delayed or fail, due to weather or wildlife, while others excel. A complete harvest failure is very unlikely. However, individual crops do regularly fail—cool summers bring lots of broccoli and few tomatoes, for example, emphasizing the importance of crop diversity.

What Subscribers Get

Early in the season, allotments will be on the lighter side, containing largely greens and salad goodies. Into the summer, you will find more variety, and shares should include among others, basil, broccoli, beets, carrots, beans, tomatoes, peppers, and squash, as well as greens and lettuces. See our Crop Schedule on the reverse for a better idea of which crops to expect throughout the season, and sample harvests for an idea of how much produce to expect each week.

We harvest most of our produce less than 24 hours before you get it—some items like sweet corn, herbs, and delicate greens—are harvested that very morning and throughout the pickup day. Subscribers can expect a great deal of variety from week to week, as we try to ensure that no-one gets tired of eating the same thing every week. (Visit our website or blog for past newsletters and box contents.)

We no longer print a weekly newsletter. Instead, we publish a blog on our website. The weekly posts include a list of what produce is included in the share for that week, news and photos from the farm, and recipes to help you in cooking anything new or unusual. Occasionally there are extra posts to read as well. Check it out at www.whistlingtrainfarm.com.

We offer two share sizes—Small Shares feed 1–3 adults, while Large Shares feed 3–5 (depending on what percentage of your diet consists of vegetables), but see the back of the application form for a better idea of how much produce to expect. Both share sizes will supply fresh produce for 20 weeks, from mid-June through late October.

Subscribers also have the option of reserving eggs prior to their availability to other folks. By signing on with our farm for the season, you play a direct role in sustaining local agriculture and ensuring a healthier, tastier future for all of us—your family and our community.

What About Fruit?

We don’t grow much fruit on our farm—yet, but we have a lot of friends who do, and when local fruits are in season and abundant, we will make them available to our subscribers.

All of the fruit we bring in is organic, from small family farms that we know well in both eastern and western Washington. We have friends who grow Rhubarb, Cherries, Apricots, Peaches, Melons, Blackberries, Nectarines, Plums, Apples, and Pears. We also source Berries and Hardy Kiwis when available.

Feed-A-Family

In 2008 we began this program. We now provide 10% of our shares to hungry families in our area, giving them a chance to enjoy our bountiful summer harvest as well. We partner with Kent Youth and Family Services, as well as individuals, and we are pleased to continue our program in 2012.

We accept contributions towards our program, but we don’t expect them. If you know a family that would benefit from a share, please contact us.

All we need for a Feed-A-Family referral is their contact information, and a sponsor who will help them use their produce.



For us, the most important thing is getting to know you—our customers and our community. We are not a big farm, we are a family farm. Our family operates this farm, the farm feeds you, and you support our family. Mike, Shelley, Della, and Cosmo.