

THE WSU ORGANIC STANDARD

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WSU STUDENTS LEARN ABOUT THE SOLANACEAE FAMILY

We are so happy to finally have some good weather at the farm. It feels like we've struggled with lots of rainy, windy days over the last two months. Sometimes it's a challenge to come up with enough chores to keep us busy out of the field and the mud. But now, rest assured, the weeds are growing!

Our summer session class started last week and will continue through the end of July. We have a good crew of students for the summer that will provide the backbone of our labor. The class is a mix of students, some who started during the spring semester, and the rest new to the farm. We meet together as a class every Wednesday morning for about two hours of lecture and then another

three hours of field work. The lectures consist of detailed information on growing all the different crops at the farm and specific management techniques such as weed control and irrigation. I divide the crops by plant family so we sometimes end up discussing many species in one class. This week we went over the Solanaceae family, which includes tomatoes, peppers, eggplant, and potatoes. Then we hit the field and got the potatoes into the ground.

The students also participate in the weekly harvests at the farm, either Tuesday or Friday. We currently have ten students and they split the two harvest days equally giving us enough people to complete our harvests on time. I need about seven harvesters to

get everything out of the field, washed, and packed by early afternoon. We have added a work-trade volunteer to each harvest day and also have at least two managers at each harvest. On Tuesdays we are now storing all the produce overnight in a refrigerated cooler that Facilities Operations have restored for our use. This cooler will enable us to keep on schedule with the Tuesday harvest, but distribute that produce on Wednesdays at the new Pullman Market. On Fridays all the produce we harvest that morning will be in the boxes by pickup time that afternoon. Either way your produce will always come to you fresh, clean and with minimal transportation.

—Brad Jaeckel

THE BIG HOOPHOUSE

Here's a picture of the newest member of our farm crew...the big hoophouse. This structure has taken an amazing number of hours to complete and many hands to get the plastic stretched. It finally got its first crops planted this week of tomatoes and cucumbers. Come and take a look.



Pick-up days and times

- **Wednesdays** 4:30 - 6:30 p.m. at the Pullman Fresh Farm Market in the Old Post Office parking lot in downtown Pullman
- **Fridays** 3 - 6 p.m. at the WSU Organic Farm

Pickup Reminders

- Instead of trading at the table, look for the "leave an item and take an item" box at your pick-up site. Each week you can trade one item from your box for something left in the box.
- Please remember to bring your own bags to repack your share.
- We'd be happy to reuse any returned twist-ties, ziplock bags, and berry containers that you may receive from us.



BIG SPRING SALAD

In the spring and summer, I make a gigantic salad like this one almost every day . Of course, add any vegetable you have on hand!

— Marcia Gossard

Head lettuce (green or red leaf)	Radishes, sliced
Spring mix	Sunflower seeds, raw
Baby leaf spinach	
Frozen peas, rinsed	DRESSING (for 2 or more salads)
1 cup canned beans, rinsed	Finely grated carrots (1/2 cup)
Cucumber, peeled and diced	Finely grated beets (1/14-1/2 cup)
Artichoke hearts, quartered (non-marinated)	Juice of half lemon (or to taste)
Red, yellow, or orange bell pepper, diced	Salt to taste

Layer vegetables in order listed. Add any other delicious veggies. For a different flavor, I like to add hemp seeds instead of sunflower seeds.

Dressing: Mix grated carrots, beets, and lemon juice in a bowl. Sprinkle with salt to taste. The dressing is especially good if made a few hours ahead of time or the night before.

QUICK KALE

Kale one of our family's favorite greens. Along with cabbage, broccoli, and brussel sprouts, kale belongs to the *Brassica oleracea* family and is high in vitamins A, K, and C. According to Alice Waters in *Chez Panisse Vegetables*, kale should be eaten just a few days after it is harvested. This delicious and simple recipe for sautéed kale makes that easy to do!

large bunch of kale*
1 large garlic clove, chopped
1 tablespoon olive oil

Strip kale leaves off stems and remove midrib from any large leaves. Chop coarsely, wash and drain well. Heat oil in a cast iron or non-stick frying pan on medium-high heat. Sauté garlic for a minute or two, but don't brown. Turn off heat and let oil and garlic sit for at least 10 minutes to infuse oil with garlic. Depending on your love for garlic, either leave it in or discard before adding kale. Add kale and cover with a lid. Cook over medium heat until kale is wilted, about 3-5 minutes.

*Bok choy is also delicious prepared this way.