

WSU ORGANIC FARM  
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This past week has brought more seasonal May weather to the farm. Our Tuesday harvest crew got to play in the mud after the nice rain on Monday night. Unfortunately we have to get into the field to do the harvest regardless of the weather. Some days, like last Monday, we were able to work in the hoophouses weeding and getting the tomatoes ready for cages and trellising. They've really been doing great for the most part. The first tomatoes went in the ground the last week of April when we were still getting some hard frosts. It was a bit of a gamble but we only lost about two plants out of almost 200 planted. During that cold spell we covered everything in the houses with a fabric row cover that gave some much-needed extra frost protection. The thermometer in the house read 32 degrees but with the extra cover the plants did well.

I start seeding our early tomatoes in the greenhouse in mid-March to get them into the ground this early. We use a heat mat to help get them germinated and then transplant them to 4" pots after about 6 weeks. After that they seemed to grow quickly. We are growing both determinate and indeterminate plants, and have different management for each type of tomato. The determinates are shorter bushy types that put on one set of flowers for a shorter harvest period. The plants live on the outer 2 beds of the hoophouse and have cages to grow into for extra support. The indeterminates take up the center 2 beds and have more roof space above them. These plants are trellised with twine hanging from a central tightly strung wire that runs the length of each bed. We wrap the twine

around the base of each plant and train them to one or two leaders that continue to wrap around the string. By the end of the season I have to go in and cut the tops off the plants after they peak at about 8 feet!

In the other hoophouse we will be getting some early carrots hopefully in the next couple of weeks. We also have cucumbers that will be trellised similarly to the tall tomatoes and are specially bred for greenhouse environments, where other cucumbers usually have trouble with flower pollination. And finally there is one bed of sweet red peppers that will slowly mature and be ready later in the summer.

I wanted to give everyone a reminder about how best to deal with your greens once you get them home. The salad mix is already washed and will keep well in its bag for at least a week. The other greens do well if placed in a plastic bag and put into a cooler drawer in your fridge. Without the bag they will probably wilt very quickly. You can try to revive wilted greens by placing them in a large container of water and letting them sit for a bit.

Also, I printed a copy of our veggie list for everyone last week. Carol Spurling is working on this until she leaves later in the summer. We're hoping to have a comprehensive veggie list for you to use in helping identify things after you get them home. This is a work in progress so please give us some feedback on how it works for you.

-- Brad

For the first time, we are receiving “broccoli raab” in our boxes! According to cookbook author Crescent Dragonwagon, broccoli raab may be the wild plant from which common broccoli was developed. Here are a few recipes, both with an Italian theme, since broccoli raab is native to the Mediterranean area. CSA member Trent Smith sent in a favorite recipe for bok choy, which I am including also. Thanks, Trent! If anyone else would like to share recipes, please send me an e-mail: jyotsna64@aol.com.

**Sue Verdi's Broccoli Raab in the Italian Manner**  
(from *The Farm Market Cookbook* by Judith Olney)

Trim and peel any coarse stems. Steam for 10 to 12 minutes, until tender. Heat some oil in a frying pan and add a clove of minced or pressed garlic. Add the broccoli raab and sauté until lightly browned on one side. Add salt, pepper and grated Parmesan, Pecorino or Romano cheese.

**Lorna Sass's Pasta with Broccoli Raab**  
(adapted from *Greens Glorious Greens!* by Johnna Albi and Catherine Walthers)

1 bunch broccoli raab, rinsed  
8 ounces pasta  
2 tablespoons olive oil (the recipe suggests using an oil infused with basil and/or garlic)  
1 to 2 tablespoons tamari or soy sauce  
Grated Parmesan cheese (optional)  
Freshly ground black pepper (optional)

1. Cut off an inch of the base of stalks and discard. Slice stalks into one-inch pieces and set aside. Coarsely chop the leaves and florets.
2. Cook pasta in boiling water for 3 minutes less than the package directions. Add the broccoli raab stems and cook for 2 minutes. Add leaves and florets and cook another minute, until pasta is done.
3. Drain well. Toss with olive oil, tamari, and Parmesan. Grind black pepper on top if desired.

**Stir-Fried Bok Choy with Roasted Peanuts**  
(from *Vegetarian Cooking for Everyone* by Deborah Madison)

3 tablespoons raw peanuts  
2 teaspoon roasted peanut oil (or you can just use regular peanut oil instead)  
1/4 teaspoon red pepper flakes  
salt to taste  
1.5 lbs bok choy  
2 tablespoons peanut oil  
4 garlic cloves, minced  
4 teaspoons minced ginger  
2 tablespoons soy sauce  
1 teaspoon cornstarch mixed with 3 tablespoons water

1. Fry the peanuts in 2 teaspoons roasted (or regular) peanut oil until they're golden. Chop with the pepper flakes and a few pinches of salt and set aside.
2. Slice off the bok choy stems and cut them into 1-inch pieces. Leave the leaves whole. Set the wok over high heat. Add the 2 tablespoons peanut oil and roll it around the sides. When hot, add the garlic and ginger and stir-fry for 1 minute. Add the bok choy and a few pinches salt and stir-fry until wilted and glossy. Add the soy sauce and cornstarch mixture, and stir-fry for 1 or 2 minutes more or until the leaves are shiny and glazed. Add the crushed peanuts, toss, and serve with rice or noodles.