

The WSU Organic Standard

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WSU Organic Farm
201 Johnson Hall
Pullman, Washington 99164-6420

Project Manager: Brad Jaeckel
Email jaeckel@wsu.edu
Phone 509-432-3716

We have a little housekeeping to deal with first, getting everyone up to speed on how this all works. For returning members, you will notice we are not including the harvest list in the newsletter. We are instead writing the list on the chalkboard and displaying that at the pick-ups. Please take a look for this board to find out exactly what's in your boxes.

Also there seems to be some confusion with folks that are splitting shares. Splitting the shares remains your responsibility. We can not hold partial boxes for you. Please arrange with each other to meet at the pickup site or another location to split your boxes.

A note on the exchange table: we will have extra produce for sale every week. You can buy whatever else you would like, and you may also exchange one item from your box for something from the table. Just one, though, to make it fair.

Finally, we are beginning to get questions about Tuesday, July 4th. I'm planning on being at the farm and doing a harvest but would like to know from you all if you will be around to pick up your share. We will not have a way to get the extras to the foodbank so it would help to know who will be around town that week. We will have a separate checklist at the pickup sites for you to let us know.

It seems like we are back to normal spring weather or should I say more like normal. We finally got the tomatoes planted in the new hoop house (about 180 plants!). And the potatoes are all in the ground. We planted 5 different varieties

this year. We have an early red and yellow potato as well as a late red and yellow. And we are trying a new fingerling, Ruby Crescent.

Hopefully we will have most of the squashes in the ground over the next week. This will include the summer and winter squash, cucumbers, watermelons, and pumpkins. Ahhh... the pumpkins. We had some germination problems in the greenhouse with the pumpkins so we will not have quite as big of a patch as I had planned but it should be about the size of last year's.

You'll notice we try to have bagged salad mix in every box. The salad mix is probably the most intensive product we put together. As you've noticed it includes more than just lettuces. Our lettuce mix has 5 different varieties and then we will usually add some other goodies to the mix. This may include a mustard mix, beet greens, spinach, arugula, or any other interesting green we can come up with. After harvesting, all the greens are washed twice and then boxed. We then cart the mix to our fancy salad spinner, a donated washing machine. This machine is dedicated just to the salad mix or baby spinach. We put the greens in mesh cotton laundry bags and put the machine on spin cycle. It takes only about a minute per bag to get the water out. This greatly improves the storage time on your salad.

Once in the plastic bag and put in a fridge it should stay good for a week if it doesn't get eaten first. - Brad Jaeckel

Featured Student: Amanda Snyder

Amanda Snyder volunteered to be the first featured student in this week's newsletter. We will continue to introduce all of our hard working students over the first half of the season. Hopefully you will have a chance to meet some of them at the different pick-up sites.

Amanda is currently an Associate in Research in the Crop and Soils Department at WSU. She works in Weed Science and is presently involved in a project with transitioning a conventional dryland grain production system to organic. Amanda's specialty is entomology and she's using that to find ways to enhance beneficial insects in the organic farm by providing native plant habitats. I'm excited to have Amanda working at our farm and getting help on improving our beneficials!

Originally from Everett, WA, she now lives in Pullman. Last week she made a great dinner dish with the fresh green onions from the CSA. It's basically a roasted potato dish with garlic, green onions, chopped yellow onion, rosemary, olive oil, and balsamic vinegar all baked in the oven at 400 for 45 minutes or until done. Add a little salt to taste and enjoy!



In the rural reaches of the Basque Country, Swiss chard is known as *chuletas de la huerta*, which translates as “chops from the vegetable garden.” - Teresa Barrenechea, *The Basque Table*

Stems of Swiss Chard (from *The Basque Table*)

10 Swiss chard stems, leaves removed, cut into 2- to 3-inch lengths
1/4 cup flour
2 eggs, beaten
1/2 cup olive oil

In a large saucepan, bring about 2 quarts lightly salted water to a boil over high heat. Add the chard, and cook it for about 15 minutes, until it is soft. Drain it well.

Spread the flour on a plate, and roll the chard in the flour. Shake off the excess flour. Put the eggs into a shallow bowl.

In a skillet, heat the oil over medium-high heat.

Dip the chard stems in the egg, and drop them into the oil. Reduce the heat to medium, and cook the chard for about 1 minute. Raise the heat to medium-high, turn the stems, and cook them for about 1 minute longer. Drain them on two layers of paper towels, and serve immediately.

Note: If you like, you can serve the Swiss chard leaves as an accompaniment. Chop them, boil them in salted water, strain them well, and then saute' them in 2 tablespoons olive oil with a sliced clove of garlic. (I would skip the boiling step, but that's just me. -CPS)

Arugula is a piquant green, a bright accent in green salads. Try it sliced into strips, served with thinly sliced radishes, and a little olive oil and lemon juice. Or, try it in a white pasta sauce, as below. It sounds like it would be good cold, too, served with corkscrew pasta or penne and some chopped veggies.

Crème Fraîche and Arugula Tagliatelle (from *Italian Easy* by Rose Gray and Ruth Rogers)

16 oz. egg tagliatelle
1 cup crème fraîche
5 oz. arugula leaves
2 lemons
5 oz. parmesan

Finely grate the lemon peel and squeeze the juice. Roughly chop the arugula. Grate the parmesan.

Put the creme fraiche in a bowl, stir in the lemon juice and zest, and season to taste with salt and pepper.

Cook the tagliatelle in boiling salted water until al dente, drain and return to the pan. Pour the sauce over pasta, add the arugula and half the parmesan. Toss to combine. Serve with remaining parmesan.

Tarragon (which might also be in this week) has an anise-like flavor that goes well with mild seafood, young carrots, beets, peas, asparagus, and green beans, as well as tomatoes, eggs, and chicken. Don't try to mix other herbs with it, though, except, parsley, chives, and chervil.

