

# THE WSU ORGANIC STANDARD

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## FARM FOOD SAFETY WITH RURAL ROOTS

Last week the farm hosted a food safety workshop led by Rural Roots, a non-profit in Moscow, Idaho, whose mission is to support and enhance sustainable and organic agriculture and community-based food systems in the Inland Northwest ([www.ruralroots.org](http://www.ruralroots.org)). The event was part of workshop series to be held on farms across the inland northwest throughout the remainder of this growing season. Each workshop addresses food safety issues related to food production and distribution as it relates to each farm host. I've attended such events in the past and after each one I come away with a renewed sense of responsibility to provide safe produce and ways to help educate our customers.

Be assured that the WSU Organic Farm takes many steps to reduce the risk of food-borne pathogens entering our farm system by enforcing proper hygiene for all workers, maintaining clean washing facilities, and managing our crops and animals correctly. However, I also recommend that all our produce be washed again once you get it home. You can take a couple easy steps in

assuring your produce remains fresh and clean. The first is to put any fragile greens into plastic bags and into the fridge. This will keep these crops such as kale, bok choy, and radishes, from wilting. The next step is to wash all the produce before use under running water. This is the best way to remove any potential contaminants from your food. You will receive some crops already bagged but these are not ready for consumption without washing again.

—Brad Jaeckel

## THREE FORKS BICYCLE CLUB OFFERS FREE CSA DELIVERY

The Three Forks Bicycle Club is now offering free pickup and delivery of CSA shares in an effort to serve the Pullman community. Their mission is to unite the cycling community in Pullman and ultimately make Pullman a cycling destination. If you are interested in home delivery share holders should contact Three Forks Bicycle Club at <http://3forksbikeclub.ning.com> and send an e-mail titled "Fresh Farm Deliveries" with contact information. Shareholders can also contact Reese Cousins at [resecousins@gmail.com](mailto:resecousins@gmail.com) or Scott McBeath at [scott.mcbeath@gmail.com](mailto:scott.mcbeath@gmail.com) for additional information. Three Forks Bicycle Club assumes full responsibility of produce during delivery. Deliveries are free and donations welcome.

### 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

### Salad Mix is Here!

This week we have included our first harvest of salad mix! This is one of our customers' all-time favorites and we are planning to grow more than last year. We will continue to offer head lettuce some weeks but hope to have the salad mix at least for sale on the table when it is not in the boxes. The salad mix is our most time consuming crop to harvest and prepare for you. It is cut by scissors in the field and then brought to the sinks for washing where it gets rinsed twice. After the second washing it is then spun in a designated washing machine to remove excess water for better storability. Then it is weighed and bagged.



Turnips have a wonderful rustic appearance. A relative of the rutabaga, turnip skins are white and purples and they are shaped somewhat like radishes. Turnips are delicious raw in salads or make a nice addition to almost any soup. By themselves, they are very good roasted or baked. Enjoy!

—Marcia Gossard

## CARMELIZED TURNIPS

from *Chez Panisse Vegetables* by Alice Waters

Preheat the oven to 425 degrees.

Turnips that are sufficiently young and tender need only be rinsed and dried before cooking; older purple-top turnips will need to be peeled. Cut the turnips into halves, or quarters if they are small. Big ones should be cut in half lengthwise and the halves sliced into wedges.

Toss the turnips in a bowl with a generous splash of olive oil and salt and pepper. Spread them out in an even layer on a baking sheet and roast them for about 10 minutes, then toss them once (if tossed or turned more frequently, they tend to break apart as they become tender). Roast for 5 minutes more and check for doneness—depending on the water content of the turnips, they can take from 15 to 30 minutes. The turnips are done when they are fork tender and nicely caramelized.

## SAUTEED CHARD WITH LEMON AND HOT PEPPERS

from *Chez Panisse Vegetables* by Alice Waters

Stem the chard, wash and drain the leaves, and cut them into a rough chiffonade. 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. 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 just before serving.