

**WSU ORGANIC FARM
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I hope everyone enjoyed their first box of greens last week. We actually had a couple of surprises make it into the harvest including the broccoli raab and kale. Both of these crops recently put on a lot of growth and when Jewlee and I were planning the week's harvest we decided to add them. I usually have a pretty good idea what will be harvested over a two-week period but we don't know for sure until we go out Monday mornings and take a look at everything. This is part of our weekly schedule and allows Jewlee and I time to take a close look at each crop that is getting near harvesting. For crops like head lettuce and bok choy we actually count every harvestable plant to get a clear picture of what is available for that week. Then we decide how much will be harvested on Tuesday and then again on Friday. This depends mostly on the number of CSA shares each day but we also will harvest extra for the table and even the Food Coop if there is extra.

For direct-seeded crops like cilantro and radishes we will only harvest roughly half of each crop per harvest day. Each crop has only been planted to accommodate one week of harvest and typically after the Friday harvest we are done with that planting and it can be tilled under and prepared for another planting. The exceptions are crops that will produce continually such as peas, beans, cucumbers and tomatoes. We will leave these plantings in the ground for as long as there is enough crop to harvest for the CSA.

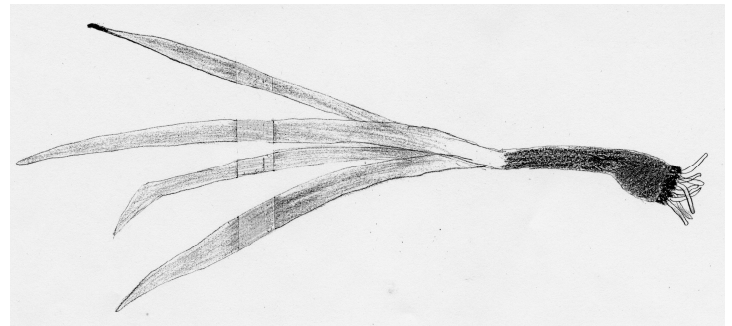
I'm happy to inform you that we did not plant as much bok choy as last season! After reading the surveys at the end of the season we decided that it was unnecessary to plant so much and it would be better to actually include some head lettuce in its place. So as you noticed last week everyone received an entire lettuce plant, sometimes referred to as head or leaf lettuce. We will be including these throughout the season usually in place of the bagged salad mix. I believe we will only have about two weeks of bok choy this spring and a few weeks of the Napa cabbage and regular head cabbage.

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. Most of the produce is washed at the farm but it is always a good idea to wash any fruits or vegetables that you receive from the farm or any other source.

Last week we did get most of the squash family plants in the ground and are looking forward to the summer squash by the end of June. We also put in cucumbers and an extra large planting of pumpkins! Every year we have sold out of the u-pick pumpkins at the Fall Harvest Party and hopefully this year we will have a better supply for that fun event.

--Brad Jaeckel, manager



Newcomers to CSA-style eating often become overwhelmed with the volume of greens that quickly fill the fridge. Most will happily take the spinach, but the kale, chard, broccoli raab, bok choy, etc. take some getting used to. A first hint is to get creative about adding greens to your favorite recipes: lasagna, quiche, enchiladas, scrambled eggs, and mac & cheese all taste (and look) great with an extra splash of greens. Note that the heartier greens are more robust than spinach, and may require more chopping/steaming to tone down their assertive personalities. Also remember that you can parboil the broccoli raab, chard and spinach and pop in the freezer to add to your favorite recipes later in the year when local greens become scarcer. When we first joined a CSA, our personal favorite was Thai Peanut Sauce. It is strong enough to drown out the more powerful bitter greens until you get used to them. And be sure to try the Kale Stir Fry!

--Valeri & Trent

Thai Peanut Sauce

(adapted from *Cooking Thai Food in American Kitchens* by Malulee Pinsuvana)

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| 1 cup sliced chicken breast | 1 tablespoon chili powder |
| 1 slice ginger root | 2 tablespoons peanut butter |
| 2 cloves garlic | 1 tablespoon sugar |
| 1 teaspoon curry powder | 1-6 teaspoons nampla (Thai fish sauce—very salty; use with care...) |
| 1 tablespoon butter or peanut oil | ½ cup coconut milk or milk |
| 1 tablespoon milk | 1 teaspoon Thai red curry paste |
| 1 bunch greens | 2 tablespoons peanut oil |
| minced green onion (optional) | |
| 1 tablespoon minced red onion | |

Pound ginger root together with garlic, curry powder, cream and melted butter. Pour over cubed chicken breasts and set aside. Heat the oil in a heavy saucepan over medium heat. Brown minced onion until golden brown. Lower the heat, add peanut butter, sugar, nampla, chili powder, curry paste, and milk. Stir fry for 1 minute. Remove from heat. Steam the greens and green onion. Drain. Brown the chicken breast in a sauce pan turning until done. Remove from heat and place on top of cooked spinach and green onion. Pour the peanut sauce over the chicken. Serve over rice.

Kale Stir Fry

(from the Smith/Schillberg kitchen. We despised kale until we came upon this recipe years ago. Now we can't get enough of the stuff—even with a perennial crop growing all over our yard!)

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| Full head (10-12 large cloves) garlic | 2-3 tablespoons oyster sauce (see below) |
| Extra virgin olive oil | One bunch kale |

Wash kale and strip off the largest parts of the stems by holding the end between thumb and forefinger and pulling off the greens like a zipper. Chop coarsely and set aside to drain. Peel garlic and chop very coarsely, so that each clove winds up sliced into 2-4 variously shaped pieces. Fry garlic over medium heat in plenty of oil, stirring occasionally until it starts to caramelize; when done it should be beginning to turn golden brown and crispy on the outside, but still chewy on the inside. Turn up heat and add kale, continuously stirring until the leaves turn bright green and start to wilt (3-5 min.). Turn heat down and add oyster sauce, stir briefly to coat thoroughly and transfer to serving dish. We often pair this dish with wild rice and blackened salmon. (*Note: Oyster sauce can be found in the Asian foods section of the supermarket, or you can make a suitable substitute by combining 1 tsp cornstarch, 1 tbsp blackstrap molasses, and 2 tbsp soy sauce*)

Orecchiette with Broccoli Raab

(from *Vegetarian Cooking for Everyone* by Deborah Madison)

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| 1 bunch broccoli raab, about 1 ½ pounds | 3 garlic cloves, thinly sliced |
| 12 ounces orecchiette (or other pasta) | 1/2 teaspoon red pepper flakes |
| Salt | Freshly grated Parmesan |
| 4 tablespoons olive oil, plus extra virgin to finish | Lemon wedges |

While the pasta water is heating, peel the lower stems of the broccoli raab, then add the whole bunch to the boiling water. Boil for 5 minutes, then remove it with a strainer and coarsely chop. Start cooking the pasta in boiling salted water.

Meanwhile, warm the oil with the garlic and pepper flakes in a wide skillet over medium heat until fragrant. Add the broccoli raab and cook gently, occasionally adding a little pasta water to the pan so it doesn't dry out. Drain the pasta, add it directly into the greens, and toss with a spoonful of the extra virgin olive oil, salt to taste, and a little grated Parmesan. Toss well and serve with an additional dusting of cheese and a wedge of lemon on each plate.