

WSU ORGANIC FARM  
201 JOHNSON HALL  
PULLMAN, WA 99164-6420

PROJECT MANAGER: BRAD JAECKEL  
JAECKEL@WSU.EDU; 509-432-3716  
WWW.CSS.WSU.EDU/ORGANICFARM

It's starting to feel like summer now here on the farm! I'm fairly certain we're frost free but I hate to say that too loud. Even a week ago I was getting a frosty windshield at our home in Moscow during that cold and wet Memorial Day weekend.

We are hopefully getting the rest of the summer squash, cucumbers, and winter squash transplanted to the field this week and are eager for those summer-time treats to come. I typically plan to transplant all the cucurbit family around the first of June. This is about as late as we can plant some of the later maturing winter squashes such as Delicata and Butternut and still get them to ripen. We are also planting out the pumpkin patch this week which will include some surprises...think BIG!

Last week the first corn went in with the first pole beans. We will be succession planting the bush and pole beans as well as the sweet corn to provide a lengthened harvest later this summer. And we're planting all the corn in the same area to hopefully come up with a big enough section to cut in a corn maze for the Harvest Party in October. I've been getting lots

of requests to bring back the maze, so we'll give it a shot. The trick with growing a good stand of corn or beans is waiting for the soil temperature to get above 60 degrees. Last week during planting I was reading 80 in loose dry soil and 70 in moist ground. The moisture will lower the temperature after planting, but 70 should be perfect for germinating both of these sensitive crops.

New this week is cilantro, one of the main herbs that we grow along with parsley and basil. The full shares have been getting some samples of our little culinary perennial herb garden over the last couple weeks, including tarragon and lemon balm. The cilantro, basil, and parsley are annuals that we grow for the full CSA membership and will rotate through as they become available.

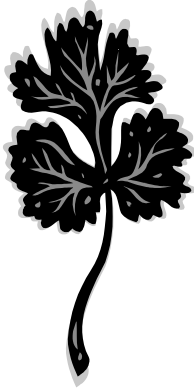
We will also start to highlight our summer students in the newsletter. This is a chance for you to see who is helping to grow your food and maybe get some hints of what the students are doing with the fresh farm veggies.

-- Brad

Emily Rude just finished her first year at WSU in the new Organic Major and is currently working on the required 6 credits with the Organic Farm. Emily came to Pullman from Seattle, where she recently finished high school, but claims Kansas as her true home. She is actually interested in possibly returning to Kansas in the future to work with the Land Institute on soil conservation issues. Emily enjoys reading and fiber arts in her free time, as well as tending her dorm window garden where she's experimenting with growing a grapefruit tree!

A couple of meals came to mind when pressed for recipe ideas...stews and curries. Emily claims both are great for throwing in fresh garden veggies, and the curries are especially good with the abundant spring leafy greens.





As Brad mentioned, we have cilantro in our boxes this week. In general, you can use this herb in Indian, Mexican, and Southeast Asian recipes. If you really like the taste, you can put it in salad too. Here are some recipes that include cilantro.

### **Pico de Gallo**

(from *1,001 Vegetarian Recipes* by Carol Gelles)

I was surprised at how much my children LOVE this recipe! They gobble it up with corn chips. It is also terrific on burritos, tacos, or any other Mexican-style dish. (Hint: you might want to double the recipe!) I leave out the hot peppers when making it for children.

- 1 ½ cups finely chopped fresh tomatoes
- ½ cup finely chopped onions (you can use scallions here if you like)
- 1/3 cup finely chopped green peppers
- ¼ cup finely chopped red peppers
- ¼ cup chopped fresh cilantro
- 1 teaspoon finely chopped fresh jalapeno peppers, or to taste
- ½ teaspoon salt, or to taste

Combine everything in a medium bowl, and stir to mix.



### **Mango and Tomato Couscous**

(from *The Soul of a New Cuisine: A Discovery of the Foods and Flavors of Africa* by Marcus Samuelsson)

If you can't find good fresh mango, I would suggest substituting firm, peeled peaches or nectarines in this recipe. You can also substitute quinoa for the couscous.

- 1 cup couscous
- 2 tablespoons olive oil, divided
- 1 garlic clove, minced
- 1 mango, peeled, pitted and cut into 1-inch cubes (about 1 cup)
- 1 jalapeno chili, seeded and minced
- ½ cup raisins
- 1 ripe tomato, chopped
- Juice of one lime
- ¼ cup loosely packed cilantro sprigs, chopped
- ¼ cup loosely packed parsley sprigs, chopped
- Salt to taste

1. Prepare couscous according to the package directions. Set aside.
2. Heat 1 tablespoon of the oil in a large pan over high heat. Add garlic, mango and jalapeno, and sauté until mango begins to brown slightly.
3. Stir in remaining oil, and all other ingredients. Toss to heat through. Serve hot or at room temperature