

THE WSU ORGANIC STANDARD

JUNE 8, 2009

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WSU
Organic Farm

FEEDING THE COMMUNITY
TRAINING FUTURE FARMERS

LAST CROPS TO BE PLANTED IN JUNE

With the lovely weather we've been having, the farm has been super busy getting all our unplanted areas filled in with summer crops. During the spring we start using a heated greenhouse space on campus to start our early crops and even some of the summer mainstays. Last week we finally got all the remaining plants out and up to the farm for transplanting. During the spring we had two former students doing the daily watering and weekly seedings at the greenhouse. Now that we are out, we will continue to seed new crops

but it's plenty warm to do that outside.

The last crops to go into the fields are the outdoor tomatoes, eggplant, squash, watermelon, and pumpkins. These starts take up a lot of room and we dedicate an entire bed in our 50-foot hoophouse to holding these crops until they are ready to go outside. We try to gradually acclimate or "harden off" the plants before they go into the ground, allowing them to get used to the direct sun and the variations in temperatures. This greatly reduces the amount of stress on the plants when they get to

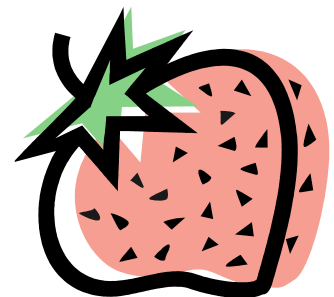
their final spot.

We are also in the process of direct seeding the sweet corn and green bean crops. Normally, we wait until the beginning of June when the soil temperature has warmed up enough to ensure better germination. These two crops will have at least two to three individual planting dates each to ensure a continuous crop at the end of the summer. It will take us until the end of the month to get everything in but it is very satisfying to finally get all the crops planted and growing along.

—Brad Jaeckel

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



U-CUT FLOWERS COMING END OF JULY

There's been a lot of questions about the u-cut flower garden during the first couple of weeks. Jewlee has done a great job getting all of the flowers planted but it will be at least another month before they are ready to cut. They usually come on by the end of July and we will be sure to let you know when you can start getting bouquets.

Strawberries Soon!

Good news! The strawberries have bloomed and look great. I hope to have those by the end of the month!

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Several years ago at a farmer's market in Sandpoint, Idaho, I passed by a table and saw a odd, green, orb-like vegetable. Curious, I stopped and asked, "What *is* that?" No doubt, if you hadn't seen one before, you might have been asking the same question when you picked up your CSA share last week. Kohlrabi, a member of the cabbage family, is not one of the most popular or well-known vegetables, at least not in the United States. My trusty *Chez Panisse Vegetables* by Alice Waters doesn't even have an entry for kohlrabi. But, like its cabbage cousin, it is one of the most versatile, nutritious, and delicious.

Either green or purple (purple is generally sweeter), kohlrabi is easy to add to many recipes both raw and cooked. For most recipes you'll want to peel it and cut off the tough base. Young, small kohlrabi is good raw and can be peeled and shredded into a big spring salad (see May 25 newsletter). Peeled and sliced thin, it makes a delicious crudité with a vinaigrette or other dipping sauce. Kohlrabi is also good diced or julienned in stir-fries. If you like raw vegetable juice, it is delicious with carrots, celery, a little apple, and parsley. Enjoy!

—Marcia Gossard

GRILLED KOHLRABI AND VEGETABLES

Kohlrabi	Onions
Potatoes	Peppers (yellow, red, orange)
Garlic cloves whole, unpeeled	Yellow squash
Mushrooms, whole	Zucchini

Peel kohlrabi and cut off tough base. Cut kohlrabi into 1-inch chunks. Other vegetables can be washed and cut into chunks 1-inch chunks. Quicker cooking vegetables like zucchini and yellow squash can be cut into larger 2-inch chunks.

Place vegetables on a large piece of aluminum foil (shiny side up), drizzle with olive oil, and sprinkle with salt and pepper. Wrap foil around vegetables and fold tightly to close. Place on grill and cook for about 20 minutes until vegetables are tender. Squeeze garlic to remove from peel.

CARROT SALAD WITH ORANGE, GREEN OLIVES, AND GREEN ONIONS

A good friend asked me what could she do with all the lovely green onions in our boxes each week. I found this recipe on *epicurious.com*. The salad would go well at a barbecue. Serves 16, but could half and enjoy leftovers.

3 pounds carrots, peeled, cut on diagonal into 1/4-inch-thick slices	
1/4 cup extra-virgin olive oil	1 cup drained chopped pitted brine-cured green olives
1/4 cup fresh lemon juice	1 cup chopped green onions
1 tablespoon grated orange peel	Orange slices
1 tablespoon ground coriander	Fresh Italian parsley sprigs
Drizzle of honey (optional)	

Cook carrots in large pot of boiling salted water until crisp-tender, about 7 minutes. Drain well.

Whisk oil, lemon juice, orange peel, and coriander in large bowl to blend. Add hot carrots and toss to coat. Cool, tossing occasionally. Season with salt and pepper. Drizzle with honey, if desired. Stir in olives and green onions. Cover and refrigerate at least 3 hours. (Can be made 1 day ahead. Keep refrigerated.)

Stir salad to redistribute dressing. Garnish edges of platter with orange slices and parsley. Mound carrots in center.