

WSU ORGANIC FARM  
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I guess I did speak too soon about summer being here -- or maybe that was our summer, because last week at the farm it felt a lot like autumn! After a scorching weekend we received about  $\frac{3}{4}$  of an inch of rain on Monday and Tuesday, with the bulk coming during our Tuesday harvest. No problems with wilted greens, but our workers were a little weary.

Life goes on and so do the early June plantings. Jewlee has been hard at work for the last couple of weeks getting the cut-flower garden planted, and it looks like it should be better than last year. We took good notes last year on what people liked and what did well and then adjusted for this season. For our new members, you should know that we have a u-cut flower garden at the farm adjacent to the asparagus patch right when you come in to the farm, including an entire 125 feet of sunflowers! This garden is planted with a great variety of annual cut flowers and will be available to the CSA members to cut bouquets once we start to get some blooms. This should be some time in July but we'll have to wait until Jewlee gives us the word. For our Tuesday pick-ups we encourage you to come over to the farm when you have time to cut some flowers. We will have scissors and buckets to pick with and hope to have another long season of flowers.

I think we will continue to have large harvests of greens. I did not plan on having bok choy every week but after the warm weather earlier in the month many of our earlier cabbage plantings have caught up to one another. I tried to space out the cabbages so we could alternate each week with different varieties, but we need to keep on top of the harvests before the plants begin to bolt. Bolting is when a plant sends up a flowering stalk and indicates it has past its harvest time. The broccoli raab that was in the shares a couple of weeks ago were actually bolting, but for that crop you can actually eat the entire plant including the flowers. For bok choy and the other cabbages we do not want them to bolt before harvest and thus need to keep a watchful eye on them.

Following last week's harvest of cilantro is parsley. This is one of the more nutritious herbs you can eat. It's packed with vitamin C as are many of the "dark" leafy greens. Parsley is very versatile but one of our favorite things to do with this flavorful herb is to make a pesto just like you would with basil. If you've been stuck on basil pesto give parsley a try and you'll be surprised with the nice flavor.

-- Brad

This week's featured student is Lauren Hair. Lauren will be graduating this year with a major in Crop Science and then hopes to move into a career in agriculture after working the summer on her family's farm near Walla Walla. Her family owns and operates a 3,000 acre dry land wheat farm and Lauren's farm sense has come in handy here at the Organic Farm. I first met Lauren the first year of the CSA when she was doing a community service project with me for a different class that involved putting up our harvest shed and planting some of the early perennials. Lauren enjoys the outdoors, motorcycles, and working on cars. For an easy improvement to the ol' tuna sandwich she recommends adding garlic salt and a generous mound of fresh salad greens. Enjoy.



Turnips are one of those vegetables that many people almost never buy in the store on their own. You can eat both the turnip roots and the greens. Here are some delicious ways to use this vegetable. As usual, if you have recipes to suggest, please e-mail me at: [jyotsna64@aol.com](mailto:jyotsna64@aol.com).

### **Turnip and Pear Soup**

(from *Sundays at Moosewood* by the Moosewood Collective)

This is a delicious soup – light and fresh.

1 medium onion, chopped  
1 tablespoon oil or butter  
3 medium-large turnips, peeled and chopped (3 cups)  
3 large ripe pears, peeled, cored and chopped (3 cups)  
1 teaspoon dried thyme  
½ teaspoon salt  
1 ¼ cups vegetable stock  
¼ teaspoon nutmeg  
1 ½ cups pear or apple juice  
Freshly ground black pepper to taste



1. Sauté onion in oil or butter in a large saucepan for five minutes, until onions are translucent but not browned. Add turnips and pears, salt and thyme. Sauté for another 10 minutes.
2. Add vegetable stock and cook, covered, on low heat for 20 to 30 minutes, until turnips and pears are soft. Add nutmeg.
3. Puree the soup in batches along with the juice. Season with black pepper to taste.

### **Turnip Tops and Potato Sauté**

(from *Greens Glorious Greens!* by Johnna Albi and Catherine Walthers)

If you don't have enough turnip greens for this recipe, you can add other greens to make up the difference. You might add tender greens such as chard or spinach towards the end of the cooking time.

1 pound turnip greens, stemmed and washed  
2 steamed or baked potatoes (any kind except russet)  
2 tablespoons olive oil  
4 garlic cloves, minced  
Salt to taste

1. Blanch turnip greens for two minutes in 2 or 3 quarts of salted boiling water. Drain, and when cool, coarsely chop. (Note: the blanching is supposed to help remove bitterness, but I'm not sure it's totally necessary).
2. Peel and cut the potatoes into small cubes. Leftover potatoes are best – they will be firmer.
3. Heat the oil in a large skillet over medium-low heat. Add garlic, greens, and diced potatoes. Stir gently for a few minutes, then cover and cook over a medium-low flame for 20 to 30 minutes, stirring occasionally.
4. Stir in salt to taste and cook for 5 more minutes.