

**WSU ORGANIC FARM
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Thanks to everyone that has offered thoughts and concerns after last Tuesday's freak snowstorm. That was the latest I've seen snow on the Palouse and the first harvest day that we've actually had to work in the snow. It really reminded me of growing up in Wyoming where we would get snow any month of the year. But, we survived and actually pulled off a successful harvest in record time. "Hats Off" to the Tuesday Harvest Crew...thanks for showing up!

My biggest concern with the snow was losing all the warm-season crops that had been transplanted out to the fields over the last 2-3 weeks. Seems like a bad year to be experimenting with outdoor tomatoes, peppers, and eggplants but they all look to have pulled through. The explanation is that the air temperature never dropped below freezing and the moisture in the snow and rain actually protects the crops as they approach freezing temperatures. If there had not been the moisture to coat all the plants we would have tried spraying the plants with a fine mist of water and kelp solution to create that barrier of moisture. Kelp is very useful in minimizing shock from temperature extremes, water stress, or even insect pressure and we usually add it to our regular fertilizer treatments.

We did, however, lose the majority of the watermelon crop! They began to show signs of distress on Monday from lack of water, the high winds, and some hail, and then the snow on Tuesday pretty much did them in. Watermelons are extremely sensitive plants and I'm again humbled as we take another big loss from mother nature. Maybe we could have a hoophouse just for watermelons as they are not especially well adapted to the Palouse! --Brad Jaeckel, manager

Would you like to receive an email at the beginning of the week with an advance peek at what items will be in your share? Do you think it might help you with your meal planning and shopping lists? If so, look for the sign-up sheet on your next pick-up day. Let us know the email address(es) you'd like used. We'll send you a short message each week with the list of items planned for the shares. Remember, this will be what we plan to harvest at the beginning of the week and may not be the definitive list come harvest day. But if you'd rather be surprised, then don't sign up, and we won't "spill the beans".

Marti Ford, a Moscow CSA member, has volunteered to develop this email list and help me with the computer work. Thanks Marti!



Phoebe Loyd grew up on the west side of Washington on beautiful Orcas Island and her family's small three-acre farm right in Bellingham. They still raise goats and llamas for spinning wool as well as an assortment of geese, ducks, and gardens. Phoebe enjoys crocheting, biking to school and the farm, and snowboarding. Last winter she actually got to spend 5 months in the French Alps polishing her technique! The first major in the new Sustainable Small Fruit and Trees program

offered through the Horticulture Department, Phoebe is enjoying learning about sustainable vegetable production.

She is loving all the fresh spinach coming out of the fields and recommends using that with a vegan peanut sauce that is very simple. Make a sauce just using peanut butter, soy sauce, and Sriracha Chili sauce and add to the gently cooked spinach.



We tried a new recipe this past week with kale and decided to include it below as the first recipe. I ate mine with pasta and Trent added crumbled feta to his. The mildly spicy taste of fresh cilantro adds zip to a lot of recipes (including this one) but I shudder to think how many bunches of the stuff we let spoil in the refrigerator over the years, unable to keep until we needed it. If you have this problem too, here's a tip: take a bunch of cilantro and blender it with just enough water to make a paste. Then freeze it in an ice cube tray with just a small amount in the bottom of each. When a recipe calls for cilantro drop in a cube or two and let it melt. --Valeri

Mixed Greens with Cumin and Paprika

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

12 (less works too) cups mixed greens—kale, broccoli
raab, chard or beet, escarole, mustard greens
Salt
4 large garlic cloves
1 cup chopped parsley

1 cup chopped cilantro
3 tablespoons paprika
2 teaspoons ground cumin
For garnish: oil-cured black olives, wedges of lemon
and tomato

Discard any inedible parts of the greens, such as kale stems and tough ribs. Set the leaves in a steamer—the tougher ones on the bottom, the most tender on top—and cook until tender. Or boil each type separately in salted water, then drain. Chop into pieces about 1 inch square.

Pound the garlic with ½ teaspoon salt in a mortar until smooth, then work in the parsley and cilantro and pound them briefly to release their flavors.

Warm the oil with the paprika and cumin in a wide skillet over medium heat until they release their fragrances. Don't let them burn. Stir in the garlic, then add the greens and cook until any extra moisture has evaporated. Taste for salt and serve with garnishes.

The Simplest Tender Greens

(from *Local Flavors* by Deborah Madison)

1 to 2 pounds greens, coarse stems removed
Sea salt and freshly ground pepper

Olive oil or unsalted butter
Lemon wedge or vinegar

Put greens that have been washed but not dried in a wide skillet and sprinkle with salt. Cook over high heat until tender, for 3 to 5 minutes, turning them occasionally with tongs. Lift them out of the pan, leaving any liquid behind. Toss with butter or oil, taste for salt, season with pepper, and serve with the lemon wedges or vinegar.

Stir-Fried Bok Choy with Roasted Peanuts

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

3 tablespoons raw peanuts
2 teaspoons peanut oil
1/4 teaspoon red pepper flakes
Salt to taste
1.5 lbs bok choy

2 tablespoons peanut oil
4 garlic cloves, minced
4 teaspoons minced ginger
2 tablespoons soy sauce
1 teaspoon cornstarch mixed with 3 tablespoons water

Fry the peanuts in 2 teaspoons peanut oil until they're golden. Chop with the pepper flakes and a few pinches of salt and set aside.

Slice off the bok choy stems and cut into 1-inch pieces. Leave the leaves whole. Set the wok over high heat. Add the 2 tbs peanut oil and roll it around the sides. When hot, add the garlic and ginger and stir-fry until wilted and glossy. Add the soy sauce and cornstarch and stir-fry for 1 or 2 minutes more or until the leaves are shiny and glazed. Add the crushed peanuts, toss, and serve.