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THE WSU ORGANIC STANDARD

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Rain-tastic and Roof-Raising: Spring Changes to Summer at the Farm

As you all have seen on the Palouse, this has been an exceptional season for rain. Growth abounds and rivers are surging! With all of this rain, quite a bit has been growing well. While the low temperatures slow down some of our crops like squash and tomatoes, others love the moisture that stays around a little longer than usual. Kale and chard, spinach and lettuce are doing great, and it's beautiful this time of the growing season to see so much green in our shares, as well as around the farm and the Palouse.

Additional challenges come to the farm this season with this weather: pocket gophers and deer are making their presence known in and around our 4 acres, as well as throughout the Tukey Orchard. These visitors pose unique challenges to keeping our food going to the mammals we intend it for. We're also seeing thistle and bindweed in no short supply. Finally, some of our projects around the farm have been hampered by the climactic challenges- including the new farm shed that is coming along in what has become the 'lower villa.'

The new farm shed will provide a larger footprint, but will also provide some additional storage beyond that. The shed was designed as a

class project by a former student, Grant Mortenson, and is being constructed by the summer farm crew. We had quite the flurry of hammers and hands as we put up four framed walls after lunch with sixteen hands on deck (that's 160 fingers!). This structure will be appreciably taller, as to allow better high storage and will support a cubby system hanging from the exterior that will house student and volunteer belongings. The structure will utilize passive solar lighting, directed north so to keep summer daytime heat out while letting light inside. A salvaged hardwood door, cedar siding and galvanized roofing to finish it off, it will provide some breathing room in the harvest shed.

Each year out at the farm brings new challenges and successes, its exciting to see some infrastructure coming along that will improve the efficiency of our operation. Additionally, it provides a great opportunity to students, volunteers and community to take part in farm skills that could be applicable on their own projects. Whether you pick up Wednesday or Friday, I invite you to check out the improvements at the farm site in Tukey orchard as well as the pickup site at the market to check out the local food scene in our community.

By Justin Hougham

Our Abundance of Greens

With the cool, rainy weather we've been experiencing and abundance of lettuces and greens that goes with it, it seems like a good time to reprint Brad's advice on keeping these tender veggies crisp.

- Get any tender green crops into the fridge as soon as possible.
- Store in a plastic bag.
- If your produce becomes wilted, try reviving it by placing in a shallow container of water where the stems can soak up some cool moisture.

The bowl of water trick, especially, works like a charm!

Like broccoli (which we'll also find in our boxes this week), kale is another member of the Brassica family, something we've been enjoying a lot of in this cool wet weather. With its curly-edged leaves and dark green or purple-tinged color, kale is certainly pretty to look at, but it's also packed with vitamins and minerals, and is especially rich in vitamins K, A and vitamin C. (Keep this in mind for staving off summer colds!) If you are storing kale for a few days, take care not to wash it—doing so will make the leaves wilt in the fridge. Instead, wrap the bunch in a damp paper towel or tea towel, place in a plastic bag, and then store in the refrigerator (or crisper if you have one). I'm very excited to make this kale pesto recipe—I know that kale and toasted walnuts are a winning flavor combination and this also seems like a fun option for preserving an abundance of kale. The massaged kale salad is one of my all time favorites!

--Jamaica

Kale Pesto

2 cups packed fresh kale—midrib removed and discarded, leaves coarsely chopped	1/2 cup grated pecorino cheese (or try parmesan or asiago)
3 cloves garlic	1/4 cup extra virgin olive oil
1/3 cups toasted walnuts	Salt and pepper, to taste

Combine kale, garlic, and walnuts in a food processor or blender. Pulse a few times so that everything becomes more finely chopped. Blend again, slowly adding the olive oil at the same time. Remove to a bowl. Stir in the cheese and season to taste with salt and pepper.

Massaged Kale Salad, adapted from *Feeding the Whole Family*, by Cynthia Lair (Sasquatch Books, 2008)

1 bunch kale	1/3 cup sunflower seeds, toasted (can substitute pepitas)
1 teaspoon salt	1/4 cup olive oil
1/4 cup red onion, finely diced	2 tablespoons apple cider vinegar
1/3 cup raisins	1/3 cup Gorgonzola cheese, crumbled (optional)
3/4 cup apple, diced	

Wash and de-stem kale. Then, stack the leaves together, roll up, and cut into thick (1/4 inch) ribbons. Put the kale in a large bowl and sprinkle with the salt. Rub the salt into the kale, rubbing the kale between your fingers (hence the "massage"). You'll notice the kale darkening, continue rubbing the salt into the greens until it all becomes dark—this takes about 2 minutes. Add onion, raisins, apple and seeds. Dress with oil and vinegar. Stir in cheese, if using. This salad keeps nicely, dressed and all, for 2-3 days in the fridge.

