

THE WSU ORGANIC STANDARD

JUNE 22, 2009

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WSU
Organic Farm

FEEDING THE COMMUNITY
TRAINING FUTURE FARMERS

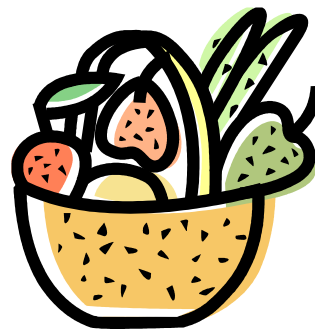
PEAK GREENS SEASON: ENJOY IT WHILE IT LASTS

I write this section of the newsletter about five days before you get to see it, so it is sometimes challenging to make sure you are current on what's happening at the farm. A lot can happen in five days! By the time you are reading this newsletter I hope the farm will be fully planted. We've been busy getting in the second seeding of sweet corn, the last of the green beans, and the second planting of kale and chard. It's a great feeling to finally have the place filled in as much as we can.

We get to take a deep breath and then start weeding! Actually, as you can imagine a lot of crops are coming out of production and a lot of those we will not be replanting. Space continually opens weekly and is either replanted or left to rest. As I'm sure you've noticed we are in the peak of early season greens. Hang in there for a few more weeks as the season inches closer to the summer crops. I know all the cabbages and bunched greens can begin to pile up but before you know it

they will be gone. The broccoli is very close to being ready as are the snap peas. These are a couple crops that come on at the tail end of the spring season. The cabbages will continue for a few more weeks and then begin to taper off as the summer squash, cucumbers, and beans begin to mature.

—Brad Jaeckel



GARLIC SCAPES

Another exciting event is taking place in the garlic patch. Garlic scapes are forming in the hard neck garlic varieties. You will all be seeing these curly creatures in your boxes over the next couple weeks so a little explanation might help. We grow both hard neck and soft neck garlic at the farm, but only the hard neck forms a flowering top. This is what we are cutting and bundling together for you. If allowed to remain on the plant the tip will form a flower and produce a cluster of small seeds. We remove these early so the plant puts more energy into bulb production. This usually falls around solstice and reminds us that the garlic is getting ready.

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

Extra Bags

We are running low on plastic and paper grocery bags for our market tables. We do provide bags to CSA members that forget to bring their own and to our walk-up customers. If you have any extras lying around your house we'd be happy to reuse them.

Submit a Recipe!

Do you have a favorite recipe you'd like to see in the newsletter? Email me at mgossard@nasw.org.

— Marcia

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Garlic scapes and fennel are just two of the delicious items you may find in your box this week. Fennel has a nice licorice flavor and is often used in Italian cuisine. See past issues of *The WSU Organic Standard* for a lovely Garlic Scapes Pesto (June 19, 2007) or Fennel and Orange Salad (July 3, 2007) at <http://css.wsu.edu/organicfarm/Newsletter.htm>. There you can also find past recipes to help you keep up with all those delicious greens. Enjoy!

—Marcia Gossard

WHITE BEAN AND GARLIC SCAPES DIP

from the *New York Times Dining & Wine* section June 18, 2008

1/3 cup sliced garlic scapes (3 to 4)	Ground black pepper to taste
1 tablespoon freshly squeezed lemon juice, or to taste	1 can (15 ounces) cannellini beans, rinsed and drained
1/2 teaspoon coarse sea salt, more to taste	1/4 cup extra virgin olive oil, more for drizzling

1. In a food processor, process garlic scapes with lemon juice, salt and pepper until finely chopped. Add cannellini beans and process to a rough purée.
2. With motor running, slowly drizzle olive oil through feed tube and process until fairly smooth. Pulse in 2 or 3 tablespoons water, or more, until mixture is the consistency of a dip. Add more salt, pepper and/or lemon juice, if desired.
3. Spread out dip on a plate, drizzle with olive oil, and sprinkle with more salt.

TOMATO FENNEL SALAD

from the Food Network <http://www.foodnetwork.com>

1 1/2 pounds heirloom tomatoes	1 tablespoon cider vinegar
1 small fennel bulb	1 teaspoon kosher salt
2 tablespoons good olive oil	1/2 teaspoon freshly ground black pepper
2 tablespoons fresh lemon juice	

1. Core the tomatoes and cut into wedges. Remove the top of the fennel (save some fronds for garnish) and slice the bulb very thinly crosswise with a knife or on a mandoline.
2. Toss the tomatoes and fennel in a bowl with the olive oil, lemon juice, vinegar, salt, and pepper. Garnish with 2 tablespoons chopped fennel fronds, season to taste, and serve.

CHINESE GREEN SALAD WITH GINGER TAMARI DRESSING

Adapted from *High Road to Health* by Lindsey Wagner

6 Napa cabbage leaves	<u>Dressing</u>	
1 head green leaf lettuce, torn into pieces	1 tablespoon finely grated ginger	2 tablespoons lemon juice
1/3 cucumber, peeled and diced	1 teaspoon honey	1/4 cup olive oil
Snap peas	1 tablespoon tamari soy sauce	1 tablespoon sesame seeds
Whole wheat sesame cracker, broken into bits	1 tablespoon rice vinegar	

Wash and dry cabbage. Slice the leaves into 1/2-inch-wides pieces and cut the stalks into slices. Mix cabbage, torn lettuce, snap peas in a large salad bowl. Toss with dressing. Add cracker bits just before serving.

Dressing: Put ginger, honey, tamari, and vinegar in a small bowl. Let the mixture stand for 5 minutes, then whisk to blend. Add the remaining ingredients and whisk again. Refrigerate; keeps for 3 days.