

THE WSU ORGANIC STANDARD

JUNE 29, 2009



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CHICKEN EGGS, HOP PRODUCTION, AND GARDEN CAMP

As the summer progresses our class of dedicated students are busy completing their student projects at the farm. In addition to attending weekly lectures and harvest days, all students are required to do either an individual or group project at the farm. These projects can take many shapes, but all must provide some benefit to the farm. Some projects are ones that we suggest because of an already existing need. These would include seed saving, managing the perennial gardens, chicken care, or managing the worm bin. There are always new projects though that come out of the students own individual interests.

Not all of these projects get completed in one season either. For example, Claire took the

class two years ago and was very interested in researching and building a mobile chicken coop for the farm. We did not have chickens at the time but were just starting to talk about them. That year the research was done, then last year we actually didn't make any progress. Finally this spring Claire raised the chickens, built the coop, and motivated another student to build the nesting boxes for egg laying. We are now waiting patiently for the eggs to appear. (These will be for sale only at the Friday pickups).

Some of our other new projects include long-term plans for hop production. We are hoping (sorry!) for two 80 foot rows next to the asparagus patch near the entrance to the farm to be

planted out next spring. Another great new project has one of our graduate students partnering with the WSU YMCA summer camp to provide a weekly two hour garden camp at the farm. The student is basically a guide and counselor for about ten 5- to 12-year-olds who are really excited about spending more time in a garden. They will be growing and maintaining a 150-foot bed garden inside the farm this summer.

All of the students' projects are interesting and diverse and it's exciting to see them be designed and completed. You will be regularly seeing different students at the CSA pickup sites, so say hello and ask them how their farm project is going.

—Brad Jaeckel

PLEASE COME A LITTLE BEFORE CLOSING

I'd like to remind everyone that although we say our pickup hours end at 6:30 p.m. on Wednesday and 6 p.m. on Friday it is very helpful if you do not come right at the closing time. Justin has at least another half hour of clean-up before he can pack up each night. Please be considerate of his time and arrive early enough to allow yourselves enough time to get your produce before the closing time. Thanks!

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

Submit a Recipe!

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

— Marcia

WSU Organic Farm

FEEDING THE COMMUNITY TRAINING FUTURE FARMERS



As you can see, we love salads in our family. This week's taco salad will help use up any head lettuce or mixed greens you have. You can also try adding spinach if you have that on hand. Greens can be added to almost anything. Chopped they are delicious with scrambled eggs or omelets. You can also add chopped greens to rice dishes, mashed potatoes, or soups. For past newsletter recipes go to <http://css.wsu.edu/organicfarm/Newsletter.htm>. There is a delicious looking Napa cabbage recipe from June 24, 2008 that I'm going to try. Enjoy!

—Marcia Gossard

TACO SALAD

Adapted from *High Road to Health* by Lindsey Wagner

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| 1 green onion, finely chopped | 1 clove garlic, bruised with a fork |
| 2 tablespoons finely chopped cilantro | 1 head green leaf lettuce, washed and broken into bite-size pieces (or other greens from your box) |
| 3 tablespoons cold-pressed olive oil | 1/4 cup sliced black olives |
| 1 tablespoon white vinegar | 1 tomato, diced |
| 1 tablespoon fresh lemon juice | 1/2 cup broken corn chips |
| 1/4 teaspoon salt | 6 whole black olives |
| 1/4 teaspoon chili powder | |

1. Make the dressing in a small bowl by mixing the green onion, cilantro, olive oil, vinegar, lemon juice, salt, chili powder, and bruised garlic clove. Whisk and allow to stand for 30 minutes. Remove the garlic clove and discard.
2. In a large salad bowl, mix the lettuce, sliced olives, tomato, and tortilla chips. Cover with the dressing and toss. Garnish with whole black olives.

SPAGHETTI WITH TOMATOES AND BASIL

Adapted from *High Road to Health* by Lindsey Wagner

This is one of our family's favorite spaghetti recipes. It is quick, light, and has a wonderful flavor. Don't be nervous about the garlic, it is not too overpowering. Of course, if you don't love garlic, you may want to add a little less!

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| 1 teaspoon olive oil | 12 fresh large basil leaves, chopped |
| 1/4 onion, finely chopped | Salt to taste |
| 8 cloves garlic, crushed | 1 pound angel hair pasta |
| 1 pound fresh Roma tomatoes, chopped | |

Heat the oil in a large skillet. Add the onion and sauté until it is transparent. Add the garlic, tomatoes, basil leaves and salt. Cook covered, stirring occasionally for 20 minutes. Serve over spaghetti.