

WSU ORGANIC FARM
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The ends of the spring-planted brassicas are near as we work through the head cabbages and now broccoli. After last week's Napa cabbage we are now harvesting a more traditional American type of head cabbage. These are small ones and don't take quite as long to grow as some of the larger types you might be used to seeing in the store. We try to find fast-maturing varieties that can be harvested before it gets too hot and the bugs get too bad. Don't know if we have to worry about the too hot part this year!

The broccoli is all of the same variety but we made three different plantings, each a week apart, to try and provide a more consistent harvest for the next couple of weeks. It is slow to come on and we will start supplying the full shares first and then as more becomes ready there will be enough for all shares. Also the strawberries are now on. We have one bed of day-neutral berries from last year that will produce an early crop and then take a break before supplying berries from August through the rest of the season. There are two new beds of strawberries including a June-bearer that won't produce until next year and another day-neutral that will come on

in the late summer. So don't fear, there will be more berries to come.

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.

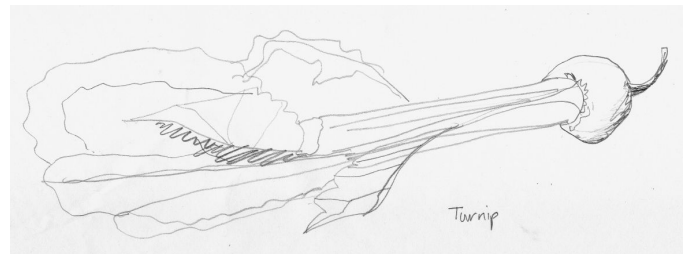
--Brad Jaeckel, manager



Nikki Hahn is another student that hails from Spokane, where her mom runs a greenhouse nursery business

and provided Nikki with lots of opportunity to practice good watering skills. She is a women's studies major and has enjoyed studying political issues and sustainable development abroad in Mexico and Nicaragua. Nikki also enjoys just about any outdoor activity including kayaking, gardening and hiking.

She loves to cook and has a great salad recipe here that sounds perfect for the hot summer to come. To a mix of lettuce and spinach add chopped walnuts, sliced grapefruit, sliced green apples and a dressing of oil and vinegar.



The other week Trent came across Deborah Madison's tips for leftover greens next to a recipe we were making and thought I should pass them on. The beef with broccoli recipe is the one that gets our mouths watering whenever broccoli makes an appearance in our home. Be sure not to over-cook your broccoli! You want it bright green, but leave in the pot too long and it will develop a sulfurous odor (for this reason you also need to be careful when re-heating a broccoli dish). People who tell you they don't like broccoli probably made this mistake! --Valeri

Sliced Beef with Broccoli

(adapted from *Pei Mei's Chinese Cook Book Vol. II* by Fu Pei Mei)

1/2 lb. Beef Tenderloin	Shredded (or powdered) Ginger, to taste
1 t. Sugar (to marinate beef)	1/2 T. Soy Sauce (seasoning sauce)
1/2 T. Soysauce	2 T. Oyster Sauce
1/2 t. Baking Soda	1/2 T. Wine
2t. Corn Starch	1 t. Sugar
1T. Cold Water	1/2 t. Cornstarch
1 T. Peanut Oil	Peanut Oil (for cooking)
1 lb. Broccoli	1 T. Hot Bean Paste (optional)
2-3 Scallions, coarsely chopped	

1. Slice the beef across the grain into 1 inch square slices. Place in a bowl. Add the sugar, soy sauce, baking soda, corn starch and cold water. Mix well. Then add 1 T. of oil and marinate for half an hour.
2. In a small bowl, mix the soy sauce, oyster sauce, wine, sugar and cornstarch to prepare the seasoning sauce.
3. Cut the broccoli into 1 inch long pieces. Place in boiling water for 60 seconds. Remove and plunge into cold water. Then drain and dry.
4. Heat the oil in a frying pan or wok. Stir fry the beef until just browned. Remove the beef from the pan.
5. Heat another 3 T. of oil in the same pan to fry the scallion and ginger for a few seconds. Add the broccoli. Stir fry to coat. After 10 seconds, add the beef and seasoning sauce. Stir quickly over high heat until mixed. Remove to platter and serve hot. Serve over rice.

Balsamic or Fruit Vinegar Vinaigrette

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

4 teaspoons balsamic, raspberry, or other fruit vinegar	Salt and freshly milled pepper
2 teaspoons red wine vinegar	5 tablespoons extra virgin olive oil
1 shallot, finely diced	

Combine both vinegars & shallot with a few pinches of salt and a little pepper in a small bowl. Let stand for 15 minutes. Whisk in the olive oil. Taste to make sure the balance is right.

Five Ideas for Leftover Greens

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

- Toss them with chickpeas, pasta, diced tomatoes, and freshly grated Parmesan.
- Toss them with boiled diced potatoes and mix in a little grated Gruyere. Or stir them into mashed potatoes.
- Mix finely chopped cooked greens with cooked rice, barley, quinoa, or pasta.
- Add greens to potato, lentil, and bean soups at the end of the cooking.
- Chop and combine greens with feta, ricotta salata, or Gruyere, black olives, and capers and use them to fill empanadas or spread over toast.