

THE WSU ORGANIC STANDARD

JULY 6, 2009



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GARLIC, BROCCOLI, AND SNAP PEAS

I'm excited for a couple new crops this week! The first of the garlic is coming out after a long stay in the ground. We plant our garlic in October and it over winters underground until the spring temperatures warm enough to start above-ground growth. It then continues to grow until July when we begin the harvest. This week we are pulling the Korean Red, a large red skinned hardneck that has easy to peel skins. Make sure to use this garlic soon as it is not cured and will not store well. As we continue the harvest the bulk of the garlic will be hung and dried in the harvest shed and then distributed to you. I'll make sure to let

you know when the storage garlic is ready.

The bulk of the broccoli is also maturing quickly and I hope will be in all boxes this week. The harvest is staggered due to our succession plantings so the large shares were the only ones that got broccoli last week. We should have enough ready for everyone for the next couple weeks until it will again taper off. Not all heads in each planting mature at the same time so we have to keep an eye on the entire crop over the next couple weeks. Monday morning Jewlee and I count all the possible heads for the week and decide if there will be enough for everyone or not. This is true for

many of our heading crops like cabbage and lettuce.

The snap peas are doing great but the aphids are coming. With the onset of the warmer temperatures some crops begin to see heavier interest from our pests. Some years I've seen the aphids completely overwhelm a pea crop that should have had great yields. Hopefully they will stay away a little longer. While we should enjoy another couple weeks of peas the summer squash are just getting going, a sure sign summer is here.

—Brad Jaeckel

WHAT'S NEW AT THE PULLMAN FRESH FOOD MARKET

I'd also like to give an update on the Pullman Fresh Food Market. After the first couple weeks of amazing customer response and curious shoppers the market is settling into a more regular routine. We started with about eight vendors and are now averaging about 10 per market. There are two bakeries, at least two vendors with potted plants, two local meat producers, cut-flowers, and now fresh fruit. The market offers a diversity in products and is a great way to get downtown on a Wednesday afternoon. If you don't pickup your CSA share at the market make sure to stop by and see what's new.

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
- ** Please come a few minutes before closing time to bag up your vegetables.*

Submit a Recipe!

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

— Marcia



SUGAR SNAP-PEA SALAD WITH SWEET GINGER-SOY DRESSING

A good friend made this for me one summer. It was so delicious, I couldn't leave without the recipe. Don't be put off by the number of ingredients. It takes a little time, but is very simple to put together and well worth the effort. Enjoy!

Dressing

2 teaspoons dark sesame oil
1 tablespoon minced ginger
1 tablespoon minced garlic
1/4 teaspoon crushed red pepper
1 tablespoon oyster sauce
1 tablespoon tarmari
1 tablespoon sugar
1/8 teaspoon salt

Salad

1 pound sugar snap peas, trimmed
1/2 cup julienne-cut carrots
1/2 cup julienne-cut zucchini
1/2 cup julienne-cut red pepper
2 teaspoons to 2 tablespoons sesame seed, toasted

1. To prepare dressing, heat oil in a small sauce pan over medium heat. Add ginger, sauté for 2 minutes. Add garlic and crushed red pepper; cook 1 minute. Stir in oyster sauce, soy sauce, sugar, and salt. Bring to a simmer. Remove from heat and cool.
2. To prepare salad, cook peas in boiling water for 30 seconds. Drain and rinse with cold water. Combine peas and remaining ingredients except sesame seeds. Drizzle dressing over salad; toss well. Sprinkle with sesame seeds.

PESTO PRIMAVERA

If you made pesto with your basil last week, this recipe will be even more of a snap!

Pesto Sauce

2 cups fresh basil
1/4 cup olive oil
2 tablespoons toasted pine nuts
1 clove garlic
Salt and pepper to taste

Vegetables and Pasta

2 cups broccoli florets
1 cup carrots, slices
1 bunch asparagus tips
1/2 cup peas
1/4 cup water
1 teaspoon olive oil
Salt and pepper
1 box pasta

1. Blend pesto ingredients in a food processor until well blended.
2. Sauté all vegetables in 1/4 cup water with olive oil for about 10 to 15 minutes. Season with salt and pepper.
3. Cook any shape pasta until al dente. Drain. Toss with pesto sauce and sautéed vegetables. Serve immediately.