

WSU ORGANIC FARM
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For those of you that haven't had garlic scapes before they are the green curly pods that we have been bunching. These are coming off the top of the hardneck garlic varieties to ensure better bulb production. Basically this means we are getting close to harvesting the garlic and it looks great this year. The gophers managed to stay out of the plants over the winter and our heavy layer of straw mulch from the Zacharison farm proved to be a winner in keeping in the moisture and keeping down the weeds! Over the next few weeks we'll keep a close eye on the garlic and watch for the leaves to dry down which is our indicator on when to harvest. It usually happens right about the hottest part of July and we will be digging them each by hand with digging forks.

We are also getting close to having the Walla Walla sweet onions. These will be the next onion to come in the boxes after the prolific green onions and shallots. The bulbing onions all begin forming actual bulbs after the summer solstice because they are day-length sensitive and the change in shorter days triggers the

process in the plants. Our crews have been busy getting another round of hand weeding done in the onions so you should be looking forward to a continued supply through the entire season.

We are finally into harvesting the snap peas and summer squash. Both of these start slowly and then will produce more heavily. The peas will only last a couple weeks but the summer squash will continue through until the first hard frost. We are growing two different types of summer squash, a yellow and green zucchini, and yes, they are very prolific. You always hear horror stories about the zucchini plants that take over a garden but when we try to grow large amounts we actually have to plant an entire bed to these monsters. For a 150 foot bed that turns out to be 75 plants spaced at two feet apart but we make sure to give lots of extra room in the path ways for them to expand over the season. For you home gardeners, I'd recommend trying to keep only a couple plants.

--Brad Jaeckel, manager

A Midsummer Evening at Affinity Farm



A Fundraiser for Rural Roots hosted by Kelly Kingsland & Russell Poe

Sunday, July 27, 2008 * 5 p.m. - 8 p.m. * Moscow, ID

Dinner Silent Auction Music Local Wine Speakers Self-Guided Farm Tour

Tickets: \$50 Donation (This event is most appropriate for individuals 16 years and older.)
Register: on-line www.ruralroots.org or call (208) 883-3462.
Limited space available. Please reserve your spot today.

RURALoots
healthy food healthy communities

Brad asked me to print last year's Garlic Scape Pesto recipe again; if you follow the link to its source, you'll find an informative 2003 article on garlic scapes by local farmer and food entrepreneur MaryJane Butters (as well as another intriguing recipe for a Garlic Scape Frittata...). Scapes can also be minced and used in most any recipe that calls for garlic, and they add a nice touch to stir-fries. We also have had success pureeing garlic scapes in the blender with a little water and freezing them in ice cube trays for later use. The Spicy Beef with Mint Leaves (below) is a hearty dish full of intense flavors, so feel free to get creative and cook your spare vegetables in with the meat mixture. --Valeri

Garlic Scape Pesto

(from <http://www.maryjanesfarm.com/SimplyMJ/articles/column39.asp>)

1 cup grated Parmesan cheese	½ cup olive oil
3 Tbsp fresh lime or lemon juice	Salt to taste
¼ lb. Scapes	

Puree scapes and olive oil in a food processor until smooth. Stir in Parmesan and lime or lemon juice and season to taste. Serve on bread, crackers or pasta.

Spicy Beef with Mint Leaves

(adapted from *Cooking Thai Food in American Kitchens* by Malulee Pinsuvana)

1 pound ground beef	1 tbsp chopped green onion
1 tbsp flour	1 cup fresh mint leaves, chopped
3 cloves garlic, minced	2 tbsp lemon or lime juice
1 tbsp finely chopped onion	1 tbsp nampla (Thai fish sauce), or more to taste
1 tsp coriander (powder)	Cabbage leaves (from quartered cabbage)
1 tsp chili powder	

Brown ground beef, without oil, until the pink is gone, adding the flour to brown towards the end. Place in a mixing bowl and let cool for 5 minutes. Sauté onion and garlic together with a little oil or fat drained from the beef. Add to the beef. Season the beef with nampla, lime juice, coriander, chili powder, green onion, and mint. Pour the mixture into the serving plat. Spoon a little of the meat mixture into a cabbage leaf, wrap it up like a taco and eat it with your fingers.

Cabbage Pepper Slaw

(from my junior high home-ec class)

4 cups finely shredded, chopped, or grated cabbage	1 tsp celery seed
1 ½ cups chopped green pepper (or shred your carrots, turnips, radishes, zucchini, etc.)	Dash ground pepper
2 tbsp sugar	2 tbsp tarragon vinegar
1 tsp salt	1 tsp mustard
	½ cup salad dressing (I use yogurt, olive oil or a mixture)

Mix sugar, salt, celery seed, pepper, vinegar, mustard, and salad dressing in a container. Pour over the vegetables and toss all ingredients together. Chill and serve.