

# THE WSU ORGANIC STANDARD



## Smart Farmin'

Hello Everyone! My name is Laurie Mooney and I am a WSU graduate student in Landscape Architecture, focusing on Sustainable Agriculture. I arrived to Pullman in fall 2009 with a strong interest to work on our Organic Farm. I met Brad and the project of creating a "smart farm" began. Over the last 2 years I have been studying design as well as organic food production in the landscape. During last year's growing season I learned farming techniques and helped seed, plant, weed, and harvest much of your CSA. While this year I am taking on a new role of building community connections with local farming practices, as we continue the mission of the WSU Organic Farm: being committed to education, research, and extension. As

a teaching farm the primary goal is to pass on the skills necessary to grow organic fruits and vegetables in an intensive small-scale environment. As research and extension, we conduct organic research projects and continually build community awareness.

We may have met at the Pullman Farmers Market as I am helping you gather your CSA share, or perhaps as I assist the Market Manager in growing the farmers market. However, my primary focus is designing a masterplan for our new WSU Organic Farm site! The farm will be moving locations in the

coming years, and a new 23-acre site has been chosen on Animal Science Road just north of the Bear Research Center on campus. The idea of moving and expanding the farm is very exciting and a lot of work! The new site is called the WSU Organic smartFARM. We are focusing on five major program elements: Food, Water, Energy, Structures, and People. (Continued on the next page...)



(CONT'D FROM PG 1) In the coming weeks I plan to introduce you to our project and ask for your input and feedback, for I realize that setting goals for the project is an ongoing process and involves community voice and support. This effort will help us envision how to further integrate the farm into our quality of life. Our goal is to create a farm that is accessible to the university, other farmers, and our community, with the aim to strengthen our local food system and contribute to a future of sustainable and peaceful community. By design, the smartFARM will positively impact the environment for today and future generations.

~Laurie Mooney

## Root Veggies in the CSA? Tops!

When my Australian friend is excited or pleased about something, he usually exclaims, "Aw, tops!" Well, that's how I'm feeling about carrots. For the last few weeks I've been "sharing" the carrot tops with my backyard chickens; unsure how to use the long, feathery greens in recipes (or whether or not they were even safe to eat)—I figured, well, at least I'll get them in my eggs.

From now on, though, the girls will have to scratch. Carrot tops are not only safe to eat, they've got a bunch of practical uses associated with them (and some interesting looking recipes as well). Here are a few to get started. For more information (including info the carrot leaf's use as a fashion accessory), check out <http://www.carrotmuseum.co.uk>

### Carrot Green, Parsley & Hazelnut Pesto for Pasta

Using a food processor, combine:

¾ cup hazelnuts (or mixture of hazelnuts, almonds and walnuts), lightly toasted

1/8 cup carrot leaves, chopped

1/8 cup parsley, chopped

1 clove garlic

juice of 1 lemon

Add to the pureed mixture:

½ cup grated parmesan cheese

While blending, slowly drizzle in:

¼-1/2 cup extra virgin olive oil

Finally, add sea salt to taste.

We won't have carrots (or their tops) this week, but we will have them again. And in the meantime we have beets and turnips. As for the small, tender beet greens, I usually remove those right away and add them directly to my salad mix. As for the rest, I'm looking forward to trying the recipe below.

-Jamaica

### Hot Wilted Greens: Turnip or Beet Tops, Arugula, Chard, Spinach, Kale, Mustard—any or all!

1 thick slice smoky bacon, cooked to crispy and crumbled

½ T olive oil

1 large clove garlic, minced

1 medium sweet red onion

3 tablespoons chicken stock or water

2 tablespoons balsamic vinegar

4 cups mixed greens (such as arugula and turnip, beet, or mustard greens)

¼ cup toasted pecans

*Sautee onions in olive oil until translucent. Add the garlic, stir for about a minute, stir in the stock/water and vinegar. Add the greens and stir-fry for 2-3 minutes, until leaves are coated. Cover and cook several minutes more, until leaves are wilted and cooked tender-crisp. Top with bacon and chopped pecans. Serve hot. Serves 4. From [www.seasonalchef.com](http://www.seasonalchef.com)*

### Whole Carrot Salad - tabouleh style

Serves 2-4, depending on the size of carrots

Ingredients:

3 carrots with their leaves

4 fresh mint leaves (or another herb, to taste)

1 handful of raisins

1 dash olive oil

1 dash lemon juice 1 pinch salt

Preparation: Using a food processor, pulse the carrot roots until they have a couscous or bulgur texture. Put aside in a bowl. Chop finely the carrot leaves. Remove the hard stems if there are any. Add to bowl with the carrot "couscous", raisins and chopped mint leaves. Season to taste with lemon juice, olive oil and salt.

I noticed my link to the crop availability chart a few weeks ago didn't actually "link". So here it is instead (a pdf version can also be found on the WSU Organic Farm website). As you can see, some of the staple greens in this region are chard and kale. Both crops thrive in cool climates and weather through the heat and sun, too. And it's lucky for us, as both of these crops are very nutritious. Though kale is in the same family as broccoli, and chard is closely related to beets and spinach, they are both high in vitamins, minerals and antioxidants. Some research is also showing that some of the enzymes in chard are helpful in regulating blood sugar levels. Soon, it will be getting too warm for the spinach and other Asian greens, so know that you can use kale and chard as you would these other, less heat tolerant crops. Add them to stir-fry's, quiche, salads (just roll up the leaves to into thin "ribbons" so they don't seem tough next to the lettuce), and more. I have baked chard—like spinach—into chocolate baked goods like brownies and muffins, and thrown kale by the handful into the blender when making fruit smoothies. So here's to the warm weather and healthy veggies!

~JR

## Beets Are in the Boxes!

The time for one of my favorite root vegetables beets has arrived. Look for them starting this week. I'll have more detailed recipes next time, but for now, here are a few quick ways to enjoy this brilliantly colored addition to the vegetable repertoire.

- **Raw beets** are tough, but not when shredded. One of the easiest ways to enjoy them is to **wash and shred** directly over the top of a green salad.
- **Roast then peel.** For a long time, I thought the way to cook a beet was to peel, cube and simmer it on the stove. Not too bad, but it does take a while and requires the vegetable peeler, which can be tedious. Much easier is to trim the tops to about an inch, wash, and put in a pan. Add a ½ cup of water, cover with aluminum foil, and roast at 375-400 degrees until fork tender. (Depends on the size. Start checking at a half hour but do be careful of the steam!) When finished, let cool then slip off the skins with your fingers. Slice and toss with a vinaigrette dressing. Voila!

Newsletter by Jamaica Ritcher  
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| WSU Organic Farm        |                |     |      |      |     |      |     |  |
|-------------------------|----------------|-----|------|------|-----|------|-----|--|
| Crop Availability Chart |                |     |      |      |     |      |     |  |
|                         |                | May | June | July | Aug | Sept | Oct |  |
|                         | food crop:     |     |      |      |     |      |     |  |
| greens                  | arugula        |     |      |      |     |      |     |  |
|                         | asian greens   |     |      |      |     |      |     |  |
|                         | broccoli raab  |     |      |      |     |      |     |  |
|                         | chard          |     |      |      |     |      |     |  |
|                         | head lettuce   |     |      |      |     |      |     |  |
|                         | kale           |     |      |      |     |      |     |  |
|                         | salad mix      |     |      |      |     |      |     |  |
|                         | spinach        |     |      |      |     |      |     |  |
| brassica                | bok choy       |     |      |      |     |      |     |  |
|                         | broccoli       |     |      |      |     |      |     |  |
|                         | green cabbage  |     |      |      |     |      |     |  |
|                         | kohlrabi       |     |      |      |     |      |     |  |
|                         | napa cabbage   |     |      |      |     |      |     |  |
| root crops              | beets          |     |      |      |     |      |     |  |
|                         | carrots        |     |      |      |     |      |     |  |
|                         | potatoes       |     |      |      |     |      |     |  |
|                         | radishes       |     |      |      |     |      |     |  |
|                         | turnips        |     |      |      |     |      |     |  |
| misc veggies            | asparagus      |     |      |      |     |      |     |  |
|                         | corn           |     |      |      |     |      |     |  |
|                         | cucs           |     |      |      |     |      |     |  |
|                         | summer squash  |     |      |      |     |      |     |  |
|                         | tomatoes       |     |      |      |     |      |     |  |
|                         | winter squash  |     |      |      |     |      |     |  |
| legume                  | fava beans     |     |      |      |     |      |     |  |
|                         | green beans    |     |      |      |     |      |     |  |
|                         | peas           |     |      |      |     |      |     |  |
| pungent lillies         | shallot greens |     |      |      |     |      |     |  |
|                         | green onion    |     |      |      |     |      |     |  |
|                         | leeks          |     |      |      |     |      |     |  |
|                         | onions         |     |      |      |     |      |     |  |
|                         | shallot/garlic |     |      |      |     |      |     |  |
| herbs                   | basil          |     |      |      |     |      |     |  |
|                         | cilantro       |     |      |      |     |      |     |  |
|                         | fennel         |     |      |      |     |      |     |  |
|                         | parsley        |     |      |      |     |      |     |  |
| fruits                  | raspberries    |     |      |      |     |      |     |  |
|                         | strawberries   |     |      |      |     |      |     |  |
| flowers                 | cut            |     |      |      |     |      |     |  |
|                         | edible         |     |      |      |     |      |     |  |
|                         | perennial      |     |      |      |     |      |     |  |